

Get a Life!

*Ephesians*

# Life's Armor

Lesson Twenty-Two

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## *Ephesians*

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Ephesians 4:1

### Life's Armor

**Lesson Goal:** To guide students to see what is necessary to live a protected life, even in the face of evil.

**Scripture:** Ephesians 6:10-24; I Thessalonians 5:4-11

In verses ten through twelve, we find a strong warning and a strong promise. The warning is that there are powers, evil powers, that will come against us. These powers are strong and tricky. We are foolish to think that we can protect ourselves against them. Paul warns his readers that the Devil is a schemer. He is cunning and doesn't play fair.\* We will not always be able to identify his attacks...he can fool us.

When Paul was writing earlier (4:27) he told the Ephesians that they shouldn't give Satan a chance. He now tells them that spiritual preparation is the way to make that happen. He says that we should always be ready for anything...certainly the attack of Satan. He says that we should take our stand, like a soldier stands firm.

We stand in the power of God. This is the promise. Paul probably was thinking about this and looked up at the soldier to whom he was chained. (Remember he is a prisoner in Rome.) He sees the soldier's dress and weapon and compares it to the armor of a Christian. Maybe we could think of members of a SWAT team.

The Christian, facing satanic problems should wear the belt of truth. When the soldier got ready for battle, he put a belt around his loose fitting short robe for freedom of movement. SWAT team members wear clothing that gives them the most options for doing their job. Paul had said in 4:25 that we should put off falsehood and speak truthfully. Truth here is both telling only the truth, and knowing God's Truth.

Then he says to put on the breastplate of righteousness. The breastplate of the soldier protected his heart from swords and other weapons. SWAT team members wear bullet-proof vests. Paul said, in I Thessalonians 5:8, that we are to put on faith and love as our breastplate. The best defense against the accusations of the enemy is a life lived in the will and according to the purposes of God. That is righteous living.

Next Paul encourages the believer to have "feet fitted with the readiness that comes from the gospel of peace." SWAT team members wear boots that will keep their feet protected and yet enable them to move at the best pace to get their job done. Their job is to protect the peace and the safety of others. In 2:17, Paul said that Jesus came to preach peace to everyone. The Christian is to stand ready to move on mission. We are to be ready to take the good news, the Gospel of peace, to any who have not heard.

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In verse 16, Paul says that we should add to our equipment “the Shield of faith, with which you can extinguish all the flaming arrows of the evil one.” He refers to a shield that was two layers of wood covered with flame-resistant leather so that fiery arrows hitting it would simply burn out. SWAT teams carry large bullet-proof shields when they storm a criminal stronghold. Faith depends on God to provide the victory over temptation.

Next, “take the helmet of salvation.” (Verse 17) Soldiers wore helmets to protect the brain, the center of intelligence and decision making. SWAT teams wear protective headgear when they go into action. We know that the spiritual essence, the real, eternal human, lives in the thoughts or the mind of people. God's salvation is the only sure defense of the soul. That is why we trust God for salvation, and want to share that with others.

Finally, Paul tells the Ephesians that they should take up the “sword of the Spirit, which is the Word of God.” The sword is not only a weapon of attack, it is a weapon of defense. SWAT teams attack only to arrest criminals so that all the rest of us will be safe, and justice will be done. They also have weapons, not swords, but guns, combustion weapons and other tools to do their job. Paul says that the Christian's most effective weapon is the Bible and what God reveals to us through His Holy Spirit when we read it. Jesus said that when we are attacked, God's Holy Spirit will give us words of defense. (Mark 13:11) When God's Word is in us through continued reading and memorization, we are ready for any battle with the evil one.

Paul continues with encouragement to pray. He says to pray continuously with the guidance of God's Holy Spirit. Pray about everything. Pray for other Christians. And, he requests that they pray for him, in his ministry, for courage to tell everyone about God, as revealed in Jesus. How do we pray continuously? It is pretty simple. When we live all day long with the understanding that God is with us everywhere and even in our thoughts, we can speak to Him anytime, just like we can a friend or family member who is with us.

Paul concludes with the words with which he began this letter. He prays for peace and “Grace to all who love our Lord Jesus Christ with an undying love.” Verses 23, 24

**Memory Verse:** “Put on the full armor of God so that you can take your stand against the devil's schemes.”  
Ephesians 6:11

\*Underlined sentences in the Teacher's Guide appear in the Student Worksheet with blanks to be filled in by the student during the lesson. Words in the Student Worksheet may not appear exactly as printed in the Teacher's Guide.

# *Student Worksheet*

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>Paul warns his readers that the \_\_\_\_\_ is a schemer. He is cunning and doesn't play \_\_\_\_\_.

>The Christian, facing satanic problems should wear the \_\_\_\_\_ of truth.

>He says to put on the breastplate of \_\_\_\_\_.

>Paul encourages the believer to have "\_\_\_\_\_ fitted with the readiness that comes from the gospel of peace."

>We should add to our equipment "the Shield of \_\_\_\_\_, with which you can extinguish all the flaming \_\_\_\_\_ of the evil one."

>Next, "take the \_\_\_\_\_ of salvation."

>Paul tells the Ephesians that they should take up the "\_\_\_\_\_ of the Spirit, which is the \_\_\_\_\_ of God."

>When God's Word is in us through continued \_\_\_\_\_ and memorization, we are ready for any battle with the \_\_\_\_\_.

>When we live all day long with the understanding that God is \_\_\_\_\_ us everywhere and even in our \_\_\_\_\_, we can speak to Him \_\_\_\_\_, just like we can a friend or family member who is with us.

### **How to begin a Personal Relationship with God:**

First, believe that there is a God.

Second, believe that Jesus, God's Son, was sent to earth to die so that you can have a relationship with God.

Third, ask God to forgive your sins in Jesus' name. Jesus' death on the cross paid the price of every sin you commit.