

# The Whole Armor Of God

Ephesians 6:10-20

## **MEMORY VERSE**

EPHESIANS 6:11

Put on the whole armor of God, that you may be able to stand against the wiles of the devil

## **WHAT YOU WILL NEED:**

Several large paper or plastic cups, paper, marker, tape and three whiffle balls.

Six jars or bottles, "Spiritual Vitamins" template, children's gospel tracts, mustard seeds, and small cross stickers.

Enough balloons for 2 per each child in your class.

## **ATTENTION GETTER!**

### **Protect the Warrior**

Stack up large plastic or paper cups as high as the children in your class are tall. This will be your warrior. Choose five kids to be the armor-bearers for your warrior. Attach a paper sign to each of the five armor-bearers indicating which piece of armor they represent (i.e., shield of faith, etc.).

Let the other children line up and using 3 whiffle balls (you will want a ball that will not hurt the children if they are hit, yet strong enough to knock over the warrior). Allow the first few children to throw the balls and knock over the warrior.

Next explain that the warrior is going to put on his armor. Have the other five children stand in front of the warrior and defend him by not allowing the ball to get to the warrior (make sure the children are not throwing the ball too hard). Rotate and give turns. There are no winners or losers.

Explain to the kids that we can be knocked over when we do not have on the full armor of God. But when we put on our spiritual armor we will be protected.

## **LESSON TIME!**

In today's lesson we are given a picture of a soldier who is getting dressed for battle. The picture represents us as Christians getting ready for the spiritual battles that we may face. The Bible tells us that the devil prowls around like a roaring lion, seeking

whom he may devour. This passage of scripture will show us how to be ready to face our spiritual enemy and stand strong. **We are strong in the Lord.**

### **EPHESIANS 6:10,11**

**Finally, my brethren, be strong in the Lord and in the power of His might.**

**Put on the whole armor of God, that you may be able to stand against the wiles of the devil.**

Even the greatest of soldiers would never think of marching out to battle without his armor. If he did, he would surely be marching to his death. His chest, no matter how strong, could never stop a sword. His head, no matter how hard, could not withstand the blow of a club. His hands outstretched could never catch a flaming arrow. There would be no contest; he would lose every time. So it is with us spiritually.

We could never match up against the schemes and attacks of the devil in our own strength. He would win every time. No matter how strong or smart we think we are, we are no match for Satan. He would defeat us every time. Just as the soldier needs his armor to be strong physically, we need the Lord to give us strength to stand strong spiritually. The Lord is our strength. We must stand in His power and might to overcome the enemy. **We are strong in the Lord.**

When the soldier gets dressed for the battle he always uses every bit of his armor. He did not go out with just his shoes and helmet, or his shield but no sword. He was at a disadvantage without the whole armor. Any piece he forgot to put on could cost him his life, or at least could get him hurt. The spiritual armor of the Lord works the same way. We need to put on the whole armor of God.

### **EPHESIANS 6:12,13**

**For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.**

**Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.**

When a soldier goes out to battle he needs to know who the enemy is because he does not want to hurt an innocent person. If he is attacked or ambushed, he needs to be able to spot his enemy as quickly as possible. The Bible tells us clearly who our enemy is

and is not. Our enemy is the devil (Satan) and his evil angels that followed him in his rebellion against God. The Bible refers to them also as demons. The Bible says they are strong powers in heavenly places (Ephesians 2:2, 2:6, 3:10.) The good news is that Jesus has defeated them and is stronger (Galatians 2:15, Luke 11, 21:22) "Greater is He that is in us than he that is in the world."

Our enemy is not physical (flesh and blood.) We are not in a battle against each other. We are to "love our enemies" and do good to those who spitefully use us (Matthew 5:44). "Love our neighbor as ourselves" (Leviticus 19:18, Matthew 5:43). Why is it that we seem to spend more time fighting each other than we do fighting against evil? God has given us weapons to fight with, Spiritual weapons to fight against the true enemy.

The picture the apostle Paul is giving us here is of a soldier getting dressed for battle. When he is dressed in his full armor, he is told to stand. He is not told to charge or attack the enemy. Just stand. This is true in our battle with Satan. We are not supposed to be out hunting for him. We are not supposed to attack him. The Bible says he will come to us. He is always planning attacks against us. All we are told to do is stand. Stand in God's power and might. A good soldier would stand his ground, trust in his leaders and trust in his armor to protect him.

When we are going through spiritual battles and the battle gets tough, we need to trust in the Lord. He "will never leave us or forsake us." Are you trusting in God to protect you spiritually? Do you trust His Word? Are you putting on your full armor? This lesson is teaching us to do our best to stand in the Lord. Do all that we can to stand on the promises of God, and He will be our strength. **We are strong in the Lord.**

## **Spiritual Vitamins**

To be strong in the Lord we must take our spiritual "vitamins." Label old jars or bottles with these names (labels are provided with the lesson on a separate sheet): Vitamin D-truth (fill with notes encouraging memorizing scripture), vitamin D-vine (fill with notes saying that we can be strong when we abide in Him), vitamin C-the harvest (fill with gospel tracts encouraging telling others the gospel), vitamin B-lieve (fill with mustard seed/Matthew 13:31-31, we must have faith in God), vitamin B-saved (fill with small cross stickers to remind us that Jesus died for us) and vitamin B/N-the word (put a small Bible or scripture portion in this jar).

Pass the jars around your class and allow the children to take a "vitamin". Explain that by taking all of our "spiritual vitamins" we can become strong in the Lord.

## EPHESIANS 6:14-17

**Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,**

**and having shod your feet with the preparation of the gospel of peace;**

**above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.**

**And take the helmet of salvation, and the sword of the Spirit, which is the word of God;**

Now let us put our spiritual armor on together today.

Illustration idea: Draw a man on the board or have the children draw a man on blank paper with markers. One by one draw each piece of armor in the figure, or have some sort of visual model if possible.

**Gird our waist with truth:** The first thing the soldier would put on was a belt. This would hold the clothes together and would serve as a place to attach his armor to. We need the truth of God's Word to be an anchor in our lives so that we can stand steady when the battle gets tough. We must apply the truth God has given us in His Word as a foundation. The Bible says, "there is no other foundation that anyone can lay but that which is laid which is Jesus Christ" (I Corinthians 3) and "Jesus is the truth" (John 14:6).

**The breastplate of righteousness:** To stand in the toughest battles we must know we are in right standing with God. Our own righteousness is as filthy rags. Rags will never stop a sword or an arrow. We must always remember that it is by God's grace we are saved and made right with God, not in our own works (Ephesians 2:8-9). We must also remember that God gives us the power to live a righteous life. It is our choice each day to be set apart (sanctified) from this world using His grace to say no to ungodly passions (Romans 12:1-2, Titus 2:11-12).

**Shoes of the gospel of peace:** This refers to sharing the good news of God's love to others (Isaiah 52:7). But in this passage the soldier is not walking, he is standing. So the gospel is giving the soldier peace to stand in. When we are in a tough battle and the bombs are going off all around us we can stand in the peace of God. Trials and tribulations are constantly in our lives but peace is in our hearts. Jesus said "...that in me you may have peace. In the world you will have tribulation, but be of good cheer

(cheer up!) I have overcome the world." We can take peace in the good news that Jesus has defeated Satan and won the battle for us. So stand in His peace.

**Shield of faith:** If you do not take anything else out into battle, you must take the shield of faith. We are saved by grace but it is through faith (Ephesians 2:8.) The Bible says, "this is the victory who overcomes the world (Satan), even our faith." Faith in Jesus makes us over comers (1 John 5:4-5). Our faith in Jesus is like a shield that quenches every dart. We stand in faith.

**Helmet of salvation:** We stand each day knowing that we are saved. Our salvation is also a hope that looks forward to eternity with Jesus. A hope that one day we will no longer have to stand guard. We will no longer have to be attacked by Satan, because Jesus will finish him off completely, never to attack us again (Revelation 20:10). The hope of salvation is our helmet each day (1 Thessalonians 5:8).

**Sword of the Spirit:** The last thing we put on is our only weapon that can fight back—the sword of the Spirit, or the Word of God. Jesus gives us a great picture of the sword piercing Satan, when Satan came to attack Him in the wilderness (Matthew 4:1-11). Each time Satan attacked, Jesus used the Word of God against him. We need to know the Word of God. It is our only weapon against the enemy. We need to have our sword prepared at all times. If we study God's Word our sword will always be sharp.

Now that we have our armor on we can stand against anything the enemy can bring our way. Have you put on your armor today?

### **EPHESIANS 6:18-20**

**praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—**

**and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel,**

**for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.**

Once we are suited up with the entire armor of the Lord and standing strong we need to stay that way. The only way to stand ready at all times is to pray. Prayer gives us

strength to stand. Prayer gives us the reason to stand. Prayer gives us the ability to help others stand. We should pray that others would stand for God, that they will be bold for God, and that we will be bold for God. Prayer keeps us prepared for battle even when there are times of peace. Prayer reminds me to stand strong in the Lord and in the power of His might.

## **Look At Those Muscles!**

Use small balloons (like water balloons). Tell the kids that you read your Bible this week (blow a little air into the balloon). And you told someone about Jesus (blow a little more). That you chose to do the right thing when it was very hard (blow a little), but you argued with your friend (let out a little air), but you thought of a scripture when Satan tried to get you to do wrong (blow a little).

Tie off and stuff in your sleeve for a big muscle. Allow the kids to make some muscles by filling balloons (be careful not to allow them to stretch out their shirtsleeves). Remind the children to be strong in the Lord. The more that we obey and do what the Lord has commanded us, the stronger we will become.

## **FOR YOUNGER CHILDREN**

### **Comparison Game**

Set up an orderly area for comparing “weak” and “strong” things. Line up along the wall each set on a separate light-colored 12” x 18” sheet of paper: a twig and a board, tissue and cardboard, a paper plate and a plastic plate, a nerf ball and a baseball, string and rope, plastic wrap and a plastic container, gauze and thick canvas.

Invite them to sit down in front of one comparison station at a time and touch the things to try to discover which are weak and which are strong.

### **PRAYER**

Lead the children in a prayer of commitment to put on the whole armor of God so that they may grow and become strong in the Lord. If there are any children who have not yet responded to the gospel, give them opportunity to do so.

Vitamin  
**D – truth**

Vitamin  
**D – vine**

Vitamin  
**C – the harvest**

Vitamin  
**B – lieve**

Vitamin  
**B-saved**

Vitamin  
**B/N – the word**