

DRESSED TO RESIST: THE WORLD DIDN'T GIVE IT TO ME, AND HELL CAN'T TAKE IT AWAY! *THE FRUIT OF THE SPIRIT AS YOUR WARFARE STRATEGY*

Spiritual Immunity | Galatians 5:22-23

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. **Against such things there is no law.**

Standing Your Ground While Covered | Ephesians 6:10-18

10 Finally, be strong in the Lord and in his mighty power. 11 **Put on** the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Clothe // Put On | Colossians 3:12-17

12 Therefore, as God's chosen people, holy and dearly loved, **clothe** yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues **put on** love, which binds them all together in perfect unity.

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Turn The Tide: Fruit is Offense | 2 Corinthians 10:3-4

3 For though we live in the world, we do not wage war as the world does. 4 **The weapons we fight with are not the weapons of the world. On the contrary,** they have divine power to demolish strongholds.

Practical Strategy | Romans 12:21

Do not be overcome by evil, but **overcome evil with good.**

Hold Your Ground | James 4:7

Submit yourselves, then, to God. **Resist** the devil, and he will flee from you.

LET'S OBSERVE THE TEXT...

Observe Ephesians 6:10-18

- Though it doesn't list the fruit here, this armor directly aligns with fruit-like character. Righteousness, peace, faith, and truth are both protective and offensive in battle. The armor of God isn't just spiritual gear...it's the outward manifestation of someone filled with the Spirit.

Observe Colossians 3:12-17

- This is a direct command to **put on** the character of Christ, the fruit of the Spirit in action.
- These traits aren't optional. They're the new uniform for God's chosen people.
- Love is the binding force. It holds all the other traits together in unity. Like a main thread in the garment we put on.
- Being filled with thankfulness, scripture, and worship creates an atmosphere where spiritual resistance grows naturally.
- ***Read Romans 13:11-14**
 - A wake-up call. It's saying: stop living like people of darkness.
 - Darkness has to be thrown off, it doesn't fall off by itself.
 - The "armor of light" speaks of both protection & visibility. You're not just shielded, you're seen.
 - It's a contrast between two kingdoms: darkness and light. You choose daily what you wear...fruit of the flesh vs fruit of the Spirit. God has clothed us (not our works) in robes of righteousness, covered by Jesus Christ. So now we take on His nature (righteous characteristics, ie. fruit of the Spirit).
 - Power and authority to change the atmosphere. We drive out darkness when we live in the light.
- ***Read Luke 24:49**
 - Being clothed with the Holy Spirit's power, the same as being clothed with the character of Christ (fruit of the Spirit). A sign of spiritual maturity, spiritual authority & readiness for mission.
 - This clothing doesn't just warm you, it transforms you.

Observe 2 Corinthians 10:3-4

- What are these weapons? They're spiritual, not carnal. This includes love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. These aren't passive traits. They are powerful and disruptive in spiritual atmospheres. Walking in peace in a chaotic world is warfare. Showing love when you're mistreated is warfare. Authority in meekness is effective, power restrained.



CONCORDANCE ACTIVITY



Put On: (enduo)

Strong's G1746

Found in Colossians 3:12



Resist: (anthistémi)

Strong's G436

Found in James 4:7



Stand: (histémi)

Strong's G2476

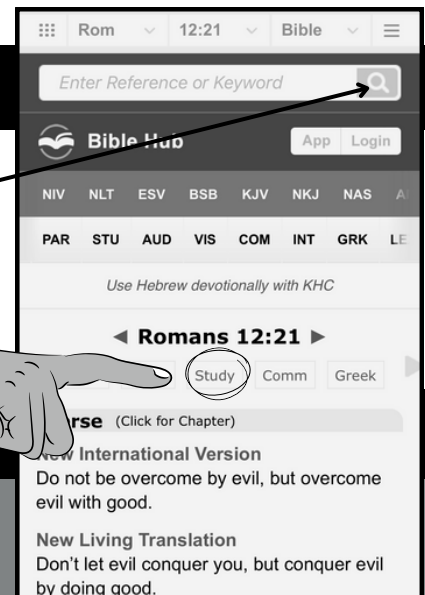
Found in Ephesians 6:11, 14



ONLINE RESOURCE ACTIVITIES

Observe Romans 12:21

- Go to BibleHub.com and do a search for **Romans 12:21** in the "Enter Reference or Keyword" box and then click on the magnifying glass.
- Once it loads, click on the button titled "Study"
 - Read the **Study Bible** section.
 - Do the same for **James 4:7**.



LET'S INTERPRET...

- What do you believe all of these verses mean?
- What is God speaking to you personally through this study?
- Read a trusted commentary and compare to your interpretation.

LET'S READ THE AFTER-SUMMARY TOGETHER

We often treat the fruit of the Spirit like a quiet personality checklist, but it's actually a battle strategy. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control are not just personal goals. They are spiritual resistance. They are armor. When we wear them, we are suited up with God's nature, and darkness loses its grip. Galatians 5:22-23 reminds us that there is no law against these things. That means no scheme of the enemy can override them. When you walk in the Spirit, you walk in territory the devil cannot touch.

Wearing the fruit of the Spirit is not just about being protected, it's about being positioned. It places you in a stance to resist, and to stand your ground. Ephesians 6 reveals that we are in a real battle not with people, but with spiritual forces of evil. And what do we do? We stand. We hold. We don't flinch. The armor of God mirrors the fruit of the Spirit. Righteousness, peace,

faith, and truth are both character traits and divine weapons. The person dressed in these cannot be easily moved. And when we stand, we do not just protect ourselves...we guard the Kingdom ground God has entrusted to us.

Colossians 3 told us to clothe ourselves with compassion, humility, gentleness, and patience. These are not optional. They are the new uniform of the people of God. Forgiveness and love are not just healing for others, they are strategic resistance. Love binds the armor together. And the peace of Christ? It becomes our internal compass. It steadies us when emotions try to pull us off course. When we wear this fruit daily, the enemy doesn't just lose access to influence us...he loses the ability to make us forfeit ground.

That's what makes Romans 12:21 so powerful. Do not be overcome by evil, but overcome evil with good. That is not passive kindness. That is Kingdom advancement. Darkness doesn't get to reclaim what God has planted in your life when you respond with Spirit-led fruit. 2 Corinthians 10 confirms that our weapons are not of this world. They carry divine power to demolish strongholds. Light doesn't negotiate with darkness. It just turns it off. When you wear love, joy, and peace, you are walking in light that disarms every dark tactic.

James 4:7 closes it with clarity. Submit to God. Resist the devil. He will flee. That's not just a cute promise, it's a Kingdom truth. When you're clothed in the fruit of the Spirit, you're not just surviving. You are making it clear to the enemy: this territory is taken. You're not losing ground, you're holding it. You're not retreating, you're advancing. And you're doing it with what the world can't give, and hell cannot take away.



The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light.
Romans 13:12

APPLICATION QUESTIONS

- **Applying Galatians 5:22-23** - Which fruit of the Spirit feels the hardest for you to walk in consistently, and how might growing in that area strengthen your spiritual resistance?
- **Applying Ephesians 6:10-18** - When spiritual pressure hits, do you tend to retreat, react in the flesh, or stand firm? What would it look like this week to put on the full armor of God before you face the battle?
- **Applying Colossians 3:12-17** - Where in your life are you most tempted to take off compassion or patience, and what would it look like to intentionally put on those traits instead, like you're choosing a uniform?
- **Applying 2 Corinthians 10:3-4** - Are there any internal strongholds (mindsets, beliefs, or habits) that God is calling you to confront not with striving, but with Spirit-filled weapons like joy, peace, or self-control?
- **Applying Romans 12:21** - Think of a recent moment where evil tried to pull you into a reaction. How could you have responded in a way that overcame evil with good instead of letting it shape your attitude?
- **Applying James 4:7** - Where do you need to freshly submit to God in order to resist the enemy effectively? What's one specific area where your surrender could lead to spiritual breakthrough?

CLOSING PRAYER

Father, we thank You for clothing us with what this world could never offer. You have not left us exposed or helpless in this battle, but You've equipped us with Your very own character; love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These aren't just traits to admire but weapons to wield. Forgive us for the times we've tried to fight spiritual battles in our own strength or reacted out of the flesh instead of the Spirit. Help us to see the fruit You grow in us as part of our armor, and may we wear it boldly, with humility, knowing it is You who covers us.



We ask now for spiritual endurance not just to stand our ground, but to take back what has been lost. Let the fruit of the Spirit in us disrupt every plan of the enemy and shine light in places where darkness thought it had the final say. Teach us to resist well, to love deeply, and to live like people who are truly dressed in You. And as we walk out what we've learned, may Your Kingdom come, and may Your glory be revealed through lives fully surrendered to the Spirit. In Jesus name we pray, amen.

WHAT'S AHEAD...

Next Session - Wed, August 6th
"The Audacity of Joy"

Homework
Read John 16:20-24 daily.