

## Resisting the System: How to Live the Jesus Way

### Part 7: The Real Reason You Feel Burnt Out (And What to Do About It)

Ephesians 6:10-18

**Summary:** Discover how to resist the lies, fear, and burnout of the world's broken system by putting on the full armor of God and living a revolutionary lifestyle of faith, truth, and love—together.

#### Main Ideas:

We're caught in a very real power struggle between good and evil.

We can KNOW all about the system and still get trapped in it.

Resistance is a lifestyle of revolution... together.

The only way to resist the System is to rely on the power of God.

We are in a daily spiritual battle.

The enemy of God's people is never people.

We don't fight for approval—we fight from it.

Faith is hanging onto our loyalty to Jesus in the face of all our triumphs and tragedies.

We resist by standing fully equipped in Jesus, inviting others to join us.

We resist best when we do it together.

#### Invitation:

Read Ephesians 6:10-18

Envision putting on the armor.

Pray: Help me stand firm in you and bring your light to others.

#### Discussion Questions:

1. What part of this message challenged or encouraged you the most?
2. How would you describe "the System" in your own words? Where do you see it most in daily life?
3. Read Ephesians 6:10-12. Why do you think it's so easy to believe that other people are the enemy, rather than seeing the real spiritual battle?
4. This week, how will you choose faith over fear, peace over panic, and love over control—specifically in one challenging situation?
5. How can your group pray with you this week?

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#### Transcript:

**IN:** Here we are.

For the last few months—starting with our conversation on the book of Revelation—we've been talking about this:

- We're caught in a very real power struggle between good and evil.

There's a system at work in the world that sells happiness and freedom...

- But only creates fear, shame, division, burnout, and mistrust.

In Revelation, John called it Babylon.

- Other BWs called it “the world.”
- Most of us just call it “them.”

Even if you’re not sure about Jesus or the Bible—you’ve felt this tension.

- You’ve looked around and wondered what’s wrong with the world.
- Why are we always on edge?
- Why doesn’t anything feel secure.

That’s the System.

Its message is everywhere:

- Chase power. Protect your comfort. Win at all costs.
- Cut out anyone who threatens your control or your truth.

It’s so woven into life we assume our anger and fear are just normal.

But they’re not. They’re symptoms

- The System thrives on division

You know it’s winning when hate feels justified.

- When the guilt stacks up.
- When even scrolling your phone drains and numbs you

The System doesn’t need to destroy you—it just needs to wear you down.

But Jesus has launched a revolution.

- Rooted in humble love, bold unity, deep renewal, mutual submission, and Holy Spirit-filled resistance.

And here’s what’s hard—and even discouraging...

We can KNOW all about the system and still get trapped in it.

- We can point it out, yell about it, post about it—and still get dragged back into comfort, apathy, comparison, or control...

Why? B/c Resistance isn’t a one-time decision.

- It’s a rhythm.
- It’s a way of life
- Resistance is a lifestyle of revolution... together.

And today, as we close this series, we’re going to look at how the Apostle Paul showed some of the 1st JFs what this lifestyle of daily revolution actually looks like.

- And he hands us the secret to staying in the fight—for good.

For some of us, this may be a familiar passage. But let’s try to hear it again like it’s the first time—with open hearts.

Some of you will love the idea of spiritual battle.

- You're ready to go and jump in. And that's awesome.
- Just don't miss what kind of fight Paul is actually describing.

And for others, this kind of language might feel uncomfortable—even overly militaristic.

- Stick with me.
- The battle Paul describes is something deeper, truer, and more beautiful than we think.

And if you're not sure about any of this Jesus stuff—this might sound intense.

- But it's passages like this that changed the world... and just might change your life too.

Here we go...

**GOD: Eph. 6:10-11a (CSB)** *Finally, be strengthened by the Lord and by his vast strength. Put on the full armor of God...*

Paul is writing this while chained up in a Roman prison for preaching about Jesus.

He is weak, vulnerable, defeated..., but he encourages JF's to be strengthened.

- Not to stand and fight against the empire for his freedom and their rights
- Not to muster up our strength and be better than "THEM"

Paul says: Be strong in the LORD and in HIS vast strength... Not ours.

- The only way to resist the System is to rely on the power of God.

And how do we do this?

- Putting on the armor of God.

For many, a very familiar image.

- I even had a plastic play set of armor to match God's Armor.

But again, it's the armor OF God. It's HIS armor that he gives to his people

- We have to put it on, but it comes from him, not from our efforts and trying really hard to be holy or strong.

We need to rely on God's strength and put on his armor... b/c we're in a battle

**Eph 6:11-13 (CSB)**

*Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.*

We are in a daily, spiritual battle.

Now, some people take spiritual warfare too far—seeing a demon behind every headache.

But Jesus was clear: we live in a world where spiritual darkness still opposes the light.

So let's not fly off the handle, but also let's not get so cynical that we miss the real battle.

And yes, for some people, everything that goes wrong is blamed on Satan/demons

- Some go so far as to say certain political leaders/parties are demonic/Satan's henchmen
- They see opposing these people/parties as a spiritual battle...

But listen... no matter what political side you are on...

- The enemy of God's people is never people.

The battle isn't about proving we're right.

- It's not about taking back our country.
- It's not about "them."

This is a fight for truth, unity, and freedom—fought God's way, not theirs.

It's about reisting the lies, division, discouragement of the System

It's about defeating the dragon with God's love and truth.

As we saw in the book of Revelation, this system is controlled by what John called the dragon...

- Paul here uses his more common name... the devil. Satan, the accuser.

Who continually schemes against God and his people.

- And yes, humans can be manipulated to fight, promote, and enforce his system...
- But it's not b/c they are in league with him...
- It is b/c they are blind to the system and enslaved to the dragon.

And we fight back against the dragon and resist his system by standing strong in God's power and God's armor.

How do we stand?

- Not by being louder. Not by being right. Not by giving in to fear. Not by becoming who we're resisting.
- We don't use violence, we don't use the weapons of the enemy and his system
- We fight with truth, righteousness, peace, faith...

We stand by being fully armored by God.

***Eph 6:14-17 Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.***

Truth like a belt.

- Roman soldier's belt held everything in place.

The Belt of Truth grounds us in what's real—even when everything else feels confusing or chaotic.

The System lies to us.

- “You're weak. You'll never make it. Fight harder or give up.”

But Jesus, the ultimate truth, reminds us that we are already beloved children of God.

- That love always conquers hate.
- That light always vanquishes darkness.

Giving us clarity, confidence, and alignment with God's heart.

So when the lies come for you ... Paul says put on the truth that holds everything together.

- Let it remind you who you are

Put on righteousness like armor on your chest.

The breastplate defends the most vulnerable part of you—your heart.

The System says: “You've messed up too much. You'll never be good enough.”

But this armor isn't OUR righteousness—it's God's. Through Jesus, you're already forgiven and made whole.

We don't fight for approval—we fight from it.

Through Jesus, we can have...

- Freedom from shame. Boldness to approach God. Peace when your conscience accuses you.

And when we're grounded in God's truth and righteousness we can walk into any room carrying the peace of the good news (gospel) of God.

The system says: “Be feared. Power wins. Keep your distance. Stay defensive.”

But the gospel of peace says: “You've been reconciled to God—and now, you're free to bring peace, hope, and reconciliation.

We can walk into broken places and bring peace instead of conflict,

- We bring calm, not chaos.
- Hope, not judgment.
- Healing, not harm.

Now... the enemy doesn't take this resistance lying down

As we live the Jesus Way, the enemy will try to send flaming arrows of shame, fear, division, apathy...

And so Paul tells us to take up the shield of faith.

It's not the absence of doubt... but in the presence of doubt saying... I choose to trust that God is still good. He is in control. He sees me, knows me, and cares about me.

Faith is hanging onto our loyalty to Jesus in the face of all our triumphs and tragedies.

The System says: "God's forgotten you. You're on your own. Your suffering proves he's not real or good."

But faith says: "Even here—especially here—I trust that God is still who he says he is."

This kind of faith gives us peace and defiance in the darkness, and joy in the craziest storm.

And then we put on the helmet of salvation.

Again, the System whispers: "You'll never change. You've messed up too much. God's going to let you go."

But putting on this helmet of salvation is reminding ourselves...

- The battle is already done
- We already belong to Jesus
- No matter what happens, he will never let us go

And then we can move forward with a clear mind, a peaceful heart, and a solid identity in Jesus himself.

And finally, Paul tells us to take the only offensive part of God's equipment—the Sword of the Spirit, which is the Word of God.

- Some think this means the Bible... and sure, that's a part of it.
- But remember—when Paul wrote this, the NT hadn't even been compiled yet.

The Word of God is more than just verses—it's the message.

God loves us. And he has conquered sin, death, and the dragon through his life, D&R...

- It's the promise that cuts chains.
- The story that changes hearts.

And we don't use it to beat people down.

- We use it to cut out every lie the enemy has put into the world
- To invite, not to win arguments.
- To free, not judge

This sword was made to liberate—not dominate.

- To rescue others and invite them to join the revolution with us.

But listen... This armor isn't for nice, happy-pappy Sunday only Christianity.

- This armor isn't just for show in a parade.

This armor is for Mondays. For breakrooms. And living rooms.

- For 3 am worries
- For long-text threads from people you're trying to forgive.

That's where we stand and resist.

This armor is what gets us through the everyday battle... giving us courage to resist the System with our lives.

- With the big and with the small.

You put on armor to stand firm—faithful, gentle, unshakable—when the System comes for your identity, your joy, or your love.

**We resist by standing fully equipped in Jesus, inviting others to join us.**

B/c the amazing thing is... this isn't about a lone soldier standing their ground while an army attacks them.

This is about being an army, a community of light/love/peace... resisting the System together.

Every YOU in this passage is plural... "y'all stand firm... together."

The power of the Roman army wasn't in the skill of each individual soldier; it was in their ability to work together to support each other.

Their shields were designed to overlap. To protect the person beside you.

- And when they were in battle, those behind would help push those in front of them to keep going.
- Each soldier could only do their job if the soldiers around them were supporting them.

So Paul finishes by saying... **Eph. 6:18 Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.**

Prayer keeps us in communication with our King, allows him to shape our thoughts, hearts to be more like his.

- Shows us which piece of armor we need to mend, which we need to reinforce, where we need to support others.
- It reminds us we're not fighting for victory but from it.

Now, before we move on into practicing all of this... let me ask you..

Have you ever accepted the invitation to begin this life with Jesus?

- Maybe today's your first time hearing it this way
- Jesus didn't come for behavior modification.
- He came to give us a real relationship with God himself

You are not too late. You are not too far.

Right now—right here—Jesus is inviting you to trust him,

- To receive new life and to begin walking in his love and power.

If that's you, you don't need the perfect words.

Just the courage to say...

- Jesus, I believe you are the King of the universe.
- I trust you. I believe you died and rose for me.
- I want to turn from the system and follow your way.
- Forgive me. Fill me. Make me new.

If that's true for you... tell him. And then tell me... so we can walk this journey together.

And now, welcome to the revolution.

**YOU:** Now for all of us... Where do you need to resist?

Where is the system whispering... "You'll never be enough, you can't make a difference, you need to destroy to win, just give up already."

Where are the arrows flying the hardest?

- Marriage, family, work, shame/guilt/anger?

You don't have to go into another day unprotected and alone.

My invitation this week is to...

- Read Ephesians 6:10-18
- Envision yourself putting on the pieces of armor.
- Get the plastic set if you need to
- You might feel dumb... no one knows you are doing it.

Remember this is God's armor he gives us... We don't have to muster up the strength and energy... but we do need to choose to put on what he has given us.

Then do what Paul says... Pray: Help me stand firm in you and show me how to bring your light to others.

Let's not let cynicism, exhaustion, fear, and shame take us out of the fight... the stakes are too high.

Let's stand in the strength and power of God and resist the System together.

Jesus is calling us to resist—not with fists, but with faith. Not through domination, but love

**WE:** Imagine if we lived every conversation, every meal, every moment as resistance.

- A shield wall of joy, forgiveness, and peace—pushing back the darkness, one step at a time.

Resisting the system through the power and love of Jesus.



The System wants to divide, distract, dominate.

We resist by being rooted in something greater — Jesus. His truth, his peace, his way of life.

And We resist best when we do it together.