INTRODUCTION CONSCIENCE

The Armor of God

TEACHING NOTES

Code red (Ephesians 6:10-13)

Stand firm in truth (Ephesians 6:14)

Put on the breastplate of righteousness (Ephesians 6:14)

KEY VERSES

Ephesians 6:10-17

KEY THEMES

The spiritual battle Spiritual victory

Lesson objective: To identify the way we can have spiritual victory

PERSONAL STUDY

Session 1

Prepare your heart and mind

Take time to pray that the tasks of today will not become a distraction to focusing on the study and hearing God's truth.



Worldview

You've probably heard the saying, "What you don't know won't hurt you." Does this apply to our spiritual life too?

Read Ephesians 6:12 and Colossians 1:15-16

These are a couple scriptures that speak truth about the existence of a spiritual realm. If you believe that the Word of God is divinely inspired, do you think it wise to ignore this reality? Why do we treat this reality so casually? If you were told you had an illness but couldn't see it, would you continue living as if it didn't exist?

Read 1 Peter 5:8

We are not separate from the spiritual realm – the seen and unseen worlds intersect. We must believe it to be true or we will not be motivated to prepare for battle. Our unforgiveness, stubborn pride, uncontrollable spending, angry outbursts, and vengeful actions are all evidence of the hidden battle. In Matthew 4:1-11 we learn about Jesus' battle with Satan. We must acknowledge that we too are in a battle with "evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places." (Ephesians 6:12) These battles impact our lives on a daily basis! Are you prepared for war?

How we prepare for a spiritual battle is much like how people prepare for any fight. It is important to know your enemy – who he is and how he operates. Everything we know about Satan has been revealed to us by God in the Bible. Pause here and thank God for equipping us with the full knowledge of who our enemy is.

Read John 8:44, John 10:1, 2 Corinthians 11:14, 1 Peter 5:8, Genesis 3:1-4, and Revelation 12:9
What do these verses teach us about our enemy?

Another way God has prepared us for battle is by providing us with the finest of equipment. Ephesians 6:14-17 runs down the list of all God has put at our disposal. The second personal study will go into more detail about each piece of armor. Our focus in this study is how we can be prepared to use that armor. Your part in being prepared is by conditioning your mind to be aware of the enemy's deception and ready to use what God has given you to stand firm. How do we condition our minds for battle?

Read Hebrews 4:12

Deception is the main method of attack from our enemy. For a Christian, the Word of God is our best weapon for preparedness! It's God's truth that will ward off the enemy's attack.

Make a list of some ways that you can expose your mind to God's truth.

Read 1 John 5:4-5

What confidence does this verse give us as we face spiritual battles?

As you read through the following paragraph, take time to look up and read through each verse mentioned.

You can stand firm (Ephesians 6:14), not because of yourself, but because of God (2 Corinthians 1:21). And when your feet slip, He will set them on a rock and give you a firm place to stand again (Psalm 40:2). You can stand firm because God's Word stands firm (Psalm 93:5 & 119:89). When your confidence is lacking, remind yourself who has already won the battle.

It's not too late to prepare and begin having victory over the enemy's attacks! Remember, you have to get to know your enemy, become familiar with the armor you have been given, and condition your mind by allowing the Spirit to teach you all truth. Then you will stand firm with confidence and be strong in your faith.

Key verse

Using the provided scripture card, put to memory Ephesians 6:10-11.

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes.

Prayer time

Pray that you will not lose sight of the spiritual battles behind our everyday challenges. Pray for a heart that desires to spend time in the Word. Ask God to continue to guide and condition your mind so that you are prepared for the enemy's attacks.

Session 2

Prepare your heart and mind

Begin this time of study with prayer. Ask God to help you push away distractions and focus on Him. Ask Him to bless this time by providing clarity and revealing truth.

Preparing for battle

In the first Personal Study we examined the reality of the spiritual battle believers face, and the importance of standing in the truth of knowing God's Word. We face an enemy whose sole purpose is to steal, kill, and destroy (John 10:10). The great fact is, this battle is not fought on our own. God, in His love for us, has provided protection and strength to withstand the enemy's attacks.

Paul identifies seven pieces of equipment every believer needs to wear in order to be equipped and ready for battle with the enemy. Let's look at each piece and identify how they can be applied in our lives.

Read Ephesians 6:13-15

The belt of truth

Just as a belt is used to hold things in place, truth should do the same by keeping us secure in Christ. Knowing God's truth protects us from being vulnerable to lies from the enemy.

Read 2 Corinthians 11:14b

How does Satan disguise himself?

Why would presenting something that looks convincingly close to the truth be so dangerous?

When deception comes, ask *what do I know to be true? Does what I am hearing line up with scripture?* Stop now and think of a few truths you know about God. Now see if you can add a supporting scripture to go with these truths.

The breastplate of righteousness

The breastplate is used to protect core vital organs. At salvation, we are made righteous through the sacrificial blood of Christ. The core to our identity is who we are in Christ.

Spend some time now identifying a few truths about your identity in Christ. See if you can add a supporting scripture to go with these truths.

Feet fitted with the gospel of peace

Proper foot attire helps to protect feet from debris and provides the ability to have solid footing so as not to slip and fall, but to walk in confidence. The Gospel is the *Good News* of Jesus Christ. This *Good News* brings peace to us and we are called to offer it to others.

Read Romans 10:14-15

How does putting on the armor of God prepare the believer to go into the world and proclaim the Gospel?

Read Ephesians 6:16
The shield of faith In battle the shield is a defensive weapon. It is not used to fight, but to protect, defend, and deflect When our shield of faith is strong it protects us from being vulnerable to the enemy's attacks. To block the enemy's flaming arrows we are to trust in God and His promises.
Read Psalm 31:13-15 How did David respond to the flaming arrows of his situation?
What flaming arrows has the enemy shot at you lately?
How can you respond?
When we believe and trust in God and His Word, the enemy loses his power. There is protection behind the shield of faith.
Read Ephesians 6:17
The helmet of salvation The helmet provides protection and security for the head. As believers, we have the security and assurance of our salvation. The helmet of salvation protects our mind from discouragement and despair.
Read Philippians 4:8 To protect our thought life, where should our focus be?

The sword of the Spirit

The sword is a weapon of attack. It needs to be maintained and sharpened, ready for battle. The Word of God is our sword. Just as a sword needs to be sharpened in order to be effective, we have to sharpen our understanding and knowledge by studying, memorizing, and meditating on God's Word.

What do the following scriptures say about God's Word? Hebrews 4:12

Psalm 119:105

2 Timothy 3:16

Key verse

Continue working to memorize Ephesians 6:10-11. Attempt to write it out from memory.

Prayer time

Spend some time praying through Ephesian 6:10-17. Praying the scriptures allows you to use the words and emotions of the Bible as you personalize the passage.

I will be strong in the Lord and in his mighty power. I will put on all of God's armor so that I will be able to stand firm against all strategies of the devil. For I am not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, I will put on every piece of God's armor so I will be able to resist the enemy in the time of evil. Then after the battle I will still be standing firm. I will stand my ground, putting on the belt of truth and the body armor of God's righteousness. My shoes will be the peace that comes from the Good News so that I will be fully prepared. In addition to all of these, I will hold up the shield of faith to stop the fiery arrows of the devil. I will put on salvation as my helmet, and take the sword of the Spirit, which is the word of God. Amen.

PARENT GUIDE

The Armor of God

Discussion

Ask your kids if they know what the armor of God is.

Share with them that God's armor protects our spiritual heart where the Holy Spirit lives. God's armor also protects our thinking so that we know what is true.

Read Ephesians 6:10-18 together. Discuss the passage as you do the following activity together.

Activity

Material: bowl, water, pepper, soap

Fill a bowl with water (represents the world) and have your kids sprinkle pepper into it (represents sin). While naming some sins of the world, have your kids put a finger in the water (the sins will stick). Then wipe off their fingers and explain how the whole armor of God protects us. Then have your kids dip a finger in soap (armor of God) and then dip that finger again in the peppered water. Now the pepper (sin) is repelled.

Here's a breakdown of why we wear each piece of the armor of God you can share with your kids

The belt of truth: to be honest and remind ourselves of what we know about God.

The breastplate of righteousness: to protect our hearts (and feelings) and help us remember who we are in Christ.

Shoes of Good News: to always be ready to share the Good News of Jesus Christ.

The shield of faith: to protect ourselves from evil.

The helmet of salvation: to protect our minds (and thoughts) and help us remember that God has saved us and called us His children.

The sword of the Spirit (the Bible): to help us to know right from wrong.

Prayer

Pray together as a family. Ask God to help you remember to put on His armor daily.

ADDITIONAL STUDY

Observation

(Who? When? Where? Why? What does it say? What do I notice?)

Interpretation

(What are the key themes or truths? What is the writer's intended meaning? What is the context? What questions do I have?)

Application

(How do I apply it? What does this mean for me?)