

# Ephesians Series

Lesson #176

January 15, 2023

Dean Bible Ministries

[www.deanbibleministries.org](http://www.deanbibleministries.org)

© 2023, Dr. Robert L. Dean, Jr.



# Basic Spiritual Skills for Facing Adversity

Ephesians 4:26–27



# EPHESIANS

THE WEALTH, WALK  
& WARFARE  
OF THE BELIEVER

**Eph. 4:26, “ ‘Be angry, and do not sin’: do not let the sun go down on your wrath,**

**Eph. 4:27, “nor give place to the devil.” ~NKJV**



# Anger is a Gateway Sin



**1. We believe the Bible, and only the Bible, has the answer.**

**2 Pet. 1:3, “as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,**

**2 Pet. 1:4, “by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”**

## **2. Spiritual transformation vs. psychological transformation**

**Rom. 12:2, “And do not be pressed into the mold of your culture’s values and methodology, but be transformed by the total renovation of how and what you think, that your life will be evidence that the will of God (what He says in the Bible) is good and acceptable and (perfect) complete.”  
~RD paraphrase**

**Rom. 12:2, “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” ~NKJV**

**3. The world system, the spirit of the age, which we refer to as human viewpoint, the way of the flesh, is set in direct conflict with the Word of God. Satan vs. God, human viewpoint vs. Divine viewpoint.**

**Prov. 14:12, “There is a way that seems right to a man, but its end is the way of death.”**

**Prov. 14:27, “The fear of the LORD is a fountain of life, to turn one away from the snares of death.”**

**Prov. 16:25, “There is a way that seems right to a man, but its end is the way of death.”**

**“Basic Spiritual Skills:  
How to Use Divine Solutions  
Psalm 62:3–12**



## **Three Enemies of Every Believer**

### **1. The Devil**

**1 Pet. 5:8, “Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.”**

### **2. The World**

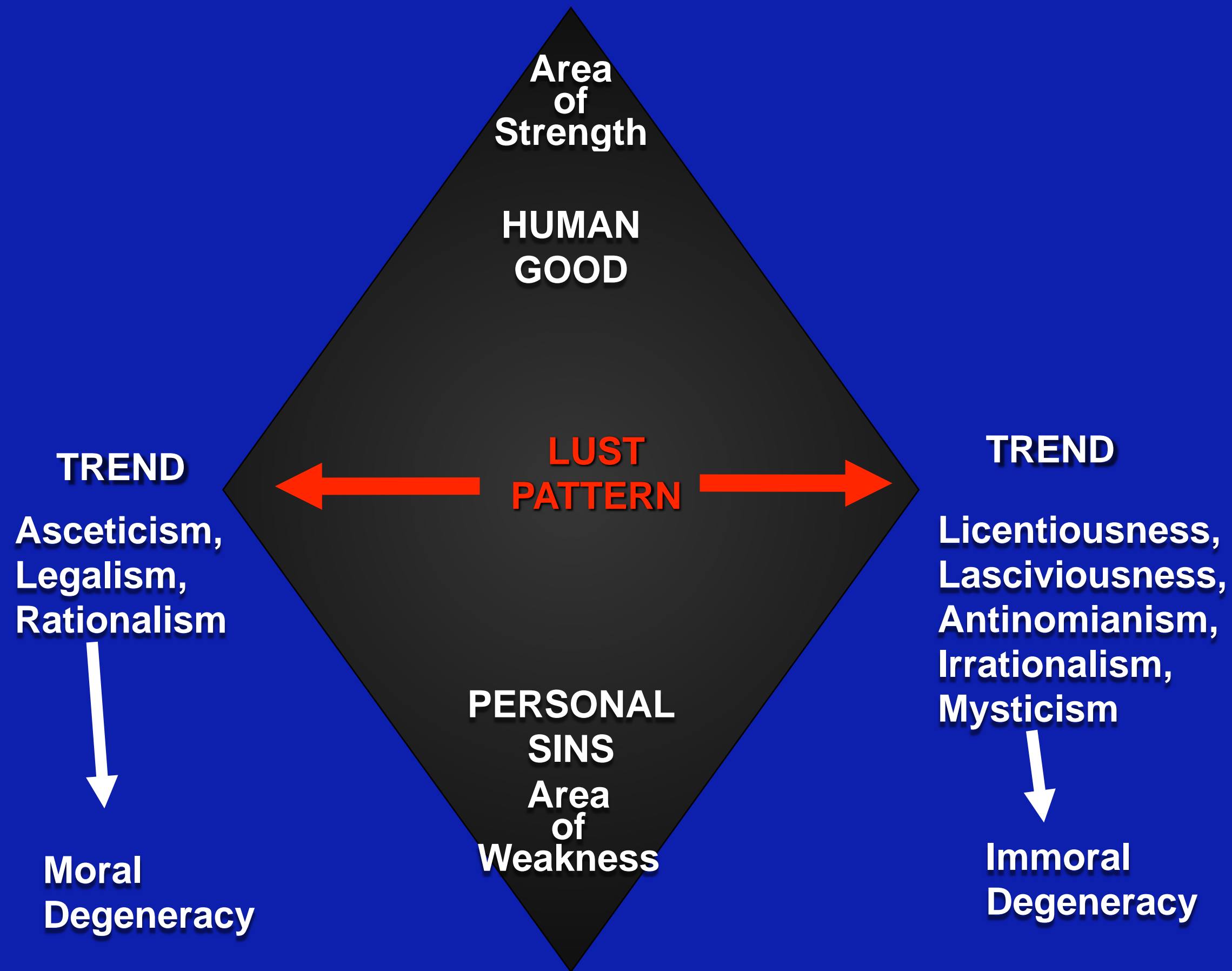
**John 14:30, “I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me.”**

# Three Enemies of Every Believer

## 3. The Flesh [Sin Nature]

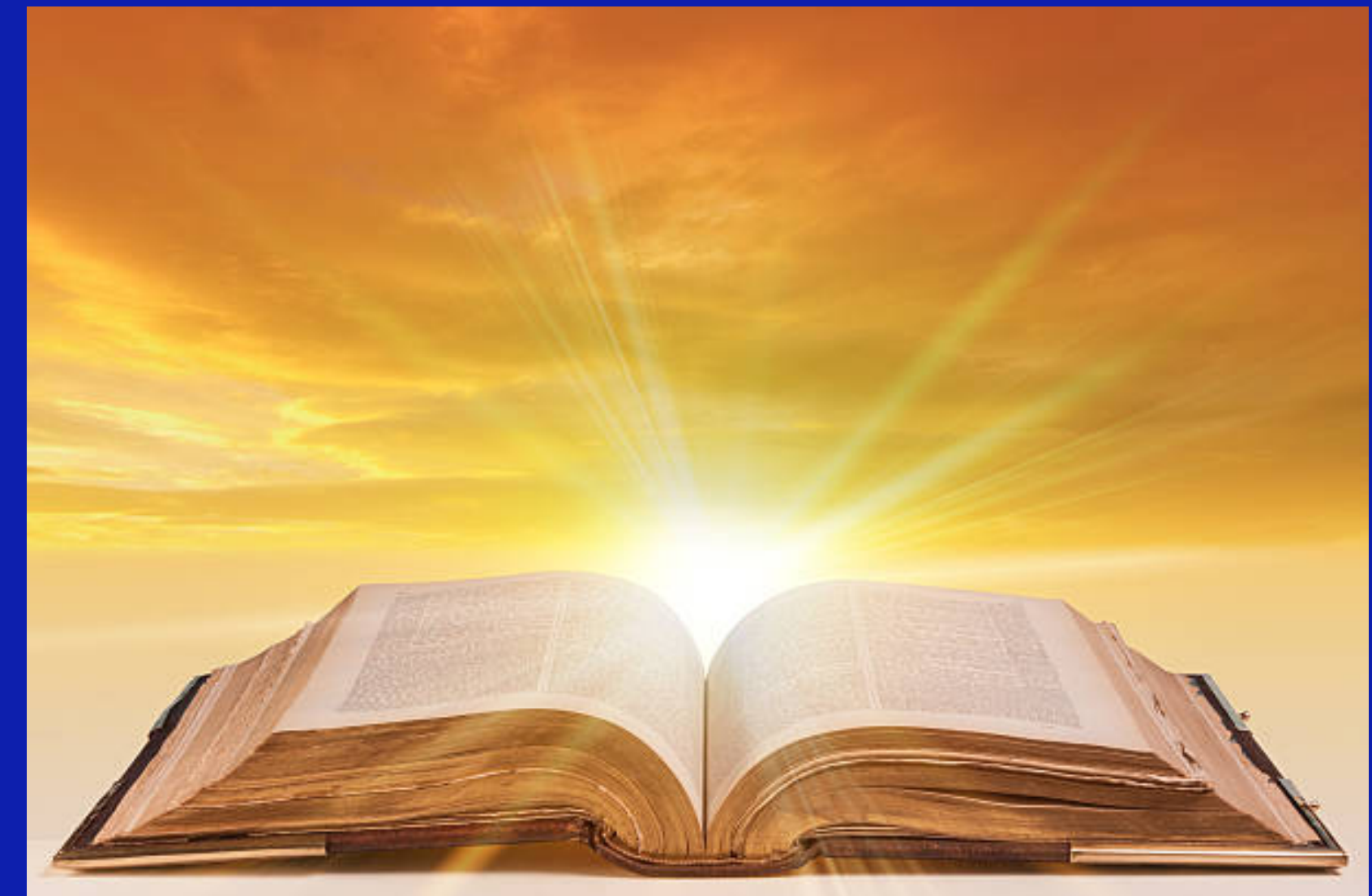
Rom. 8:13, “For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”

# Human Viewpoint Solutions



Prov. 14:12, “There is a way that seems right to a man, but its end is the way of death.”

# Divine Viewpoint Solutions



Psa. 119:50, “This is my comfort in my affliction, for Your Word has given me life.”



**Jer. 2:13, “For My people have committed two evils: They have forsaken Me, the fountain of living waters, and hewn themselves cisterns—broken cisterns that can hold no water.” ~NKJV**

**1 Pet. 2:11, “Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul,”**

**Heb. 10:39, “But we are not among those who shrink back and thus perish, but are among those who have faith and preserve their souls.”**



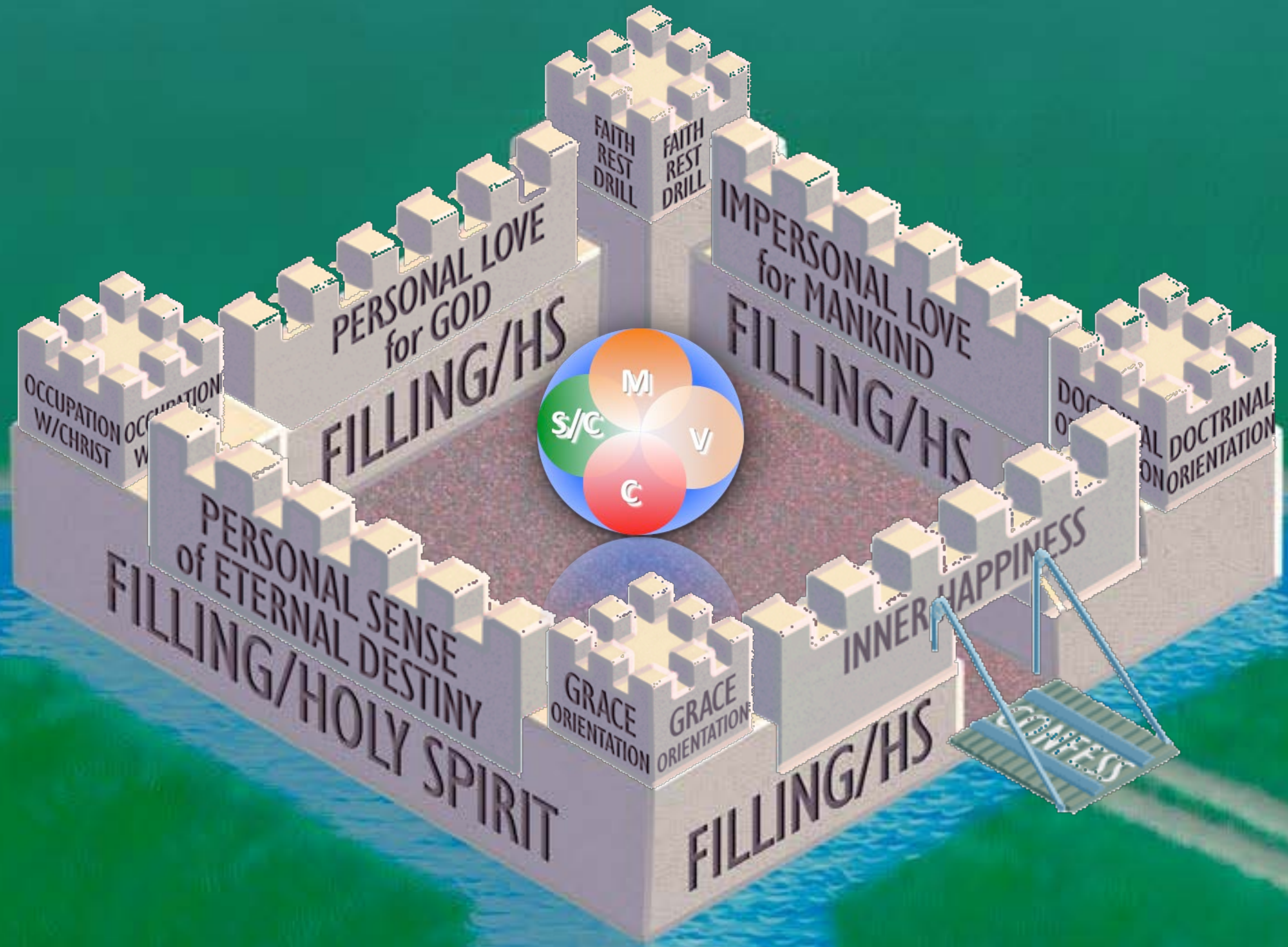
**Deut. 30:19, “I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;”**

**What the Bible Teaches About**

**Spiritual Skills for  
LIFE**









# **Soul Fortress Principles**

- 1. Construction of the soul fortress takes a lifetime.**
- 2. Construction is piecemeal and dynamic.**
- 3. Utilization of the spiritual skills enables us to stay inside the fortress. Failure to use these skills leaves us outside, vulnerable to damage from sin, the world, and the devil.**
- 4. When we fail to utilize the spiritual skills, we default to the arrogance skills.**

# **Soul Fortress Principles**

**5. We either live in the soul fortress, the equivalent of walking by the Holy Spirit (HS), walking in the light, walking in truth, living on the basis of being in Christ (the New Man),**

**or we are outside, walking according to our sin nature, walking in darkness, living on the basis of the lie, living like we are still in Adam (in the Old Man).**

# Arrogance Skills

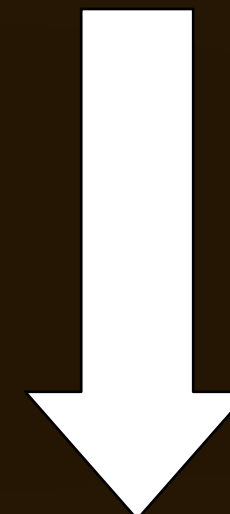
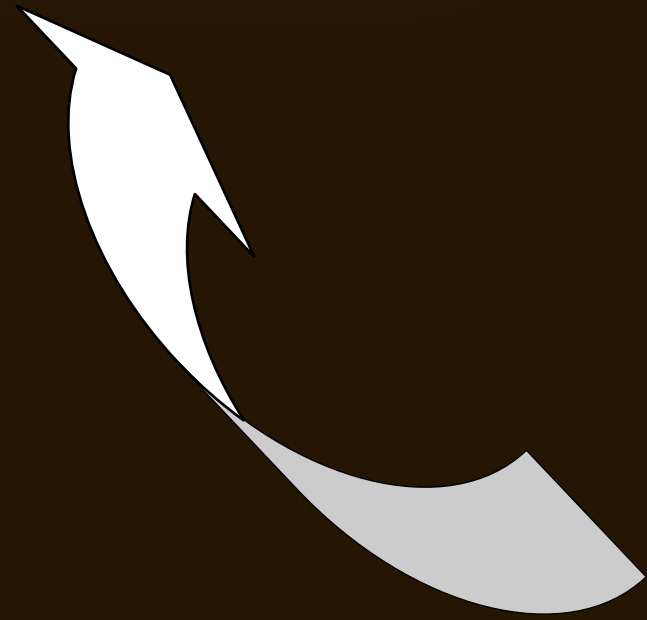
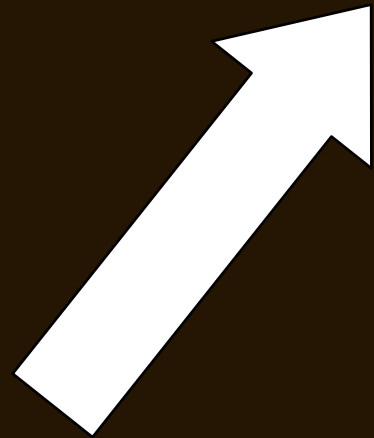
Self-absorption

Self-deification

Self-deception

Self-indulgence

Self-justification



# Arrogance Skills

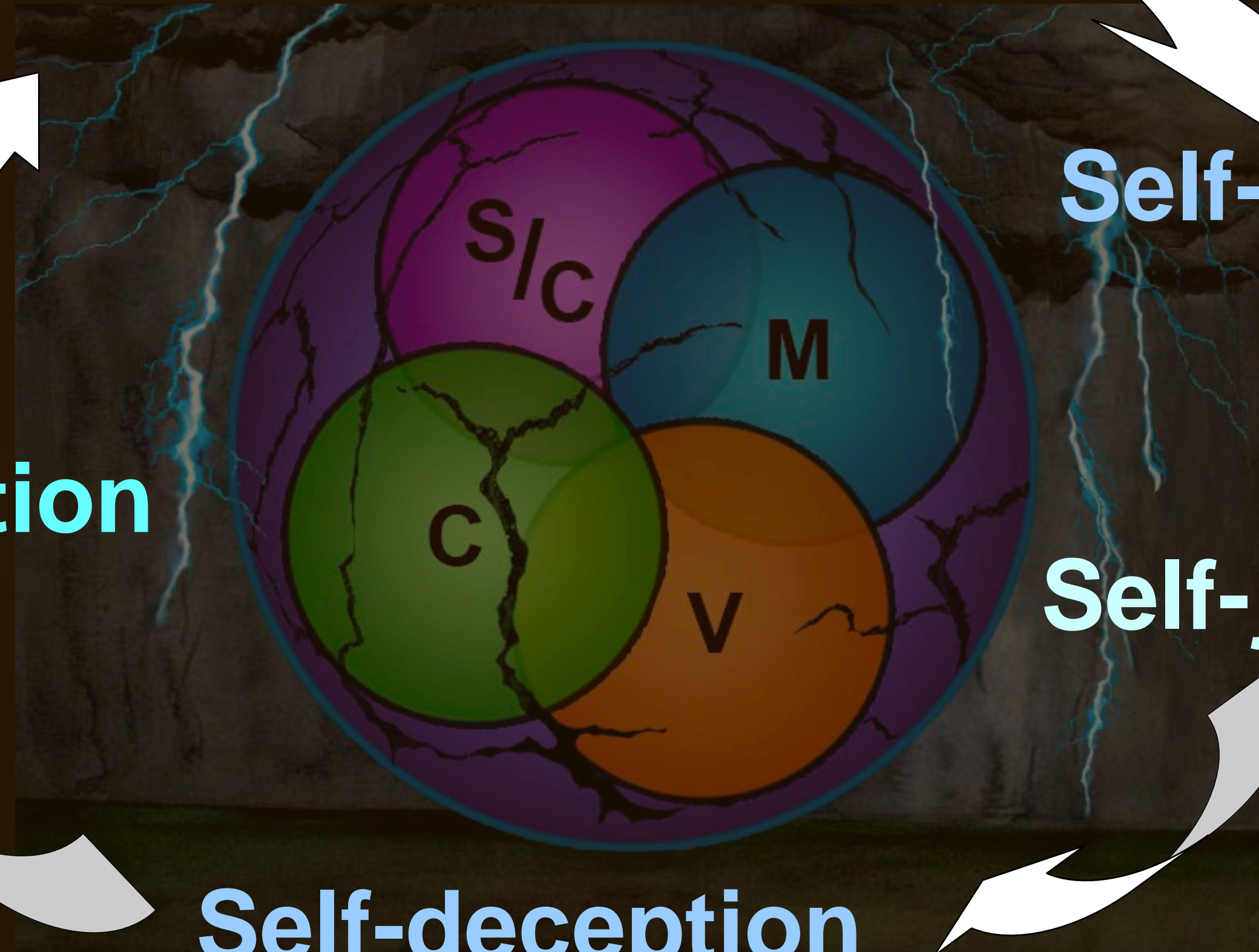
Self-absorption

Self-deification

Self-deception

Self-indulgence

Self-justification





# Eternal Realities

# Temporal Realities

**“POSITIONAL TRUTH”**

**ACTS 16:31**



**IN CHRIST**  
*Baptism by the  
Holy Spirit*

**FILLED BY  
THE  
HOLY SPIRIT**

**“Walking by the  
Holy Spirit”**



**FRD,**  
2 Pet. 1:3, 4

**G/O,**  
2 Pet. 3:18

**FHS, WHS**  
Eph. 5:18

**Walking in the Light**

**D/O,**  
2 Pet. 3:18

**Confess,**  
1 John 1:9

**V**

**PSED,**  
Rom. 8:16–17

**+H,**  
James 1:2

**Abiding in Christ**

**PLG,**  
Rom. 5:5

**O/C,**  
Heb. 2:2

**ILM,**  
Gal. 5:14



# Soul Fortress Principles

Psa. 18:2, “The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.”



מְצוּדָה-2 *metzuda-2*  
comm fem sing constr  
stronghold

Photo copyright Godot13, [https://upload.wikimedia.org/wikipedia/commons/thumb/1/14/Israel-2013-Aerial\\_21-Masada.jpg/640px-Israel-2013-Aerial\\_21-Masada.jpg](https://upload.wikimedia.org/wikipedia/commons/thumb/1/14/Israel-2013-Aerial_21-Masada.jpg/640px-Israel-2013-Aerial_21-Masada.jpg), used under public license.



# Soul Fortress Principles

**Psa. 31:2, “Bow down Your ear to me, deliver me speedily;  
Be my rock of refuge, a fortress of defense to save me.**

**Psa. 31:3, “For You are my rock and my fortress;  
Therefore, for Your name’s sake, lead me and guide me.”**

**מְצוּדָה-2 *metzuda-2***

**comm fem sing constr  
stronghold**



# Soul Fortress Principles

**Psa. 71:3, “Be my strong refuge, to which I may resort continually; You have given the commandment to save me, for You are my rock and my fortress.”**

**Psa. 91:2, “I will say of the LORD, ‘He is my refuge and my fortress; My God, in Him I will trust.’ ”**

**מְצוּדָה-2 *metzuda-2***

**comm fem sing constr  
stronghold**

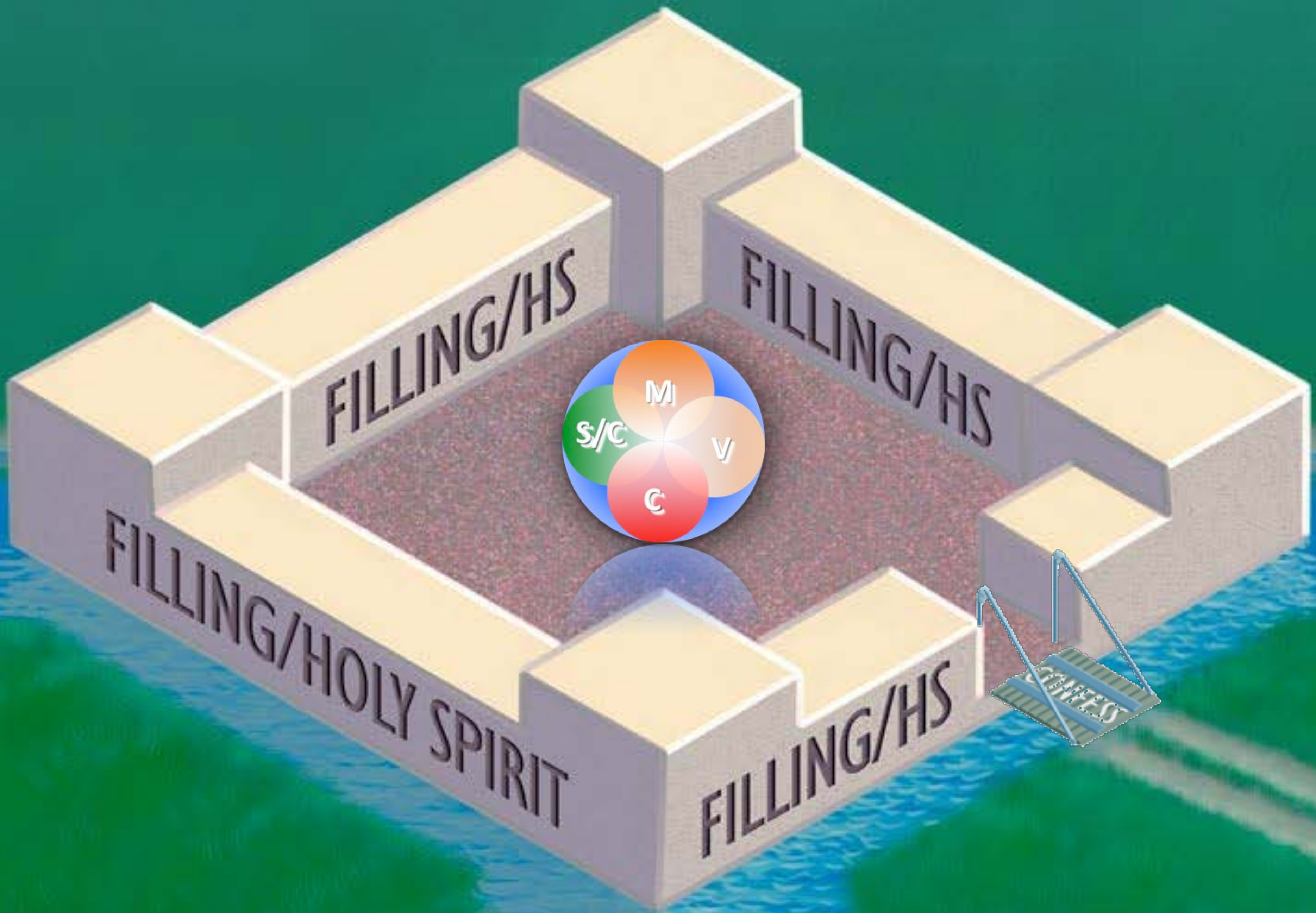
# Soul Fortress Principles

**Psa. 144:2, “My lovingkindness and my fortress, my high tower and my deliverer, my shield and the One in whom I take refuge, Who subdues my people under me.”**

**מְצוּדָה-2 *metzuda-2***

**comm fem sing constr  
stronghold**







# #1 Confession of Sin

What is “confession?”

Psa. 51:1, “Have mercy upon me, O God, according to Your lovingkindness; According to the multitude of Your tender mercies, blot out my transgressions.

Psa. 51:2, “Wash me thoroughly from my iniquity, and cleanse me from my sin.

Psa. 51:3, “For I acknowledge my transgressions, and my sin is always before me.”

**יָדָע *yada*<sup>c</sup> qal imperf 1 com sing  
to know, have understanding, (BDB)  
recognize, admit, acknowledge, confess**

**Psa. 51:4, “Against You, You only, have I sinned, and done this evil in Your sight—that You may be found just when You speak, and blameless when You judge.” ~NKJV**

**Psa. 51:7**, “Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.

**Psa. 51:8**, “Make me hear joy and gladness, that the bones You have broken may rejoice.

**Psa. 51:9**, “Hide Your face from my sins, and blot out all my iniquities.

**Psa. 51:10**, “Create in me a clean heart, O God, and renew a steadfast spirit within me.

**Psa. 51:11**, “Do not cast me away from Your presence, and do not take Your Holy Spirit from me.

**Psa. 51:12**, “Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.” ~NKJV



**Psa. 32:1, “Blessed is he whose transgression is forgiven,  
whose sin is covered.”**

**Psa. 32:3, “When I kept silent, my bones grew old through my groaning all the day long.**

**Psa. 32:4, “For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah”**



**Psa. 32:5, “I acknowledged my sin to You, and my iniquity I have not hidden. I said, ‘I will confess my transgressions to the LORD,’ and You forgave the iniquity of my sin. Selah”**

**יָדָע *yada*<sup>c</sup>  
hif imperf 1  
com sing  
to know**

**Psa. 32:7, “You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. Selah”**

## **The Result:**

**Total forgiveness; God forgets, so should we.**

**Psa. 103:12, “As far as the east is from the west, so far has He removed our transgressions from us.”**

**Isa. 43:25, “I, even I, am He who blots out your transgressions for My own sake; And I will not remember your sins.” ~NKJV**



# #1 Confession of Sin

- **Christ's death on the cross provides the basis for all forgiveness (1 John 1:7).**
- **Return to the Soul Fortress is based on admission of wrongdoing (1 John 1:9).**
- **“Cleansing” is the key term, experiential recovery from sin.**

**The basis for cleansing is Christ's completed payment for sin when He died in our place on the cross.**

**1 John 1:7, "But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin."**

**The means He uses is our admission of sin to Him.**

**1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."**

# #1 Confession of Sin

**1 John 1:9, “If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”**

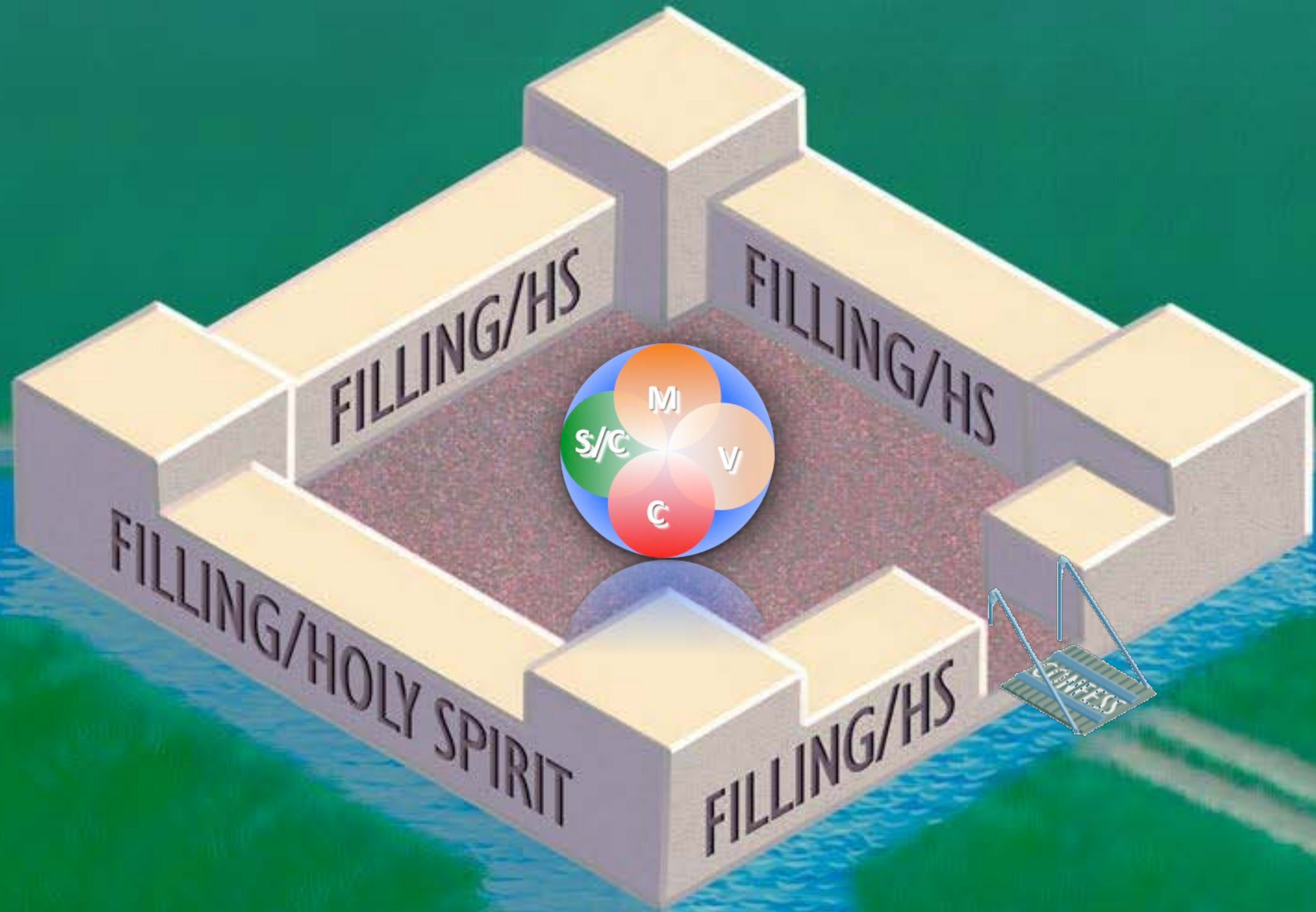
**Psa. 66:18, “If I regard wickedness in my heart, the Lord will not hear;”**



**James 4:8, “Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.”**

**1 Cor. 11:28, “But let a man examine himself, and so let him eat of the bread and drink of the cup.”**







## **#2 Filling/Walking “by Means of the Holy Spirit”**

- At salvation, every believer is indwelt and filled by means of the Holy Spirit.**
- Whatever is done in the power of the HS is “gold, silver, and precious stones,” and has eternal value.**
- Whatever is done in the power of the sin nature is “wood, hay, and straw” and has no lasting value (1 Cor. 3:11–15).**



## **#2 Filling/Walking “by Means of the Holy Spirit”**

- When we sin, we no longer walk by means of the Holy Spirit, we grieve the Holy Spirit (Eph. 4:30).**
- Immediately we are walking according to the sin nature (Rom. 1:1–8; Gal. 5:16–21).**
- Therefore, we must recover our walk by the Spirit and that is admitting our sin to God, confession. This restores our walk by the Spirit.**

**Gal. 5:16, “I say then: Walk by means of the Spirit, and you shall not bring to completion the lust of the flesh.**

**Gal. 5:17, “For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.**

**Gal. 5:18, “But if you are led by the Spirit, you are not under the law.**

**Gal. 5:19, “Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness,**

**Gal. 5:20, “idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies,**

**Gal. 5:21, “envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.”**

**Rom. 8:3, “For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh,**

**Rom. 8:4, “that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.”**

**Rom. 8:5, “For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.”**

**Rom. 8:6, “For to be carnally minded is death, but to be spiritually minded is life and peace.”**

**Rom. 8:7, “Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.”**

**Rom. 8:8, “So then, those who are in the flesh cannot please God.”**



**Eph. 4:30, “And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.”**

## #2 Filling/Walking “by Means of the Holy Spirit”

**God the Holy Spirit is the divine empowerment to:**

- ... understand, retain, remember, and apply doctrine (Col. 3:16)
- ... produce spiritual growth (Eph. 5:18; Col. 3:16; Gal. 5:16 w/ John 15:1–6)
- ... enable our spiritual gift (1 Cor. 12; Eph. 4:7)

## #2 Filling/Walking “by Means of the Holy Spirit”

**Eph. 5:18**, “And do not get drunk with wine, for that is dissipation, but **be filled with [by means of] the Spirit**,  
**Eph. 5:19**, “speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,” ~NKJV

**Col. 3:16**, “Let the word of Christ richly **dwell within you**, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God.”

**Gal. 5:16**, “But I say, **walk by [means of] the Spirit**, and you will not carry out the desire of the flesh.”



