

COVENANT — THE NEW COVENANT

The Armor of God

LESSON 11

AUGUST 16, 2026

LESSON TEXT

Ephesians 6:10–18

FOCUS VERSE

Ephesians 6:13

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

TRUTH ABOUT COVENANT

Although life in covenant involves spiritual opposition, God’s Spirit works in our lives like armor to give us victory.

MY RESPONSE TO COVENANT

I will wield the armor of God against spiritual enemies.

COVENANT CONTEXT

Living in covenant with God pits us against our spiritual enemy. However, God graciously provides us with the armor we need to defend ourselves and attack the enemy spiritually. Here in Ephesians 6, Paul listed the whole armor of God and the ways we use it to win our wars.

TEACHING OUTLINE

Icebreaker: What is the most fascinating battle in history to you?

Teacher Tip: Connect the group’s answers to the reality that we are engaged in spiritual warfare.

Lesson Connection: Share the Lesson Connection.

I. THE THREAT AGAINST US

A. Our Enemy

DISCUSS: *When you think of the enemy of your soul, what do you picture? What is your depiction based on?*

B. Our Battle Plan

C. I will follow God’s battle plan in spiritual warfare.

II. THE ARMOR

A. Weapons for a Purpose

DISCUSS: *Which of these attributes of God’s Spirit is at work in your life right now? What part seems*

to be lacking?

B. Spiritual Power

DISCUSS: *What spiritual disciplines help you to be full and stay full of God's Spirit?*

C. I will put on the whole armor of God every day. (V)

III. THE PROTECTION OF COVENANT

A. The Evil Day

DISCUSS: *In what areas do you see the enemy's plans to destroy what God is building up? How will you fight the battle spiritually?*

B. Watch and Pray (I)

C. I will stand in the power of God's provided protection.

DISCUSS: *How does putting on the whole armor of God change the way you see the world around you?*

Internalizing the Message

PRAYER FOCUS

Lead the group in prayer and consider the following topics of focus:

- For God to strengthen us through His Spirit to enter this battle
- For God to clothe us in the whole armor, not leaving one piece off

LESSON CONNECTION

Wilmer McLean was a forty-six-year-old retired Virginia militia officer when the United States Civil War erupted. McLean and his wife ran a wholesale and retail grocery as well as a small plantation near Manassas Junction, Virginia, which had a small meandering creek named Bull Run running through it. At Bull Run, in McLean's "backyard," the first major battle between the Union and Confederate forces occurred. After the battle, Confederate General P. G. T. Beauregard took over McLean's house and barn as his headquarters and a hospital.

While McLean was supportive of the South, he wanted no part in what was about to take place. He moved his family 120 miles southwest to a quiet little place known as Appomattox Court House on the other side of Virginia. Just a few years after he moved, the war knocked on the door of Wilmer McLean's house once more. One of the last battles of the Civil War was fought near his home. It was the final battle the Confederate States Army General-in-Chief Robert E. Lee and his Army of Northern Virginia would participate in.

In McLean's house, General Robert E. Lee of the Confederate army and General Ulysses S. Grant of the Union army met and discussed terms of surrender for the South. McLean's homes became like a pair of bookends to the Civil War. Despite his best efforts, he could not escape the war. It found him wherever he went. For McLean the war was an unavoidable reality.

There is a war that we as believers cannot avoid, no matter how much we may try. It is a conflict we cannot ignore. The apostle Paul understood that the battle every believer enters calls for armor so we are protected. God has designed such armor to protect us from every attack of the enemy. Covenanted people can find strength through the

armor of God, but it is our responsibility to put it on.

BIBLE LESSON

I. THE THREAT AGAINST US

A. Our Enemy

The moment the serpent approached Eve in the Garden and convinced her to disobey God, he established himself as humanity's enemy with clear goals. In John 10:10 Jesus clearly explained the enemy's sinister goals are to kill, steal, and destroy. The Bible declares repeatedly this is a *spiritual* battle, and Paul clarified the enemy is not flesh and blood. (See Ephesians 6:12.) Every human is fighting the same enemy, but the enemy is not human. We may have personality problems with people, but they are not our soul's enemy.

Much like we cannot see our enemy, we cannot see the battlefield because it is all spiritual. The battle takes place in a spiritual realm of darkness ruled by our enemy, who is known as the prince of the air (Ephesians 2:2). When we enter into covenant with Jesus Christ, we change our allegiance from the kingdom of darkness to the kingdom of light, declaring ourselves in direct conflict with Satan, who rules this realm. (See Colossians 1:12–13.) We are responsible to learn who our true enemy is and how we can fight the threat he poses to all of us.

***DISCUSS:** When you think of the enemy of your soul, what do you picture? What is your depiction based on?*

B. Our Battle Plan

Ours is the most unique battle plan in history. Paul called us to get up, get dressed, and then stand. “Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand” (Ephesians 6:13). The word *stand* paints the picture of a person being set or fixed. The key to winning this battle is to arise, put on the armor because we know the enemy is coming, and then *stand* in the face of the attack. Rise up today, put on the whole armor of God, stand your ground, and you will find this the easiest battle plan to fulfill.

C. I will follow God's battle plan in spiritual warfare.

God commands us with urgency to “put on the whole armour of God,” indicating there is no time to waste (Ephesians 6:11). Daily we must immediately begin dressing ourselves in God's spiritual armor so we can face the enemy of our souls who is plotting against us. Once we are dressed, the action plan is to stand in faith that God is fighting for us. Stand in submission to God and resistance to the tactics of Satan. God promises deliverance and complete victory through our obedience to His battle plan.

II. THE ARMOR

A. Weapons for a Purpose

Paul wrote Ephesians during his imprisonment in Rome around AD 60; therefore, it makes perfect sense the Roman soldier's uniform was used as the model for armor. The Roman soldiers' armor gave them identity, protection during battle, and an offensive ability to win the war and go home. Each piece of armor illustrates a spiritual connection

Paul wanted the church to understand and apply.

Paul began with the belt of truth. History suggests the Roman soldier wore a belt, a leather strap wrapped around his waist with metal or leather pieces hanging down to the knees to protect his legs. The soldier hung his offensive weapons on the belt. Truth is the express character of God, and the illustration reminds us that donning this metaphorical belt of truth identifies us as belonging to Him. Being faithful and committed to truth is vital for any offensive action necessary to defeat the enemy.

The breastplate protected the heart and lungs of the Roman soldier. In a similar way, the righteousness of God imputed to believers through faith becomes the sanctification we daily put on, which protects from the enemy's blows destroying our lives. He may try but He cannot successfully accuse us before God when God has forgiven us and declared us righteous.

The metaphor of shoes of peace may seem to be an oxymoron considering soldiers wore their shoes into violent battles, not peaceful pastures. The Roman soldier's shoes had sharp metal spikes used to provide stability and balance as well as becoming an additional weapon against fallen enemies. The Romans would march through a place with violence, killing all their opposition; but on the other side, they aimed to bring order and a peaceful governance. Jesus Himself reminded us the kingdom of God suffers violence, and only the violent (spiritually speaking) bring peace to the chaotic world of darkness. (See Matthew 11:12.)

A Roman soldier's shield was as much an offensive weapon as a defensive one. It was used in hand-to-hand combat, and when combined with the other shields in their platoon, was used to break through the enemy's lines. They usually coated the shield in olive oil, which burned slower; therefore, they were able to repel or remove a fiery arrow before it did too much damage. The shield of faith is more than just a defensive weapon of belief in God, but Jesus taught us to use faith as an offensive weapon to move mountains or receive a healing. (See Mark 11:23–24; Matthew 17:20.) Paul instructed believers to use their faith by rejecting the fiery arrows and pressing forward into enemy territory.

The helmet covered the soldier's head to protect vital organs such as the soldier's eyes, ears, nose, mouth, and brain. One interpretation of the metaphor is to remember salvation is not a one-time event, but a continual sanctification process we fulfill by renewing our minds daily as we put on the helmet of salvation. What we hear, see, and say all need to be in submission to Jesus, our Commander.

The sword of the Spirit is the Word of God. God's Word is our most powerful offensive tool to defeat and destroy the enemy. Jesus exemplified the proper use of this weapon in His confrontation with Satan in Matthew 4. Paul used the Roman soldier's uniform to identify and encourage every believer going into battle that with the whole armor of God, we will be victorious and will one day get to go home.

***DISCUSS:** Which of these attributes of God's Spirit is at work in your life right now? What part seems to be lacking?*

B. Spiritual Power

Paul began this entire section cautioning the believer to “be strong in the Lord, and in the power of his might” (Ephesians 6:10). Earlier in this letter, Paul clarified that God’s strength came from the Holy Spirit’s power in our lives. (See Ephesians 3:16.) Paul used this metaphor of a soldier’s armor to illustrate different ways the Holy Ghost works in our lives. We apply this passage of Scripture by staying full of the Holy Ghost. The idea of putting on the whole armor of God means first being filled with His Spirit according to Acts 2:38 and then walking daily in the Spirit, which will then work through our lives as weapons against the kingdom of darkness.

DISCUSS: *What spiritual disciplines help you to be full and stay full of God’s Spirit?*

C. I will put on the whole armor of God every day.

(V) This is a good time to check that the Spirit is working in your life. If we are not full of the Spirit, it would be like being partially clothed before entering battle. As we pray to be full of the Spirit, do not just ask God to cover you completely but ask Him to fill you fully with His Spirit. Review these verses of Scripture daily and pray for God’s Spirit to work in your life like each piece of the armor in a soldier’s life. Declare today you will put on the *whole* armor of God by submitting and being filled completely with His Spirit.

III. THE PROTECTION OF COVENANT

A. The Evil Day

The armor of God is powerful because our enemy does not engage in open warfare. He plots, plans, and deals in wiles and schemes, which require us to be watchful and prepared. When we put on the *whole* armor of God, we are protected no matter what devious plan the enemy brings against us. However, according to Ephesians 6:13, the armor also covers us in the evil day. We see the plans of Satan in our world daily through his ideologies and agendas. We see it in the lack of sanctity for life and godly living. We hear and see it in the daily attacks against God, His Word, and His people. The agenda of Hell is on display, and the devil’s army is pushing it everywhere: in schools, through entertainment, in politics, everywhere.

We are in the middle of a great battle for the hearts and minds of humanity. It is imperative we get up daily and put on the whole armor so we can stand and have a move of God even in this evil day. God’s armor provides authority and protection against wily attacks of the enemy and all his evil plans. We must put on the whole armor and set our faces against the enemy and his schemes to destroy the world.

DISCUSS: *In what areas do you see the enemy’s plans to destroy what God is building up? How will you fight the battle spiritually?*

B. Watch and Pray

Paul continued in verse 18 to list two additional pieces of armor: The first is prayer in the Spirit. An army without a war cry is like a team without a fight song. When we pray until the Spirit begins to pray through us, we are doing warfare in the heavenly realm. (See Romans 8:26.) This is spiritual warfare, not human against human; it is a spiritual battle between the righteous and the evil spirits ruling in our world. Praying in the Spirit is our war cry, releasing God and His army of angels to fight for us.

(I) Throughout this description of armor, we find one place that could be considered unprotected—our backs. Paul did not finish his letter without adding what might be viewed as a final piece of armor: “And watching thereunto with all perseverance and supplication for all saints” (Ephesians 6:18). It could be said that we become the last piece of armor for our fellow believers when we watch out for them. One of the most famous Roman battle tactics was called the *testudo* (meaning tortoise) in which soldiers would form a circle or rectangle with everyone on the outside holding their shield in front of them and everyone on the inside holding their shield above them. This formation formed a 360-degree barrier against the enemy, protecting each other and repelling any attack of the enemy from any direction. When covenant believers watch with perseverance and in prayer for all saints, we function like armor for our fellow Christians.

C. I will stand in the power of God’s provided protection.

The armor of God is a must in our spiritual life. It is not a question whether we will be in battle; the enemy is plotting and planning attacks each day. We must put on the *whole* armor of God daily so we can withstand the enemy’s wily maneuvers and be protected against his false doctrine and agenda in this evil day. When we daily pray the armor of God over our lives, we can confidently stand and set our faces toward the enemy, knowing we are protected by Almighty God.

DISCUSS: *How does putting on the whole armor of God change the way you see the world around you?*

Teacher Option: *Tell the story below or share one of your own to illustrate how the armor of God is a must for every child of God.*

INTERNALIZING THE MESSAGE

On October 9, 1934, King Alexander of Yugoslavia traveled to France on a diplomatic mission. Just before 4 PM that afternoon, the Royal Yugoslavian Navy destroyer sailed under Marseille’s Old Port Bridge. French aircraft flew overhead to welcome and possibly watch out for the visiting head of state. As the king disembarked from his warship, a band played the national anthems for France and for Yugoslavia.

The king dressed in the full uniform of a Navy admiral, but he discovered the uniform’s tunic would not fit over his bulletproof vest. He decided to remove his vest and only wear the Navy uniform tunic. The crowd roared their welcome and a little girl gave the king a bouquet of flowers. The mayor of Marseilles escorted his royal guest in a convertible driven by a police officer chauffeur. Just a few blocks away, an assassin lay in wait, bound by a blood oath to kill the Yugoslavian king.

Minutes into the ride, the assassin ran through the crowd, jumped on the running board of the car, and cried, “Long live the king!” Holding onto the car’s rear door with one hand, he brandished a pistol with the other and fired nine shots toward King Alexander. Two of them hit their mark, leaving the king mortally wounded. One of the bullets hit him right below his heart, right where his bulletproof vest would have been. His death was tragic but preventable, but the king valued the way he looked in a military uniform over ensuring his heart was protected.

Believers understand the powerful protection the armor of God offers. However, it does not work unless we daily pray to be full of the Spirit. Because we are distracted by our daily cares, we often forget that each day we are walking into a war. If we have answered the call to be Jesus' followers, we were drafted into His spiritual army. We cannot get complacent about putting on this armor or we may be caught by the enemy, much like the king of Yugoslavia was that fateful October day. Get up every day and put on the armor designed by God for your power and protection. Then no matter what the enemy sends your way, you will be protected and you will be victorious.