



Key Scripture: Ephesians 6:10-18 (ESV)

"Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil 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 firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints."

Objectives:

1. Understand the context and purpose of the Armour of God in the Christian life.
2. Recognize the reality of spiritual warfare and the need for God's protection.

Time Of Open Prayer

-Begin with a prayer asking God to open your hearts and minds to His Word, to understand the importance of spiritual readiness, and to be equipped with the full armour of God.

Introduction to Ephesians 6:10-18

Cultural and Historical Context:

Overview of Spiritual Warfare: What It Is and Why It Matters

The Call to Stand Firm

- Being "Strong in the Lord" (Eph 6:10):
- Putting on the Full Armour of God" (Eph 6:11):

Overview of the Armour

Belt of Truth: Signifies integrity and the truth of God's Word that holds everything together.

Breastplate of Righteousness: Represents living a life of righteousness, protecting the heart against evil.

Shoes of the Gospel of Peace: Symbolizes readiness to spread the message of peace and the foundation of the gospel in one's life.

Shield of Faith: Protects against doubt and lies, extinguishing the attacks of the enemy.

Helmet of Salvation: Guards the mind, securing the hope of salvation and protecting against thoughts that lead away from God.

Sword of the Spirit: The only offensive weapon in the armour, representing the Word of God, used to counter lies and attacks.

Reflection & Discussion

1. Why is it important for Christians to wear the full armor of God?

2. In what ways have you experienced spiritual warfare in your life?

3. How can you strengthen your "belt of truth" in your daily life?

4. What does the "breastplate of righteousness" mean to you personally?

5. How do you stay ready to share the gospel of peace in various situations?

6. How has your faith acted as a shield in difficult times?

7. What are some "flaming darts" of the evil one that you have faced?

8. How do you protect your mind with the "helmet of salvation"?

9. How do you use the Word of God as the "sword of the Spirit" in your life?

10. Which part of the armour do you feel is the most challenging to put on daily, and why?

Closing Prayer

Conclude with a prayer asking God to help each participant apply the lessons learned, to strengthen them in their spiritual battles, and to remind them to daily put on the full armor of God.

Personal Reflection: Read Ephesians 6:10-18 several times this week.

- Meditate on what it means to "stand firm" in your faith.
- Consider how each piece of the armour applies to your life and areas where you need to strengthen your spiritual defenses.