

THE ARMOR OF GOD

Protection in the midst of spiritual attack

Ephesians 6:10-20

When you get ready to go to church, or read the Bible, or pray, what often happens?

It's not an accident! The Bible teaches that Christians are in the midst of a spiritual battle. It's a conflict in which Jesus has already provided the victory for us, but a real struggle nonetheless. This week we will learn about the struggle, our enemy, and the armor God has provided for us.



Ephesians 6:10 literally says, "Be strengthened in the Lord..." It's something He does for us. **How does that happen?** _____

:11 The armor of God is given so we can stand against the schemes (lit. *devious methods*, *Strong's #3180*) of the devil. **Just who is the devil, or Satan?** We can find out a lot about him by looking at some of the names by which he is called. Here are some verses you can study on your own.

Matthew 4:3 The _____
John 8:44 A _____
The father of _____
John 10:10 A _____
2 Corinthians 11: 14 Satan sometimes appears as an _____.
I Peter 5:8 Satan is our _____
Revelation 12:11 The _____ of the brethren (believers).
Revelation 20:3 The _____ of the nations



:12 A Spiritual Wrestling Match

Wrestling was an extremely popular sport for both the Greeks and the Romans. Two men would begin in the standing position: in an intense struggle, each would try to throw the other to the ground and pin his shoulders.

That's the picture Paul uses to describe our spiritual battle!
Against whom are we wrestling? _____

We are no match for adversaries like these!

:13 That's why God has already provided us with His protection! **What outcome does God promise us when we trust in Him during the "evil day"—when we face intense spiritual conflict?**



The Armor of God Described

(Ephesians 6:14-17)

As we look at each piece of armor, think about the type of attack Satan might launch and how the armor of God will defend me against it!

:14a Having wrapped our waist with TRUTH. In a “dirty” fight, this is one of the most sensitive and vulnerable areas of our body. And Satan fights dirty!

-What type of attack would this piece of armor defend against?

Think about **truth that will defend you** when you are under attack. List what would be important for you to remember:

-Truth about **who God is**.

-Truth about **who you are in Christ**.

-Truth about **right and wrong** actions, and **how to walk in the Holy Spirit’s strength**.



:14b “having put on the BREASTPLATE of RIGHTEOUSNESS”

The breastplate protects our heart. *How will remembering our righteousness in Christ fend off attacks to our heart?*

:15 Sandals of peace

Here’s a replica of the sandals Roman soldiers wore.

What do you notice about them?

It’s certainly good news that we have peace with God through our Lord Jesus Christ (Romans 5:1).

How are you “pushed around” concerning your walk as a believer, your worth in God’s eyes... or in any other area?



How does knowing you have peace with God help against being pushed around, spiritually?

:16 The Shield of Faith

We raise the shield of faith when we see the burning arrows of the devil flying toward us. They hit the shield and are extinguished. Also, a line of Roman soldiers would raise their shields together; this would make for them a wall of protection.

What “flaming arrows” has the enemy shot in your direction lately?

*How does faith in **who God is** and **what He has done for you** put out these flaming arrows?*

How might being around other believers prove helpful, especially in times of spiritual conflict?



:17a The Helmet of Salvation

The helmet protects from attacks to the head—which were often quickly fatal.

Thoughts are an area of intense spiritual conflict. *In what areas of my thought life am I attacked?*

In what ways does my thinking need to be more that of a new person in Christ? Are there certain things I've been thinking or believing that simply aren't true? What might they be?

:17b The Sword of the Spirit—God's Word

The sword is used for active defense! Remember, it's not your sword, but the sword of the Holy Spirit!

How does God's Word actively defend me when I'm under attack?

In what areas do I face attack pretty regularly?

What type of verses would be useful to know in these situations?



:18 Two Actions to Take in Battle

Here are two actions we're to take that will help ourselves and others who are under attack.

Praying always. *How can talking to God be helpful, for myself and others, when we're under attack?*

Being watchful—being alert, for myself and others. *For what should we be on the alert?*

:19-20 Paul's Example

Paul gives a prayer request for a situation he currently was facing in which he was experiencing spiritual conflict.

If you were writing a note to a friend, what prayer request would you share? What is a situation you are currently facing where you are experiencing spiritual conflict?

