

The Armour of God

you can stand firm

Start Here

Which verse or verses from the Bible have been most encouraging to you over the last few weeks?

Describe a situation in which you were strengthened by a specific truth from the Bible?

Discuss

We live in joyful expectation of eternity with Christ. However, until that day, we still live in a broken world where the devil seeks to cause us to fall.

- What different ways does the devil attack us on our journey?
- In what areas do you feel most vulnerable?

Main Idea

While it is true that we have an enemy, the good news is that God has provided protection so that we can each stand against the schemes of the devil. Though we are weak, our God is strong.

The enemy does not have greater power than God. 1 John 4:4 teaches us that the one who is in us is greater than the one who is in the world. Romans 8:37-39 teaches us that nothing can separate us from the love of God, including all the powers of evil.

We are not alone in the battle. God has provided an armour for us to stand against the enemy in our journey of faith.

Explore the Word

Read Ephesians 6:10-18

Note in this passage, the Lord's strength is what brings us victory.

- Which word do you see repeated several times? Why do you think it is repeated?
- Verse 12 teaches us that our battle is not with people (flesh and blood), but rather the spiritual forces of this dark world. Why is this important to be aware of when we feel under attack?
- How do you think each of the six pieces of the armour of God helps you stand against the enemy?

Practice Together Now

To remain standing in the face of attacks of the devil throughout our lives, we need to repeatedly and continuously clothe ourselves in the armour God has given us.

1. Share one difficulty you are facing in which you need God's strength to stand.

2. Practice putting on the armour of God in prayer. Use the outline below and relate it to your situation.
 - Lord, today I put on the belt of truth. Please continue to give me insight and understanding. I invite you to replace any lies I have believed with your truth.
 - Lord, today I put on the breastplate of righteousness. Protect my heart from sin. Thank you that I have been cleansed by Jesus and can live righteously.
 - Lord, today I make my feet ready to go where you want me to go. I reject fear and declare that I am a carrier of your peace as I walk through life.
 - Lord, today I put on the helmet of salvation. I remind myself of my identity in you. I am a beloved child of God. Nothing can separate me from your love.
 - Lord, today I take up the shield of faith. As attacks come my way, I stand against them in the sure knowledge that you are victorious. You are able. You are good.
 - Lord, today I take hold of the sword of the Spirit. Your Word is a lamp for my feet and a light on my path. I love it. I trust it. I choose to obey it.
3. Is there anyone who is causing you trouble or difficulty in a particular situation you're facing now? If so, pray for this person. Confess to the Lord that they are not your enemy, and ask God to bless them and work in their lives.

Review your Practice Daily

- Memorize the six pieces of armour.
- Pray daily to put on the full armour of God, piece by piece, using the prayer above.
- As you face the difficult situation this week:
 - Pray a daily blessing on the person that feels like an obstacle.
 - In the moment, cry out to God to strengthen you, particularly where your armour feels weak.
 - Call one another this week to pray together and encourage one another to stand.
- Take fifteen extra minutes one day this week to meditate on Hebrews 12:1-2, and look to Jesus who is our ultimate example of standing strong.