

THE ARMOR OF GOD

The full armor of God

Ephesians 6:11

This verse tells us that we must be prepared as we go into battle, a spiritual battle. Without God's Armor and protection we do not stand a chance. God will empower us to fight the good fight and to make a stand against the devil.

Ephesians 6:10-18 (Spiritual Warfare)

Read the verse together. Once you've read the verse explain how each piece of armor protects us spiritually, which in turn can protect us physically.

Discussion Questions:

1. Why do we need spiritual armor? (To stand against the wiles of the devil.)
2. What is it we fight against? (Against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.)
3. Should we be afraid of this battle? (No, God will help us stand against evil. The powers of darkness will be defeated by God.)
4. How does God help us in the battle against evil? (He gives us the weapons and armor we need to stand strong.)
5. Why is it important that we that we put on our spiritual armor every day? (Without it we will be weak and easily defeated.)
6. How can we use each piece of spiritual armor at home? At school? At church?

Every piece of armor has a Purpose!

Let's cover the pieces of armor :

1. **The Belt of Truth:** The belt worn by a Roman soldier was important because it firmly secured the soldier's weapons needed to fight. If we are to stand up to evil, we must be firmly secured by the truth that is found only in Jesus.
2. **The Breastplate of Righteousness:** The typical Roman soldier wore a protective covering to cover the vital organs, like the heart, the lungs, liver, etc. If any of these were injured, the life of the soldier would be in serious jeopardy. If we try to do battle over Satan's enemies with only our own righteousness, we will never win. We need a righteousness that comes from our Savior.
3. **Feet with the Gospel of Peace:** To do battle, a soldier must be prepared to go, and good strong sandals were absolutely necessary. Likewise, before we can do battle, we must be prepared, but our preparation comes from the Gospel. The Gospel is the good news about Jesus, and through it we can tell others how they can have peace with God.
4. **The Shield of Faith:** The shield protected the Roman soldier from arrows and sword blows. Our spiritual enemies are constantly throwing arrows and thrusting swords towards us. The best way to deflect these blows is with the shield of faith. When we hold on to our shield, when we hold firm to our faith in Jesus, we can go forth boldly.
5. **The Helmet of Salvation:** An essential item for a soldier's survival. The helmet protects the head of the soldier, where there is the mind and spirit. Our salvation comes from Jesus, and it is a lasting protection until the day we are with Him in heaven.
6. **The Sword of the Spirit:** The Roman sword was short and lightweight so they could use it easily. At close range, it was a deadly weapon. The sword of the spirit represents the Word of God. The Word of God is a powerful weapon, especially when used under the power and guidance of the Holy Spirit.

Prayer walk as a family

Put your "feet to work" what can we do to walk in faith? What other armor can we "use" in our day to day lives?

As a parent what do we use to protect our children? What are some safeguards you put into place to protect your kids, be open about sharing how as a parent you are always protecting your kids. (Seatbelts, bike helmet, hand sanitizer, etc)

Pause

Stop and pray over each other

1. What are some needs right now as a family?
2. As a church body?
3. As a child?
4. As a parent?

ACTIVITY

Clothes race!

Pick some big clothes, shoes, belt, hat pants and have a race to see who can put all of the items on the fastest!

Online there are several print outs and games if you need more to do to reinforce this lesson.

Have a great week, step into being on guard for God! Put on the full armor of God this week and encourage your kids to be aware that they need the armor!