



## What Is the Armor of God?

### Part 1

*“Put on all of God’s armor so that you will be able to stand firm against all strategies and tricks of the Devil.”* (Ephesians 6:11, NLT)

Have you ever noticed how little kids, particularly boys, love to put on a play helmet and breastplate, pick up their swords and engage in war with their friends? As they grow older, they switch to playing “battles” on video and computer games. But it’s not real!

#### ***The real war***

The Apostle Paul in Ephesians explains how as a Christian you will face real war with Satan and his demons when he tempts you. He will plant ideas in your mind and try to make you desire the things of the world and the passions of the flesh. You will *“not fight against people made of flesh and blood, but against evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms.”* (Ephesians 6:12, NLT) Invisible, but real!

However, God does not leave you defenseless. Your Commander in Chief has custom-made for you five defensive pieces to protect you and one offensive weapon with which to fight.

When Paul wrote the letter to the Ephesians, he was in a Roman prison. In describing the battle gear and weapons, some believe that Paul compared each piece of God’s armor to a piece of the armor a Roman soldier wore. See what you think. (Read Ephesians 6:10-18.)

#### ***The belt of truth***

What is the first piece of God’s armor Paul instructs you to put on? The belt of truth! *“Stand your ground, putting on the sturdy belt of truth...”* (Ephesians 6:14a, NLT) A Roman soldier wore a strong wide belt that helped keep the armor in place and gave him security and confidence. When you put on the belt of truth, it means much more than knowing and believing the truth; it means putting off falsehood and speaking truthfully to everyone. Jesus is the truth. His words are absolute truth. (John 14:6) Satan and his demons are liars who will tempt you to lie or to believe a lie. Can you remember a time when Satan tempted or deceived you? Keep watch!

### ***The breastplate of righteousness***

The second piece of God's armor is the breastplate of righteousness – *“Stand firm ... with the breastplate of righteousness in place.”* (6:14b, NIV) The Roman soldier wore a metal breastplate much like a bulletproof vest to protect his heart. In the same way, you protect your heart (the real you living inside your body) by putting on righteousness or doing what is right. This is not the righteousness credited to your account when God saved you. It is something you take up and put on. It is choosing to do what is right. God says, *“Do what is right and good in the Lord's sight, so all will go well with you.”* (Deuteronomy 6:18, NIV) Isn't that a wonderful promise? There should be no hint of impurity in God's holy people. To continue in sin gives a “mighty foothold in your mind to the Devil!” (Ephesians 4:27)) *“Instead there must be a spiritual renewal of your thoughts and attitudes. You must display a new nature because you are a new person, created in God's likeness – righteous, holy and true.”* (Ephesians 4:23-24, NLT) When you pray and trust the Holy Spirit, he will enable you to choose right!

### ***The shoes of peace***

The third piece of God's armor is the shoes of peace. *“For shoes, put on the peace that comes from the Good News, so that you will be fully prepared.”* (Ephesians 6:15, NLT). Roman soldiers wore heavy, protective footgear with hobnails in the soles that helped them stand securely in place. What is the peace that God gives you? It is the peace with God and the peace and unity with other believers that enable you to stand securely. God gives you peace when you choose to trust him instead of worrying. You will never defeat the enemy if you are anxious and afraid. Watch out for other robbers of peace – anger, bitterness, unforgiveness, depression, etc. Remember Satan is a murderer and destroyer. Has the enemy stolen your peace? When Satan attacks, be quick to confess your feelings and trust God to restore your peace. (Read and memorize Philippians 4:6, 7.)

### ***The shield of faith***

The fourth piece of God's armor is the shield of faith. *“In every battle you will need faith as your shield to stop the fiery arrows aimed at you by Satan.”* (Ephesians 6:16, NLT) What is faith? Faith is to believe that everything God says about himself and what he will do is true. Just as the Roman soldier's large shield completely covered his body, the shield of faith covers you. The Romans soaked their shields in water to put out flame tipped arrows. In time of battle they hooked their shields together and advanced in rows. What a sight!

Imagine that you are under attack from Satan with the fiery darts of lies, doubts and hateful thoughts hurling toward your mind. Do you recognize what is his truth versus the enemy's lies? Are you ready to link your shield of faith and pray with other believers? If by faith you can't extinguish **all** the fiery darts of the enemy, check your shield. Does it completely cover you? Is it soaked with the “water” of the Word?

## ***The helmet of salvation***

The fifth piece of defensive armor is the helmet of salvation. *“Put on salvation as your helmet...”* (Ephesians 6:17a, NLT) If you ride a bike, skateboard, or play football, do you wear a helmet? Why? Because you want to protect your head, particularly your brain! The Roman soldier always wore a helmet. To put on the helmet of salvation is to know with certainty that you belong to Jesus and to know all he has provided for you. If you are truly his, Jesus says that no one can snatch you out of his Father’s hands. Satan’s primary attacks are in your mind. This means that you need to be very careful about what goes into your mind – what you think about, what you read or look at on the Internet or in magazines, what you watch on TV and what you listen to in music. Be careful to guard your thoughts. You are to *“take captive every thought to make it obedient to Christ.”* (2 Corinthians 10:5a, NIV) When wrong thoughts come into your mind, choose to think about other things. Paul reminded the Philippians to *“Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.”* (Philippians 4:8b, NLT) Be quick to confess wrong thinking and replace it with right thinking.

## ***Dressing for the battle***

When and how do you dress yourself in God’s armor? The same way you put on your regular clothes – every day, piece by piece. You can dress yourself spiritually as you put on your clothes. This sets your mind for the day. The Holy Spirit will remind you to tell the truth, to choose to do what is right, to trust instead of worry, to believe that what God says is true. God has given you everything you need to protect you from the enemy. (1 Corinthians 15:57) These weapons are not play toys, but real – and so is your enemy! There will be many struggles and failures. Don’t be discouraged. Every day is a new day to trust God and his power. Keep alert! (Learn about your defensive weapon in Part 2)

### **Attitude Check:**

- What attitude would you need to become an equipped soldier for the Lord?

### **Explore:**

- Read “Put on God’s Armor “ (Romans 13:11-14).
- Memorize the pieces of the armor. By providing spiritual armor for you, what does it tell you about God?

### **Talking with God:**

- Father, thank you that you have not left me defenseless. Help me to remember to put my armor on each day and to recognize enemy attacks.