

The Armor of God

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

¹⁸ 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. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Ephesians 6:10-20

1. Who is instructed to put the armor on?
2. Consider the struggles that you've had this week. Now reread v 12. As you reflect on the struggles of the week, does anything change through this lens?
3. Re-read v. 13. What verb is mentioned multiple times in this verse? What do you think is the significance of this? What is the significance of this word for you?
4. **Belt.** What is the purpose of a belt? How does truth in the 'belt' role speak to you?
5. **Breastplate.** What purpose did the breastplate serve in battle? What does righteousness mean in your context? How do you think of it, or define it? How does that understanding inform the idea of righteousness as a breastplate?
6. **Shoes** are important! Reflect on a time when you wore the wrong shoes for a particular occasion. What can the gospel of peace 'prepare' you for? Why do you think it says, not just the Gospel, but the Gospel of PEACE?

7. **Shield of Faith.** What types of 'flaming arrows' has the evil one been aiming at you recently? How does your faith keep these arrows at bay?
8. Think about various jobs/roles that require a **helmet**. What characteristics define these jobs? Why do you think a helmet best personifies salvation?
9. The **Sword of the Spirit**. What changes in your life as you use the Sword of the Spirit-the Word of God in your life? Can you share an example?
10. Share with the group a powerful experience you have had with prayer.
11. Share with the group the area where you feel the most need. Do you need the belt of truth? The breastplate of righteousness? The readiness of the Gospel of peace? Partner with one other person and commit to pray for them in this area this week.