

## Full Armor of God

**Opener:** Have you ever used the excuse, “the devil made me do it”? Did anybody buy it?

**Scripture:** Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil’s schemes. <sup>12</sup> 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. <sup>13</sup> 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. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God. Ephesians 6:10-17

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. 1 Peter 5:8-9

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:12

### Discussion Questions

1. So far Paul has explained who we are in Christ and how we should live as Christians. In light of all that, he tells us to be strong because there’s a battle to fight! How can we be strong in the Lord? What can we do by the strength He supplies? What are some things that sap our strength? Ephesians 6:10
2. How would you characterize the devil’s schemes? Give examples of how he plots against us. What does “take your stand” imply? Ephesians 6:11
3. While we usually see people as our biggest enemies, vs. 12 makes it clear that our real battle is against a much bigger enemy. Who are these rulers, authorities, powers, and spiritual forces of evil? What are they doing and what’s their goal? What are some examples of spiritual warfare? Eph. 6:12; 1 Peter 5:8-9
4. The battle gear is there, but we have to put it on. How can we do that? What’s its purpose? How can we stand firm? Against what? Ephesians 6:13
5. Paul names six pieces of armor: belt of truth, breastplate of righteousness, readiness, shield of faith, helmet of salvation, and the sword of the Spirit. Explain each one’s function and its application to spiritual defense. Which would you say is least understood? Ephesians 6:14-17
6. All the weapons mentioned are defensive except one. What is our only attack weapon? How is God’s word like a sword? How can we use the word offensively without being offensive? Hebrews 4:12
7. Ever tried to fight the good fight of faith without putting on God’s battle gear? What happened?

**Wrap Up:** Here’s Ephesians 6:10-17 in The Message: “And that about wraps it up. God is strong, and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no weekend war that we’ll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels. Be prepared. You’re up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it’s all over but the shouting you’ll still be on your feet. Truth, righteousness, peace, faith, salvation, and God’s word are indispensable weapons. Learn how to apply them. You’ll need them throughout your life.”