

Ephesians 6:1–4

Christ in the Home: Children and Parents

“Children, obey your parents in the Lord, for this is right.”

Obedience is rooted in relationship. The phrase “*in the Lord*” establishes an important boundary: obedience to parents is never meant to violate obedience to God. Scripture consistently affirms that when human authority conflicts with God’s will, we must obey God rather than men.

Paul then quotes the commandment with a promise:

“Honor your father and mother, which is the first commandment with promise: that it may be well with you and you may live long on the earth.”

Honor is broader than obedience. Even when obedience is no longer required, honor remains. God attaches blessing to a life that respects parental authority.

Parents are then addressed, particularly fathers:

“And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.”

Authority is never meant to crush a child’s spirit. Harshness, manipulation, ridicule, or unreasonable expectations provoke frustration rather than growth. God calls parents to nurture, instruct, and guide their children toward Him, not drive them away.

Ephesians 6:5–9

Christ in the Workplace: Service With Integrity

“Bondservants, be obedient to those who are your masters according to the flesh... as servants of Christ, doing the will of God from the heart.”

Paul applies spiritual truth to everyday labor. Whether employee or employer, the believer’s ultimate accountability is to the Lord. Work is not merely a means of survival; it is a testimony.

Believers are called to work with sincerity, diligence, and goodwill—not merely to impress supervisors, but to honor Christ. Every task becomes sacred when done as unto the Lord.

Likewise, those in authority are reminded:

“And you, masters, do the same things to them... knowing that your own Master also is in heaven, and there is no partiality with Him.”

God shows no favoritism. All stand equal before Him. Authority is stewardship, not superiority.

Ephesians 6:10–13

The Reality of Spiritual Warfare

“Finally, my brethren, be strong in the Lord and in the power of His might.”

Christian strength does not come from self-effort, discipline, or resolve. It flows from dependence on God's power. The believer's battle is not against people, but against unseen spiritual forces.

"We do not wrestle against flesh and blood, but against principalities, against powers... against spiritual hosts of wickedness in the heavenly places."

The enemy's strategies are subtle, deceptive, and relentless. Because the conflict is spiritual, the weapons must be spiritual. Victory requires God's armor, not human strength.

Ephesians 6:14–17

The Armor of God

Paul describes each piece of armor as essential for standing firm.

- The belt of truth
Truth anchors the believer against deception. The enemy is a liar, but truth exposes his schemes.
- The breastplate of righteousness
A settled commitment to live rightly before God protects the heart. Righteous living guards against moral compromise.
- The shoes of the gospel of peace
Peace with God and others gives stability. Yielding, humility, and reconciliation disarm strife.
- The shield of faith
Trust in God extinguishes the enemy's fiery accusations, doubts, and fears.
- The helmet of salvation
Confidence in Christ's saving work protects the mind. Jesus saved us when He shed His blood on the cross, delivering us from sin's dominion.
- The sword of the Spirit, which is the word of God
Scripture is both defense and offense. God's Word, hidden in the heart, equips believers to resist temptation and stand firm in truth.

The resurrection declares Jesus Christ to be God, Savior, and Lord. Because He lives, believers fight from victory, not for it.

Ephesians 6:18–20

The Weapon of Prayer

"Praying always with all prayer and supplication in the Spirit."

Prayer is not an accessory; it is essential. In spiritual warfare, prayer sustains vigilance, invites God's power, and advances the gospel.

Paul requests prayer not for comfort, but for courage:

“that utterance may be given to me... to make known the mystery of the gospel.”

Even in chains, Paul identifies himself as an ambassador for Christ. His concern is not personal safety, but faithfulness. The gospel must be proclaimed boldly, regardless of cost.

Ephesians 6:21–24

Peace, Love, and Grace

Paul closes the letter with encouragement, fellowship, and blessing. Peace, love, faith, and grace summarize the life God desires for His people.

“Grace be with all those who love our Lord Jesus Christ in sincerity.”

Grace began the letter, and grace ends it. The Christian life is sustained by grace from beginning to end.

Practical Application

- Evaluate your relationships at home and work: do they reflect Christlike humility and integrity?
- Guard your mind and heart daily with God’s truth.
- Make prayer a regular discipline, not a last resort.

A Challenge for Believers

Do not underestimate the reality of spiritual warfare. Stand firm—not in your strength, but in the power of the Lord. Put on the whole armor of God daily and live courageously for Christ in a hostile world.

An Invitation to Non-Believers

Victory over sin and darkness begins with Jesus Christ. He shed His blood on the cross for your sins. God raised Him from the dead, declaring Him to be God, Savior, and Lord.

If you will repent, believe, and surrender your life to Him, He will forgive you, make you new, and give you eternal life.

Today can be the day you step out of darkness and into the light of Christ.