

Steady: Dressed for the Day!



Every day we have a good stretch as we wake up and get dressed. What we wear depends on what we are going to be doing that day. If we are going to the park, we might wear trainers and trousers, or if we're going to a wedding, we will probably wear our best clothes. If we are going to school, we put on our school uniform.

Did you know God has a whole uniform of protection for you?!



Read **Ephesians 6: 10-18** to find out more about what this uniform looks like!



Write a list or draw the armour God says He has given you

Let's take a closer look at what that armour is.

As you read about each part of the armour, I want you to pretend to put it on!



1. Put on your Belt of Truth

On a Roman soldier, the belt was the part of the armour where the soldier stored his sword and was important in holding all the other armour together. It allowed the soldier freedom to move. God's truth can be found in the Bible. It holds together all the other things God has for us because we need His truth as the most important part of our armour. When we know the truth, it affects every choice we make, every thought and every step we take.



Put on your belt of truth

Ask God to show you His truth in the Bible

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2. Next put on the Breastplate of Righteousness

The Roman soldier then put on his breastplate. This was the part of the armour that protected their heart and other important parts of their body. In the same way we need God's love and God's ways to protect our hearts and to help us live the fullest life God has for us.



Put on your breastplate of righteousness

Ask God to cover your heart with His love



3. Now put on the shoes of peace

Just like you put shoes on to walk to school, Roman soldiers put on special shoes which had nails in the bottom to harden the sole at the bottom, so their feet were able to walk for long distances without wearing out and no matter what the surface was like. The Bible says they are the shoes of peace that comes from the Good News. What is the Good News? It is that Jesus came to die to take away the sins of everyone so they can have eternal life with Him. This means that just like your shoes go wherever you go, you can take the Good News with you and tell your friends and family what God has done for them in sending Jesus to die on the cross and rise again, just like He did for you!



Put on your shoes of Peace.

Ask God to show you who needs to know His Good News today!



4. Hold up the Shield of Faith

The shield is faith that what God says will happen, will actually happen, and what He says no longer has control over us doesn't have to control us. We grow in faith by hearing testimonies and stories about how good God is and how He answers prayer. Faith comes by hearing God's word and seeing it happen in your life (Romans 10: 17).



Hold up your shield of faith

Ask God to fill you with His faith to believe all the things He says and trust Him.

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5. Now put on the Helmet of Salvation

The Roman soldier wore a helmet to protect his head – his eyes, his brain, his ears, and his mouth. In the same way, God protects our eyes from things we shouldn't see, our ears from things we shouldn't hear and our mouths from things we shouldn't say. Most importantly, God will protect our mind, so it knows what God says about us being His children, about who He is, that He is always good, that we are deeply loved and how amazing He thinks we are.



Put on your helmet!

Ask God to protect your eyes, your ears, your mind, and your mouth so they only see, hear, think, and say things He wants us to know.



6. And finally take the Sword of the Spirit

The soldiers carried a sword to protect themselves and attack their enemy. We too have an enemy who wants to trip us up and take us away from a close friendship with Jesus. God has given us His words in the Bible to protect us from harm, to make us strong in Him and to use to attack the enemy and send him away from us. The Bible is a sword of the Spirit because God has given us the Holy Spirit to help us understand God's words to us. The Holy Spirit reveals God to us in the Bible and everywhere we go. HE is our best weapon!



Hold up your Sword!

Ask the Holy Spirit to show you important truths and to help us to attack lies.

Here's an idea!! When you get your uniform on, or just your fun clothes at the weekends or holidays, then say out loud the armour of God.



This is a prayer you could use to help you pray to ask God to help you put on your armour:

Thank you, God, for giving me your armour to protect me. Thank you for having good plans for every day of my life. Thank you for having plans to use me to tell people about your love and plans to help me grow to be more like you. Please cover me with all your armour today: please protect my eyes, my mind, my heart, my ears and my mouth and fill me with your truth. Amen

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Chat to God now about His armour.

- Thank Him for having good plans for you.
- Tell Him what piece of armour you think you need today
- Ask God to show you which piece of armour is most important for you today.