

STAND FIRM & ACT LIKE MEN

Week 3: Stand Firm

Men's Group Reading Summary | Church For The ONE

"Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil." — Ephesians 6:10-11

Overview

Week 3 moves from defense to offense. Last week was about knowing the enemy's tactics so you don't get taken out. This week is about suiting up and standing firm — not for your own sake, but for the sake of everyone God has placed under your protection.

The teaching is rooted in Ephesians 6:10-18, Paul's famous passage on the armor of God. But the angle is different from how we usually hear it. Most of the time we talk about spiritual warfare as fighting for our own benefit. This week's question is: how do we fight for someone else? The sermon frames Stand Firm as the battle posture of a man who is willing to go to war on behalf of his wife, his children, and his community — because if he doesn't stand and fight, who will?

Part 1: You Are a Warrior — Because God Is

The foundation of this week's message is a simple but staggering truth: the Lord is a warrior (Exodus 15:3). And because we are created in the image of God (Genesis 1:27), that means men are image-bearing warriors. It is not something we achieve — it is something we are by design.

This reframes the call to stand firm from an obligation into an identity. We were not born into a comfortable world with occasional problems. We were born behind enemy lines. Comfort is not a Christian value. The question is never whether we are in a fight — it's whether we are showing up for it.

If you don't stand and fight, who will?

The enemy's three primary targets for any man with a family are his marriage, his children, and his work. He knows that if he can compromise those three areas, the man is neutralized — and the people that man loves are left defenseless.

Part 2: The Armor of God — Dressed for Someone Else's Battle

Paul's command in Ephesians 6 is to put on the whole armor of God. Notice: it is God's armor, not ours. We don't manufacture strength for this fight — we put on what He has already provided. And Paul repeats the word stand four times in just a few verses. This is not passive. It is an active, deliberate, daily choice to hold your ground.

The two great dangers when it comes to spiritual warfare are these: denying it exists entirely, which means you have already lost — or blaming every single inconvenience on the devil, which means you've lost perspective. The truth sits between: there is a real enemy with a real agenda, and God has given us everything we need to withstand him.

The armor of God, applied to the fight for those we love:

The Belt of Truth — Fight for Their Minds

You have to stand at the door of your home and guard the lies that want to enter. Almost everything coming through a screen is lying to your family — about identity, about worth, about what it means to be human. A man who stands firm in truth creates a household where his people know who they actually are.

Here is what your kids need to hear — repeatedly, consistently, loudly: You are not the label the world gives you. Your desires don't define you. Your past doesn't define you. Christ defines you. You were created on purpose. You are not the result of someone else's choice — you were God's idea. There are no accidental children.

The question every father must ask himself: Do I celebrate who my kids are, or only what they have accomplished? Fighting for identity means speaking truth over the people you love — because the world will not stop lying to them.

The Breastplate of Righteousness — Fight for Their Hearts

Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." A man who lives with integrity — who does what is right even when no one is watching — protects the hearts of the people in his home. Righteousness is not performance. It is the steady, daily choice to be the same man in private as you are in public.

The Shoes of Peace — Fight for the Atmosphere

Shoes take you somewhere. The gospel of peace means that wherever a man walks, he ought to carry peace with him. The question the sermon asks is direct: when you walk into a room, do you bring peace or chaos? The

man who stands firm creates an environment of safety and stability — not because life is perfect, but because he is anchored.

The Helmet of Salvation — Fight for Their Eternal Souls

You cannot lose your head and still be you. In the same way, salvation is essential — it is not peripheral. The helmet protects the most vital thing. The question for every father and husband is: Does my family understand salvation? Does my family understand the gospel? The man who stands firm fights not just for earthly wellbeing, but for eternity.

The Sword of the Spirit — The Word of God

This is the primary offensive weapon. Every other piece of armor is defensive — but the sword goes on the attack. Jesus modeled this in the wilderness: when the enemy came with lies, He responded with "It is written." Three of the most important words in the believer's arsenal. Not "I think" or "I feel" — but "It is written."

Two phrases every man needs:

"It is finished" — in regards to eternity, the battle is already won at the cross.

"It is written" — in regards to every day, the Word of God is the weapon that cuts through the enemy's lies.

Prayer — The Offensive Weapon Most Men Neglect

Verse 18 closes the armor passage with praying at all times in the Spirit. Prayer is not a last resort — it is an offensive weapon against the devil. The sermon is direct: husbands, pray out loud over your wife. Pray out loud over your family. There is something that happens in the spiritual realm when a man opens his mouth and calls on the name of God over the people he loves.

Part 3: The Fight Worth Having

The message closes with a C.S. Lewis quote that captures the whole spirit of this series: "When I die, I want hell to rejoice that I am out of the fight." That is the standard. Not that we live quietly and cause no trouble. But that we are so engaged in the battle — for our wives, our children, our communities — that the enemy notices when we are gone.

This is not a fight we pick for ourselves. It is a fight we enter for others. And we do not enter it in our own strength. The same Spirit that raised Jesus from the dead lives in every believer. Our battle is not against flesh and blood — not against our boss, our ex, our difficult family member, or a political opponent. It is against rulers, authorities, and the cosmic powers over this present darkness.

"For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness." — Ephesians 6:12

To stand up and act like men, we must dress ourselves for battle and go to war — not to conquer people, but to defend and protect the ones we love most.

Discussion Questions

Opening Up

1. The message says comfort is not a Christian value and that we were born behind enemy lines. How does that reframe the way you think about the difficulties and resistance in your life right now?
2. When you walk into a room — your home, your workplace, your family gathering — do you generally bring peace or chaos? Be honest. What does the atmosphere shift to when you arrive?

Going Deeper

3. The fight for your family's minds is described as standing at the door to guard what enters. What specific lies are currently trying to get into your home through screens, culture, or relationships — and what are you doing about it?
4. The sermon challenges fathers: Do you celebrate who your kids are, or what they've accomplished? What does it look like practically to speak identity over the people you love instead of only affirming performance?
5. "It is written" is the sword Jesus used against the enemy. How much of the Word do you actually have in you right now? If the enemy came at you or your family today with a specific lie, what Scripture would you reach for?

Getting Honest

6. Prayer is described as an offensive weapon — yet most men treat it as a last resort. When did you last pray out loud over your wife, your kids, or someone in your care? What is the barrier for you?
7. The C.S. Lewis quote asks: when you die, will hell rejoice that you are out of the fight? Are you currently in the fight — truly engaged — or are you going with the flow? What would it take to step into the battle this week?

This Week's Challenge

Pick one person God has placed under your protection — your spouse, a child, a friend — and go to war for them this week. Speak truth over their identity. Pray out loud over them. Find one "It is written" to stand on for their situation. Don't wait until you feel ready. Suit up and show up.