

Ephesians 6:10-24

Knights in Training

Scripture: Ephesians 6:10-24

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."*

Lesson Focus: We wrap up the book of Ephesians with an awesome challenge and encouragement to put on the whole armor of God. We hope to inspire the kids to be "knights in training" as we walk them through this marvelous passage.

Activities and Crafts: Coloring Picture, Word Search of different terms from lesson, Bring it Home Discussion for 3rd - 5th. *
Craft for 1st/2nd Grade: Armor of God Craft

Starter Activity: Rock/Paper/Scissors Tournament

Have some fun getting the lesson started with an epic rock/paper/scissors tournament. * Select 4 or 8 boys and 4 or 8 girls and "bracket" them into pairs of boys and girls. Have each pair face each other and lead them in a simultaneous game of "Rock/Paper/Scissors". See this [YouTube video](#) for a quick tutorial on how to lead this. The loser of each pair sits back down and the winner advances to the next round. Repeat until there is only one boy and one girl left and consider calling this final round an "epic battle" between boys and girls. Try to get the class into it to support and cheer on their representative for this final round! * Afterwards, transition into the lesson with some discussion about battles.

We just experienced an epic "silly" battle of rock/paper/scissors, but as we finish up the book of Ephesians today, we are going to learn about an epic "spiritual" battle that everyone of us is engaged in! This is a battle between good and evil, light and darkness, God and the devil.

However, there is one huge difference we must point out right away. When you play rock/paper/scissors, **either** party has the possibility of winning. * However, in this epic "spiritual" battle that we are engaged in, the victory has already been won by Jesus Christ! His death and resurrection guaranteed the devil's doom! Yet this victory won't be completely sealed until Jesus returns a second time. * Until then, He has given believers resources to stand and resist all of the attacks of the enemy. Let's read about those now!

Bible Study:

Ephesians 6:10a: "Finally" indicates this is the last or final message of this letter. Let's quickly review what we have learned in Ephesians so far. The first half was all about RESTING in who we are as believers in Jesus Christ: adopted, forgiven, accepted, chosen, etc. Jesus's death and resurrection brought in God's avalanche of grace and if our faith and trust is in Jesus we REST in these unshakeable truths. *

Then we learned how we were to WALK in response to what Jesus had done for us. This isn't talking about putting one foot in front of the other, but how we live and behave each day. We are to WALK wisely, humbly, gratefully, and patiently toward God and others. Kids were instructed last week to WALK in honor of their parents *

So while RESTING in Jesus Christ's finished work which saves and rescues, believers are to also WALK in His ways. * But now we get one final instruction.

Ephesians 6:10b-11: We are also to STAND against the wiles or the tricks of the devil. Remember we are in a battle! The devil's aim is to get you to forget/ignore/deny ALL that we just reviewed. *

Q: Did it say we are to STAND in our own strength? A: NO! Strong in the Lord and in His power. Remember Jesus has already won the battle and has unlimited stores of strength for His people to employ. * (**Teachers:** Consider bringing in an extension cord. Plug it into itself and ask the kids why it doesn't have any power. Then explain how it needs an outside power source, just like we do!)

Ephesians 6:12: Notice the nature of this battle is spiritual, not physical. There are all sorts of demonic powers at work in the world. There are two mistakes commonly made here that we must not make:

- 1) Believe they aren't real and just fairy tales. The enemy would like nothing more, for people will not STAND against something they don't think exists!
- 2) Believe/fear they have more power than they do. The enemy would love for God's people to be afraid and cower forgetting Jesus's superior power.

No, believers are to STAND in Christ's strength knowing that though their enemy is real and he rages, he has also been routed!

Ephesians 6:13: Again, we are to STAND, but notice that we are not to STAND defenseless or helpless. Rather, we are to be equipped and ready for battle with this "armor of God" that we're going to talk about next. (**Teachers:** Consider having all of the kids stand up showing you what a "ready" position looks like) In other words, believers are "knights in training"!

Ephesians 6:14a: First, there is the belt of **truth**. *

Q: Why do people wear belts? A: It holds everything together securely! Just as the belt was placed at the center of the knight's body, so **truth** must be central to all that * Jesus's "knights in training" do. Knights in training not only speak truth, but they know and submit to the truth of the Word.

Ephesians 6:14b: Next is the breastplate of **righteousness**. *

Q: What does this breastplate protect? A: Our hearts, one place the devil loves to attack! * Pursuing righteousness means knights pursue what is right and good. And while none of us are perfectly righteous, knights also remember that Jesus Christ's perfect righteousness protects them when the devil reminds them of their failures.

Ephesians 6:15: Next is the "footwear" of the **gospel**. *

Q: What does the gospel mean? A: Good news! Knights stand on the good news of the gospel, that all of their sins are forgiven through Jesus's finished work on the cross. Being at peace with God thru the gospel, they know they are now at war with the devil! This means they are also ready to tell others the good news of the gospel!

Ephesians 6:16: Next is the shield of **faith**. * Above all, knights must trust in God's Word and His promises. Faith isn't just believing THAT God is there, but also believing IN Him. * Such faith protects knights just like the ancient shields used by soldiers protected their whole bodies from the attacks of the enemy.

Ephesians 6:17a: Next is the helmet of **salvation**. *

Q: What does the helmet protect? A: Our heads and minds! This is the center of our thought-life and is therefore another place targeted by the enemy. Knights remember that Jesus not only saved them from the punishment of hell their sins deserve, but that He also saved them for future glory with Him!

Ephesians 6:17b: Finally, we have our last item which is the only weapon: The sword of the Spirit which is the **word of God**. * Knights must sit under the taught Word, read the Word, and know or even memorize the Word. Otherwise, they will have no idea how to actually wield the sword! *

These are the six pieces of spiritual armor given to knights by God to help them STAND against the forces of darkness. Notice back in v. 13 that knights must put on the **whole** armor if they wish to be fully protected and ready for battle. Every piece is important. * And let's make sure we understand that these are put on "inside" of us not "outside" of us. For example, the word of God is not something I put "on" my head *, but something that I know "in" my head and treasure "in" my heart.

Ephesians 6:18: There is one more powerful weapon that knights have and that is prayer. Knights pray for their fellow knights in battle with them. And they remember that *"God is able to do exceedingly abundantly above all that they ask or think!"* (Ephesians 3:20)

Ephesians 6:19-20: Paul asks these believers in Ephesus to pray for him too. Remember he is in prison and he doesn't ask for God to comfort or release him!
Q: Instead, what does he ask for? A: That he might continue the fight for the gospel, even while in prison! Paul truly was a model knight!

Ephesians 6:21-22: Paul wraps up this letter with some personal notes and encouragements.

Ephesians 6:23-24: While knights are to STAND prepared and ready to WALK into battle, remember they are also those who REST in the grace, peace, and love of Jesus Christ!

Key Point: What an awesome finish to the book of Ephesians! I hope all of you are excited to be Jesus's "knights in training". Remember that every one of us is in this epic battle! If you are not a believer in Jesus, you are in the battle too, but you are on the **wrong side**! The devil has you right where he wants you! Jesus invites you to be set free. Make today the day where you "change sides" and become His knight in training! You can do that by simply believing in Jesus Christ's death/resurrection and turning away from your sin.

If you are a knight in training, make sure you put on the whole armor of God every day this week. STAND ready, REST in His power, love, and grace, and WALK in His ways! *

Bring It Home

Paul, an apostle of Jesus Christ by the will of God,

To the saints who are faithful in Christ Jesus:

*Greetings! Grace to you and peace from God our Father
and the Lord Jesus Christ.*

First

Read Ephesians 6:11. Why is it important to put on the "whole" armor?

Second

Read Ephesians 6:14-17. What is the only weapon given to us? How can we learn to wield this weapon well?

Parent Challenge

What is one thing that you learned and plan to apply from the book of Ephesians?

By His Grace,

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