

Spiritual Armor

Ephesians 6:10-12 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. 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 6:13 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 6:14-18 Stand firm then, with the belt of truth buckled around your waist, with the **breastplate of righteousness** in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Romans 6:23 For the wages of sin is death, but the **gift of God** is eternal life in Christ Jesus our Lord.

Romans 3:21-22 But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. This righteousness is given through faith in Jesus Christ to all who believe.

1 Peter 1:21 Through him you believe in God, who raised him from the dead and glorified him, and so **your faith and hope are in God**.

The Apostle Paul wrote his letter to the Ephesians while chained to a Roman soldier. He created the simile of The Armor Of God to aid in the understanding of our spiritual battle.

Because this battle is not against _____ and _____ but takes place in our minds and hearts.

What is the point of getting armored up (Ephesians 6:13)?

The **Helmet** of _____.

A helmet protects your _____. An injury to your brain would almost always be fatal. According to Romans 6:23, salvation is a _____.

The **Breastplate** of _____.

A person is often judged by their character. What happens if someone makes accusations about someone who is known to be a good person?

It has been said that when God looks at us He sees the indwelling Holy Spirit, a reflection of Himself, in our Breastplate. This is called imparted righteousness. It makes us forever right with God. This ends all accusations the enemy might bring against us before God. However, we have just bound a perfect garment around a misshapen, sinful human soul. If we do not conform to the image it brings, that of righteousness, it will be a very uncomfortable fit.

The **Shield** of _____.

Faith can only be as strong as the object you have faith in.

Using a scale of 1-10, how much faith do you have in the following:

___ A red light at an intersection will stop a car.

___ There will be something good to watch on TV tonight.

___ The sun will come up tomorrow.

"So far the laws governing the physical universe have been among the most trustworthy faith objects we have. The ultimate faith-object, of course, is not the sun, but the Son: Jesus Christ"

Who does 1 Peter 1:21 say we should have faith in?

How would you make your shield stronger?

Spiritual Armor continued

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John 17:17 Sanctify them by the truth; your word is truth.

Matthew 4:1-11 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" Then the devil left him, and angels came and attended him.

1 Peter 3:15-16 But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.

The **Belt** of _____.

In a prayer Jesus clearly states that _____ is truth.

(John 17:17)

The **Sword** of the _____.

Ephesians 6:17 says that the Sword of The Spirit is _____.

The "Belt of Truth" and "The Sword Of The Spirit" are built from the same

“ _____ ”

(Ephesians 6:17)

Unlike "The Shield Of Faith" and "The Helmet Of Salvation," which were gifts, formed and provided by God for our **taking-up**, these pieces of armor require action on our part.

Your **Belt** will form as you apply God's truth to your life. A belt kept the Roman soldiers breastplate in place. It also provides a place to hang his sword.

The sword is also made of the Word but it is directed outward. When wielded skillfully it can defend against our enemy and convert the sinner.

Read Matthew 4:1-11. How did Jesus defend Himself against every temptation of the evil one?

1. He called thousands of angels to come and fight.
2. He blasted Satan with lighting bolts.
3. He quoted Scripture to him.
4. He grew wings and flew away.

If you were in the same situation, which of the above methods is within your capacity to use (circle one)? How would you rate your current Bible knowledge?

Jesus says the "The Word" is as important to our lives as: _____.

(Matthew 4:4)

What's on your feet (Ephesians 6:15)? _____.

Why? So you're ready to _____.

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The Goal of this Lesson: The goal of this lesson is to make young believers aware that help against spiritual forces of evil exists . We must encourage kids to get “armored up” so they can withstand the devils attempts to cause them harm. We take an in-depth look at Jesus being tempted by the enemy and how He handled it. Bible memorization is one of the ways we can make our spiritual armor stronger.

Pre-Lesson Activity: We played a simple game using plastic cups and rubber bands. I divided the kids into two teams. Each teen had a row of cups in front of them on the table. The object was to blast the other teams cups off the table first. The winner prize was bubbles.

Leading the Lesson: Spend some time in prayer the day before, going over the verses and questions in your mind.

All the verses used in the lesson are printed in the left column.

Have a kid read the first set of verses and then go through the questions for those verses. Give them time to answer. Listen to what they say and lead the discussion with additional questions of your own to lead them to the correct answers. To make it easy the correct answers are underlined within the verses.

Note: When reading, kids will frequently stumble on words they do not know. Explain the meaning of the words so they can fully grasp the concept of the Bible verse. Sometimes you must restate the passage in your own words for them to get it.

(If your group is younger junior high-age, encourage them to fill in the blanks with the correct answers and hand in their papers at the end of class. For older kids, especially high school-age, just use the questions as discussion starters.)

In the course of the lesson we investigate each piece of armor , what it does, and why we need it. On page two we shift to looking at how to fight a spiritual battle using the same method Jesus did in Matthew 4:1-11.

We conclude the lesson by discussing the “shoes of the gospel of peace.” We must be ready to share the gospel at a moments notice. The gospel message should flow from a Christian as easy as breathing. Ask what they would need to do to be prepared to “give the reason for the hope that you have.”

I followed up this lesson with the course, “How to become a contagious Christian.” See the page on my website about helping kids share their faith for a link to the product.

Summary: Review what we learned from the Bible passages: Strong spiritual armor comes from “knowing” the Bible. They need to be reading it everyday.

We can fight back against the devil by applying scripture to the situations and using discernment to determine right from wrong.

Take Prayer Requests

Always ask the kids for prayer request for the next week. Check how things have turned out from the previous weeks’ concerns.