



When The Battle Gets Intense!
Sunday Sermon
Sunday April 19, 2026 – Sermon Outline

What do you do when life's battles get intense?
Instead of calming down, the battle seems to get even more fierce.
Instead of coming to an end, the battle seems to be extending with no end in sight.

Ephesians 6:10-18

10 Finally, my brethren, be strong in the Lord and in the power of His might.
11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil.
12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.
13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.
14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,
15 and having shod your feet with the preparation of the gospel of peace;
16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.
17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God;
18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

WE ARE IN SPIRITUAL CONFLICT

In this message today, we will focus on the spiritual dimension of life's battles. We do recognize there is the natural side – the realm in which we are responsible for doing things we need to do. For example, if you are facing financial difficulties, it would be useful to get the help of a financial advisor on how to manage personal finances. If you are having difficulty getting a job it would be useful to network, get referrals and perhaps get help with interviewing skills, etc.

However, in this message, we focus on the spiritual side of things where some of life's battles originate.



THE ENEMY COMES TO STEAL, KILL AND DESTROY

We know based on John 10:10 the thief (satan) comes to steal, kill and destroy. The Lord Jesus on the other hand came to give us life in abundance. So, satan will attempt to take away what God wants us to have. Satan will attempt to destroy the good things God puts into our lives.

THE SCHEMES, THE EVIL DAY AND ALL THE FIERY DARTS

Ephesians 6:10-18 the passage we read, speaks to us about this spiritual battle and provides Holy Spirit instructions on what we should do.

As part of what satan does, this passage speaks of the schemes (vs 11), the evil day (vs 13) and the fiery darts (vs 16) of the wicked one.

The schemes are the cunning crafty ways or methods of the devil. It has the dual idea of “lying in wait” and of “trickery”. So, the devil is looking for opportune moments in our lives when he can carry out his work against us. He also operates in cunning, crafty, not so straightforward ways to trick, fool or deceive us.

The evil day speaks of the time when things are hurtful, bad, full of annoyances, hardships, pain and trouble. It’s that time in between peace and quiet when everything is tumultuous.

All the fiery darts speaks of the constant barrage of satan’s attacks, coming one after the other, that make up the evil day.

What are we to do when we are in the middle of the evil day with these constant barrage of fiery darts that satan and his demonic minions are throwing at us.

Ephesians 6:10-18 gives us clear instructions on how to come out victorious.

BE STRONG IN THE LORD

“Be strong in the Lord and in the power of His might” (vs 10).
Good News Bible (GNB): "...build up your strength in union with the Lord and by means of his mighty power."

We are to strengthen ourselves with strength that comes from God. We are to be strong in Him. We are to build up our strength through our union with Him. We do this by



digging deep and drawing out of our spiritual relationship with Him as we “wait upon the Lord” in His Word, in prayer, in worship. **This is strength through deepening our relationship with the Lord.**

In addition, we are strong through His mighty power at work in us. This is God’s mighty resurrection power, as Paul taught us in Ephesians 1:20, that is ours. It is His resurrection power that is available to us to confront and overcome the enemy. This is the same power that raised Jesus from the dead. The same power that overcame all the power of satan, hell and the grave.

So our strength in this spiritual conflict comes (a)through deepening our relationship with the Lord and (b)depending on His resurrection power working through us.

When satan comes against us, he is coming against that same resurrection power, the power of God’s Spirit, that completely destroyed him the first resurrection morning! We boldly declare greater is He who is in us than He who is in the world.

USE YOUR FULL ARMOR

We are instructed to take on the full armor of God (vs 11,13). God is instructing us to use every piece of spiritual armor He has given us. Use all of it.

Keep your helmet, breastplate, belt, shoes, shield and sword on.

Use the power of the blood.

Use the authority of Jesus name.

Use the power of the spoken Word of God.

Use praise.

Use faith.

Use prayer.

Use these and keep on using these.

The weapons of our warfare are mighty through God (2 Corinthians 10:4).

KEEP STANDING

Three times we are instructed to just keep standing: stand (vs 11), withstand (vs 13), stand (vs 14)

To stand has these ideas, according to Thayer’s Dictionary:

to stand still, to stand immovable, stand firm, like the foundation of a building

to continue safe and sound, stand unharmed, to stand ready or prepared

to be of a steadfast mind

of quality, one who does not hesitate, does not waiver



to withstand means:

to set one's self against, to withstand, resist, oppose

to set against

While "to stand" seems to be a firm, resilient posture, "to withstand" seems to be an opposing, resisting, pushing back posture.

So, we are standing firm AND pushing back. Standing unshakable AND resisting.

Notice the phrase: "...and having done all, to stand." (vs 13)

CEV: "And when the battle is over, you will still be standing firm."

GNB: "...after fighting to the end, you will still hold your ground."

Stand firm. Keep pushing back. Keep standing till the end.

WRESTLE

The word "wrestle" is really a compound word meaning "to be" + "wrestling" or keep on wrestling. So our conflict is not a one off battle but an ongoing continuous contending against the powers of darkness.

We understand wrestling (a contest between two in which each endeavors to throw the other down, and which is decided when the victor is able to hold his opponent down with his hand upon his neck). This term is transferred to the Christian's struggle with the powers of darkness.

Sometimes it may seem like there are moments when we are down. But remember what the apostle Paul wrote: *"We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed"* (2 Corinthians 4:8-9)

We have the assurance that God will cause us to triumph: *"Now thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of His knowledge in every place"* (2 Corinthians 2:14).

QUENCH FIERY DARTS

When this wrestling is going on, God through the apostle Paul tells us that we are able to extinguish, nullify and negate all the fiery darts the devil can throw at us using our "shield of faith".



When The Battle Gets Intense!
Sunday Sermon
Sermon Notes, Sermon Outline and Small Group Study Guide

We stand firm in faith in God and His Word – and as we do every fiery dart of the enemy is being extinguished and will not inflict harm on us.

We hold fast to the confession of our faith without wavering (Hebrews 10:23,35) because He who promised is faithful. This steadfastness of faith is a defeat to Satan. *“Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. **Resist him, steadfast in the faith,** knowing that the same sufferings are experienced by your brotherhood in the world.”* (1 Peter 5:8-9).

ATTACK

God has given us offensive weapons. We must wield the sword of the Spirit by speaking the Word of God. Keep speaking God’s promises. Each time you do, you are inflicting wounds on the enemy.

Keep focused on His Word
Keep speaking His Word
Keep quenching every fiery dart
Keep praising
Surround yourself with good people
Stay vigilant

SUMMARY

WE ARE IN SPIRITUAL CONFLICT – we know we are in spiritual conflict.
THE ENEMY COMES TO STEAL, KILL AND DESTROY – we know what the enemy seeks to achieve.
THE SCHEMES, THE EVIL DAY AND ALL THE FIERY DARTS – we know that the devil comes with his schemes and fiery darts and there will be the evil days when things get intense.

When the battle gets intense, what do we do:
BE STRONG IN THE LORD – we strengthen ourselves in God and rely on His hell defeating, death destroying, all surpassing resurrection power working through us.
USE YOUR FULL ARMOR – we use all the weapons that God has given to us.
KEEP STANDING – we keep standing and refuse to quit.
WRESTLE – we engage with the enemy knowing that God will bring us out victorious.
QUENCH FIERY DARTS – we stand unshaken in our faith, and this negates all of Satan’s fiery darts.
ATTACK – we get on the offensive and inflict damage on the enemy when he comes against us.



GOSPEL AND SALVATION CALL

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



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This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 1.5 to 2 hours. Each Life Group would have up to 12-15 people.

Preparation

Life Group Leader: To prepare for the Life Group meeting, you can listen to the Sermon or review the Sunday Sermon notes. Please do not make your life group read through the complete sermon notes during the life group. All you need to do is have individuals read the Scriptures listed below and then open for a time of discussion, sharing and learning using the questions given below. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#). Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *Ephesians 6:10-18*

INVESTIGATE God's Word Together

Life Group is a discussion-based, participatory meeting with everyone given the opportunity to share their learning. Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.



1, Discuss these three key insights presented in this Scripture passage considering day-to-day situations where we may experience these:

- a) We are in spiritual conflict – we know we are in spiritual conflict.
- b) The enemy comes to steal, kill and destroy – we know what the enemy seeks to achieve.
- c) The schemes, the evil day and all the fiery darts – we know that the devil comes with his schemes and fiery darts and there will be the evil days when things get intense.

2) Discuss the action we are encouraged to take in this Scripture passage. Consider real life scenarios and how we apply the instructions given to us in God's Word.

When the battle gets intense, what do we do:

- a) Be strong in the lord – we strengthen ourselves in god and rely on his hell defeating, death destroying, all surpassing resurrection power working through us.
- b) Use your full armor – we use all the weapons that god has given to us.
- c) Keep standing – we keep standing and refuse to quit.
- d) Wrestle – we engage with the enemy knowing that god will bring us out victorious.
- e) Quench fiery darts – we stand unshaken in our faith, and this negates all of satan's fiery darts.
- f) Attack – we get on the offensive and inflict damage on the enemy when he comes against us.

Each one can take a few (3 minutes max) to share one or two key insights and how they see themselves applying it to their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow, bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, *families to be protected and strengthened*



When The Battle Gets Intense!
Sunday Sermon
Sermon Notes, Sermon Outline and Small Group Study Guide

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for all details to go well as we plan and build our Bible college and church facilities to serve the Lord and people.

Close by thanking God together.



USEFUL RESOURCES

Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

BELIEVERS BIBLE COMMENTARY: <https://believersbiblecommentary.com>

SERMON OUTLINE

What should you do when life's battles get intense. Instead of calming down, the battle seems to get even more fierce. Instead of coming to an end, the battle seems to be extending with no end in sight. In this sermon we consider the spiritual dimension of the battles we face. We consider the insights and instructions presented in Ephesians 6:10-18.

a) We are in spiritual conflict – we know we are in spiritual conflict.

b) The enemy comes to steal, kill and destroy – we know what the enemy seeks to achieve.



When The Battle Gets Intense!
Sunday Sermon
Sermon Notes, Sermon Outline and Small Group Study Guide

c) The schemes, the evil day and all the fiery darts – we know that the devil comes with his schemes and fiery darts and there will be the evil days when things get intense.

When the battle gets intense:

a) Be strong in the lord – we strengthen ourselves in god and rely on his hell defeating, death destroying, all surpassing resurrection power working through us.

b) Use your full armor – we use all the weapons that god has given to us.

c) Keep standing – we keep standing and refuse to quit.

d) Wrestle – we engage with the enemy knowing that god will bring us out victorious.

e) Quench fiery darts – we stand unshaken in our faith, and this negates all of satan's fiery darts.

f) Attack – we get on the offensive and inflict damage on the enemy when he comes against us. This sermon includes free audio (mp3) and video of this powerful, motivational, expository teaching, free printable PDF sermon outlines, sermon notes and small group study guide with discussion questions and presentation slides. All resources (sermon PDF, sermon MP3, sermon video, sermon presentation) are free for use in personal study, small groups, Bible study prayer groups, local churches, conferences, Bible colleges, etc.

KEYWORDS

Spiritual warfare, overcoming lifes challenges, wrestling, triumphant, victorious, shield of faith, sword of the Spirit, quenching fiery darts, standing firm in faith, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

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Biblical definitions, Hebrew and Greek words and their meanings are drawn from the following resources:

Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)



When The Battle Gets Intense!
Sunday Sermon
Sermon Notes, Sermon Outline and Small Group Study Guide

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886).

Free Bible software and AI tools are also used as Bible study aids, from time to time.