

**As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires**

**– Ephesians 2v1–10**

**and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in**

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**Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's**

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**handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.**

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# **Formation: The Art & Science of How We Change**

**Vol. VI: Resistance**

# Ephesians 2v1–10



...but I see another law at work in me, *waging war* against the law of my mind and making me a *prisoner* of the law of sin at work within me.

– Romans 7v23



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

**– 2 Corinthians 10v3-4**

**Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which *wage war* against your soul.**

**– 1 Peter 2v11**

**Put on the full *armor* of God, so that you can take your stand against the devil's schemes. 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.**

**– Ephesians 6v11-13**

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.

– Ephesians 6v11-13



**Put on the full *armor* of God, so that you can take your stand against the devil's schemes. 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.**

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# Ephesians 2v1–10

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# The World

**The World**  
**The Flesh**

**The World**  
**The Flesh**  
**The Devil**



**Deceitful ideas**

that play to

**disordered desires**

which are normalized in a

**sinful society**

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**(the world)**





# Ephesians 2v1–10

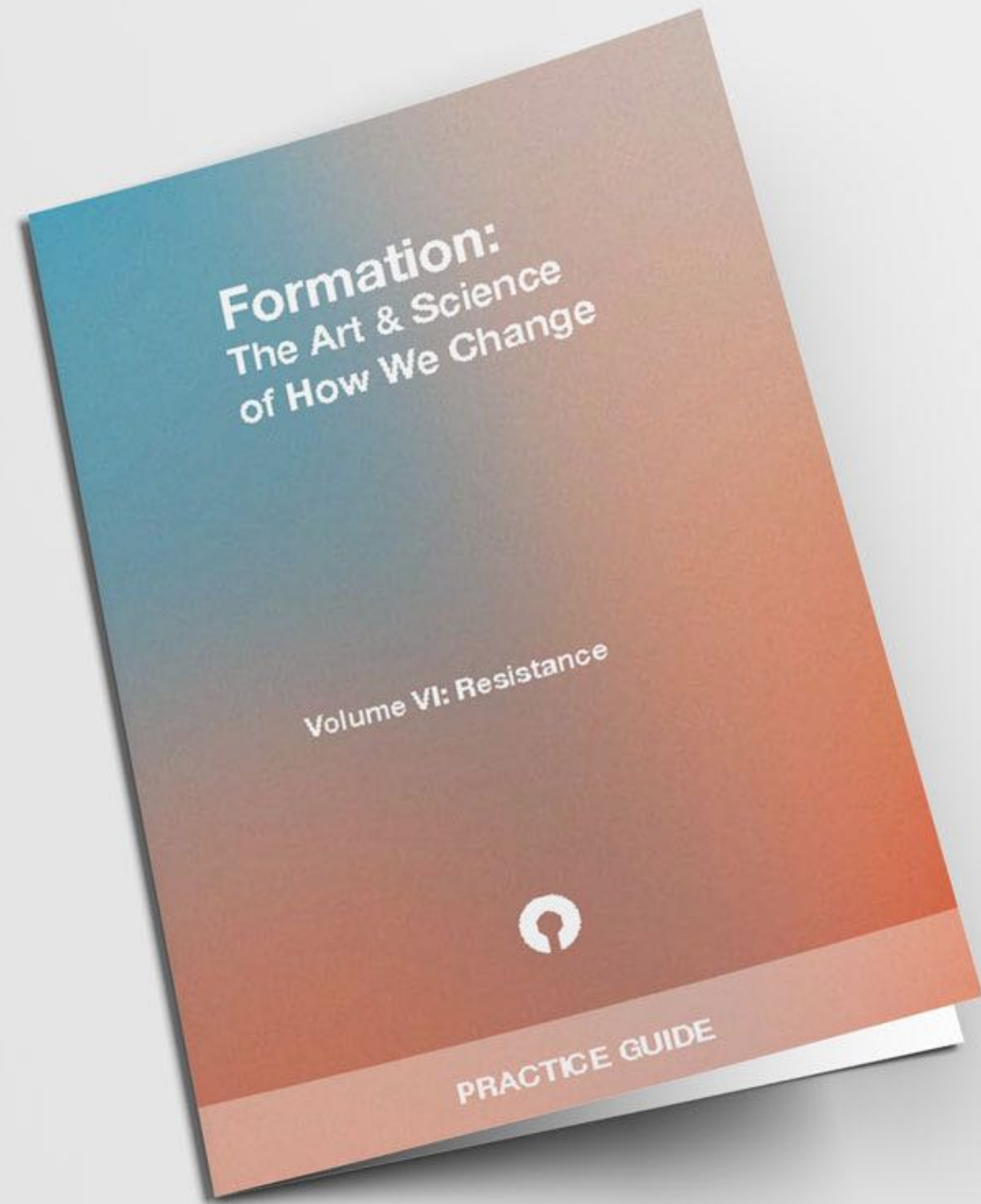
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**incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.**

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# Practice Guide

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