

# “Be STRONG in the LORD:” Application of Ephesians 6:10-18 for Bodybuilders

by Colt Milton

PURPOSE OF THIS EXERCISE: To empower the athlete with armor for spiritual warfare and by extension excel in their sport.

SUGGESTED PRAYER: *Heavenly Father, pour Your Spirit upon me as I study Ephesians 6:10-18, that I may use these words to become stronger and more useful to You. Help me to connect the dots between my tangible day-to-day lifestyle of strength and fitness and reveal to me how to use what I do in this world to glorify You. Amen.*

CONTEXT of passage:

- Who is the author? (Eph. 1:1a) \_\_\_\_\_
- Who are the recipients? (Eph. 1:1b) \_\_\_\_\_
- “Saints” is simply another word for “Christians.”
  - Literally it means “men and women who are set apart for Christ.”
  - Therefore, this letter by extension applies to Christians today 😊



Read Ephesians 6:10-20.

1. Identify the SIX (6) pieces of ARMOR used metaphorically to illustrate a Christian’s spiritual armor
2. Note the Greek word “[panoplia](#)” translated “whole or full armor” in English encompasses not just defensive armor but also offensive weapons.

The notes on the right column of the chart below illustrate the purpose of each piece of a Christian’s spiritual armor from the perspective of a Roman soldier—something the recipients of the letter of the time were very familiar with:

<b>Disciple’s Spiritual Armor</b>	<b>Roman Soldier’s Armor</b>	<b>Purpose</b> ( <i>Dr. David Jeremiah’s Study Bible, p.1648</i> )
1. Truth	Belt	Foundation of armor; holds his sword and breastplate. Because Satan is the father of lies (John 8:44), he cannot stand against the truth. Victory in spiritual warfare starts with TRUTH.
2. Righteousness	Breastplate	Guards the soldier’s HEART (source of life). Our righteousness, which originates from the saving grace of Jesus Christ (Phil. 3:9), protects our spiritual lives.
3. Readiness	Shoes	Heavy, armored sandals give traction and security in the heat of battle, just like how our peace with God gives us security in the face of Satan’s accusations (Phil. 4:7).

4. Faith	Shield	Flaming darts wound by PUNCTURE, then destroy by FIRE. The shields of Roman soldiers were covered in leather to be soaked with water so when the flaming darts hit, they could not burn the shield.
5. Salvation	Helmet	Protects the BRAIN; since the primary battlefield in spiritual warfare is the MIND, assurance of salvation defeats the doubts Satan uses to attack us (John 10:28).
6. Word of God	Sword of the Spirit	Greek “rhemos” is used for “word” in English (not “logos,” as in John 1:1). “Rhemos” is used to describe a particular “saying of God” that has special attention to a specific situation. Thankfully, the Bible is filled with passages to fit various circumstances depending on what type of oppression we are facing!

If Paul was writing this letter to the saints at your local gym, what metaphors might he use that are relevant to today? The ultimate enemy Ephesians 6:10-18 describes is Satan. Who or what can we relate to today within this physical world as a similar adversary?

Who are OUR ENEMIES as competitive bodybuilders?

- Other competitors (usually friendly 😊 )
- MY OPINION: CONTROVERSIAL(!) The U.S. government as a whole.
  - Does not have our health in mind; would rather us become sick and cure us in the hospital where the money is.
  - Large food manufacturers that produce unhealthy, highly-profitable foods such as cereal, vegetable oils, and candy fund studies in favor of poor health.
  - This is why meat-based diets have been unpopular but the truth is coming out.
- NAY-SAYERS! When you pursue excellence in anything, there will those who do not share your enthusiasm, whether it’s rooted in:
  - Greed/jealousy
  - Ethical disagreement with your passion
- Our own sinful nature and unproductive lifestyle habits 😞



If Paul was teaching Spiritual Warfare today to a competitive bodybuilder, perhaps he would use these analogies:

<b>Disciple's Spiritual Armor</b>	<b>Bodybuilding Equivalent</b>	<b>Purpose</b>
1. Truth	Inzer® Belt	Allows your abs to brace against a thick wall, serving as a foundation of strength for any exercise.
2. Righteousness	Your Driving Motivation	Keeps you doing the right thing every day when you're exhausted!
3. Readiness	Powerlifting Shoes	A good pair of Adidas® or Nike® squat shoes gives you a solid foundation for more than just squats; all exercises—even curls—start from the ground up!
4. Faith	Water	Water is the most important factor in your immune system; when the body is under stress, water is the first thing needed to replenish. Just as the Roman soldiers dunked their shields in water, any athlete must have cold water handy to drink and soak their sweat rags for when they get hot!
5. Salvation	Beats® Headphones	Just as the HELMET protects the soldier's MIND, a good pair of noise-cancelling headphones provides an mental environment of positivity through the means of a motivating podcast or some Christian death-metal from bands like Stryper, Tourniquet, or Bride!
6. Word of God	Bible Gateway App	While not many of us have room in our gym bag for a full-blown study Bible, there are several quality Bible apps to choose from for quick reference when you need a motivating verse. You can also write verses the Spirit is leading you to memorize on note cards and laminate them or write them down in your workout logbook!



Can you relate to the suggestions above? Write your own down below! Pray that God would enable you through the Spirit to better digest Paul's instructions as you apply your own Spiritual Armor:

<b>Disciple's Spiritual Armor</b>	<b>Your Equivalent</b>	<b>Purpose</b>
1. Truth	_____	_____
2. Righteousness	_____	_____
3. Readiness	_____	_____
4. Faith	_____	_____
5. Salvation	_____	_____
6. Word of God	_____	_____



# Closing Prayer

Heavenly Father,

Today I solicit the presence of Your Holy Spirit as I put on the whole armor of God, that I may be able to stand against the schemes of Satan. I hereby put on the belt of truth, the breastplate of righteousness, as shoes for my feet the preparation of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit. Whatever Spiritual oppression I face today, help me to identify which piece of the whole armor to fight back with.

Furthermore, assuming my competitive endeavor has Your blessing and is part of Your plan for my life, may I learn from this experience and apply these same principles to my everyday life, especially \_\_\_\_\_.

“A mighty man is not delivered by great strength. A horse is a vain hope for safety; neither shall it deliver any by its great strength. Behold, the eye of the LORD is on those who fear Him, on those who hope in His mercy, to deliver their soul from death, and to keep them alive in famine.” –Psalm 33:16b-19 NKJV.

As the psalmist recalls you being a superior source of strength, I am requesting this very strength today for the good works you have prepared for me, that I may walk in them (Eph. 2:10).

In all things, may THY will, not MY will be done. (Luke 22:44)

Amen.

## Additional Notes

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How can I pray for you today? Email [colt@supersetyourlife.com](mailto:colt@supersetyourlife.com) / text (206) 743-1346