

*"Avoid spiritual wipe outs... Get suited up!"*

**LESSON AIM:** The Bible teaches that we are in a spiritual war. It also says that those who fight on the side of Jesus Christ are victorious and will prevail!

**KEY SCRIPTURE:** Ephesians 6:10-17

**REVIEW QUESTIONS:**

- 1) Who remembers all 9 fruits of the spirit?
- 2) What happens to a branch when it is disconnected from the tree?
- 3) If we are to "bear fruit", what do we need to do?
- 4) Review last week's verse, have students explain each fruit.

**INTRODUCTION:**

- Picture a soldier. What should he be wearing if he is about to go out to battle? (Or bring in a picture of a soldier, or if you happen to have your own armor, bring that as a visual!)
- What about a police man? What are some things he or she might wear everyday that is important?
- God has made available to us the "full armor of God". What do you think this armor is?
- If we suit up in His armor, the attacks of Satan cannot defeat us... But we must put ***all*** of the armor on.

**LESSON:**

Have the class read together **Ephesians 6:10-12.**

What kind of a battle does Paul say we are fighting? Is it a battle we can see? No, it is not against "flesh and blood" but against "principalities, against powers, against the rulers of this age, against spiritual hosts of wickedness in the heavenly places." What does THAT mean?? Satan is not working by himself; he has an entire army that works around the clock doing battle against the Kingdom of God. We can't see it with our physical eyes, but it is happening all around us. What are we supposed to do about it?

Have the students read **Ephesians 6:13.**

So just like the battle that we can't see, we need to "suit up" for battle in armor that we can't see with our physical eyes, but it is still very real! And if we are going to ready for battle, we need to put it on or else we are in trouble! You wouldn't want to be a soldier and go out to the field in just your pajamas, right?

**Read Ephesians 6:14: "*having girded your waist with truth*"** This part of the armor of God is sometimes called the 'belt of truth'. When Paul wrote about the armor of God, he was probably looking at the Roman soldier who was guarding him. On a Roman soldier, it was the belt that held up most of the other protective clothing, so the belt was very important. As a Christian warrior, it is important that we know the truth and that everything that we do and say is based upon the truth of God's Word.

**Ephesians 6:14:** *"having put on the breastplate of righteousness"*. The breastplate of righteousness was extremely important because it protected the heart and other vital organs. This is like wearing a bullet-proof vest; it's the most important part of your uniform! For a Christian, putting on the breastplate of righteousness is when we are obedient to do the things that Jesus is teaching us to do. Practicing righteousness is simply doing what God says is right.

**Ephesians 6:15:** *"Having your feet shod with the preparation of the gospel of peace."* A soldier's feet need good protection; he needs sturdy boots! We need to put on our gospel boots—we need to know the gospel (*or "good news"*) of Jesus Christ and be ready to go and tell people! Shoes protect us from all kinds of different terrain and weather; we have to expect every kind of scenario in our lives as Christians. Be prepared!

**Ephesians 6:16:** *"taking the shield of faith"*. To the Roman soldier, the shield was a very vital piece of equipment. He would have his sword in one hand and his shield in the other to protect himself against the blows and arrows of the enemy. Sometimes our enemy, the devil, hurls fiery darts at us. Fiery darts can be evil thoughts that tempt us to do wrong things. When those thoughts "pop" into our minds we need to take the shield of faith and hold it up against those thoughts.

**Ephesians 6:17:** *"take the helmet of salvation"*. The helmet of salvation protects our minds by trying to get us to doubt that God loves us. To put on the helmet of salvation is to keep our mind on Jesus. Satan is also known as "the father of lies". We need to fill our mind with God's truth so we can recognize Satan's lies when they come flying at us!

**Ephesians 6:17:** *"and the sword of the Spirit"* which is the Word of God. The Word of God is our weapon against our enemy Satan. The Word of God is "living, powerful and sharper than any two edged sword" as we learned in Hebrews 4:12. When Jesus was tempted in the wilderness He spoke the Word of God each time Satan tested Him and He prevailed against the enemy. This is why it is so important to hide God's Word in our heart, to memorize it and always be ready to speak it out!

There is one part of the body that Paul didn't talk about any armor for... did anybody notice what that was? Our back! We are not to run away from the fight, we are to be brave and STAND strong! Remember that Jesus is with us; He will never leave us nor forsake us. And remember the Bible tell us that "Greater is He that is in you than He that is in the world." (I John 4:4) Jesus has already won the final victory, but we are going to have to face some battles during our time here on earth. Let's pray now and ask God to help us be faithful soldiers, to put on our spiritual armor everyday, and to be strong in the power of HIS might!

## MEMORY VERSE:

*(Every year):*

**"Put on the full armor of God so that you may be able to stand against the wiles of the devil."  
Ephesians 6:11**