

Ephesians: Lesson #40: Put on the Whole Armor of God

Notes for Parents to Study with Their Children

For Sunday, Sept. 21st

Read Eph. 6:10-24 (a simplified explanation of the text is supplied at the end of these notes).

Memory Verse: Eph. 6:11 “Put on the whole armor of God, that you may be able to stand against the wiles of the devil.”

Fighting Our Enemy the Devil

- Soldiers have fought wars for thousands of years. Often wars are fought to defend a nation. That nation has an enemy that attacks them, so they have to fight back.
- The devil despises God, Jesus, and the church. He hates anyone that wants to do right. The same devil that tempted Adam and Eve, and also tried to tempt Jesus, is also out to harm us. The devil wants to keep you from serving God.
- Sometimes it may seem like we are in a war against people, but we aren't. We aren't trying to harm anyone. A Christian never does his work by hurting people with a physical weapon. Our true fight is against the devil and his forces. They influence so much of this world. So many people are fooled by the devil because he is very smart and very tricky.
- But God says that you can win the battle against the devil by standing in the strength of His might. That means we must depend on God's strength, not man's to fight the battle. We can stand against the devil by putting on all the pieces of God's armor. This is the only way we can win against the devil.

Putting on the Whole Armor of God

- When the apostle Paul was under arrest, he was constantly guarded and chained to a Roman guard supplied by the Roman army. All day long he could see the way the soldiers dressed. So Paul wrote to the Ephesians about the type of armor a Christian has to wear to win their battle. Here are the different pieces of the armor.
- **The Belt of Truth.** Your waist has to be girded or fastened with the belt of truth. That means we have to follow the Truth revealed in God's Word. If we listen to the world or to what the devil says, we cannot win the battle. That was what Eve did wrong in the Garden of Eden. Having on the belt of truth also means that we have to live truthfully. We have to tell the truth instead of telling lies. The devil is a liar. We don't want to be like him, but to be like God who never lies.

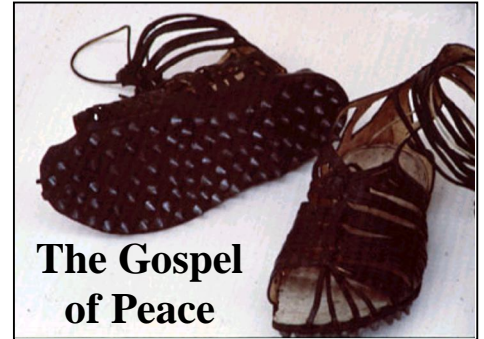


- **The Breastplate of Righteousness.** Righteousness means being right before God. That means we have to be willing to live a righteous life, a good life where we obey God and follow the teachings of Jesus. Righteousness also means that we have to be saved by Jesus. We have to believe on Him and be baptized so that we can be forgiven of our sins.



Righteousness

- **The Shoes of the Gospel of Peace.** The type of shoes that the Roman soldier wore had spikes in the bottom that grabbed the ground and kept him standing more securely. Some sports shoes have something like this to help the athlete not slip and fall down. One of the things that every Christian needs to wear is shoes that take the gospel to others. We need to invite others to church and tell other people about Jesus and the Bible. The word “gospel” means “the good news” and it’s our job to tell everyone about the good news that God can give them peace.



The Gospel of Peace

- **The Shield of Faith.** One piece of armor that Paul said was especially important is the shield of faith. Roman soldiers carried a large shield that covered nearly their whole body. Sometimes their enemies would set arrows on fire and shoot them at the soldiers. Satan can fire things at the soldiers of Christ that could cause them to turn back and give up: things like false ideas, anger, doubt, jealousy, sinful desires, and persecution. We fight back against these things by trusting God and believing that His way is the right and best way to live. No Christian can afford to lose their faith.



The Shield of Faith

- **The Helmet of Salvation.** A helmet clearly is designed to protect the head. The helmet of salvation is intended to protect our minds, protecting us from Satan's attacks on our thoughts. When our minds are set on being saved, when we want to go to heaven more than anything else, when we know how important it is to stay saved, when we know how important God is, our minds will be protected from the devil.



- **The Sword of the Spirit.** Paul says that each Christian must hold on to the Sword of the Spirit which he explained was the Word of God. The Bible is the Holy Spirit's book; the Spirit moved men to write this book. Heb 4:12 says, “For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.” A great example of using the word as a sword in our battle with Satan, is how Jesus used God’s Word during His temptation in the wilderness. For every temptation Satan threw his way, Jesus gave an “IT IS WRITTEN” as His answer.



The Sword of the Spirit

- **Prayer.** Last of all Paul reminded soldiers of Christ that they needed to pray and ask God for help, not only for themselves, but also for all other Christians and especially for those like preachers and elders who serve Christ. Paul said we should always be praying for each other.

Simplified Explanation of the Text

Our Fight is Against the Devil

Eph. 6:10 My brethren, remembering all that I have said, let me sum up with this last thought: Make yourself strong in the Lord and in the power of His strength.

11 Put on all of God’s armor so that you will be able to stand against the Devil’s cunning methods of deception.

12 Understand that our struggle is not against flesh and blood people, but against forces in the heavenly realm: We struggle with forces who have high places of authority. We struggle with forces who have the power to act against us. We struggle with forces of darkness who have power to control this world. We struggle with spiritual forces who would love to do us harm.

Put on All of God’s Armor

13 Because of this you must put on all of God’s armor so that you can be prepared to stand against the Devil in the evil day, and that knowing you have done what it takes to be prepared, you will stand.

14 So stand, having your waist fastened with a belt of truth, and having put on the breastplate of righteousness.

15 And have your feet prepared by placing under them the gospel of peace.

16 Above all else, raise up the shield of faith which will give you the ability to extinguish the flaming arrows launched at you by the evil one.

17 And take the helmet of salvation, and the Spirit’s sword which is the Word of God.

18 Offering prayer all the time in all circumstances, with every prayer and everything you ask for being in the Spirit. Be alert and awake in regard to your prayers, continuing to plead with God in behalf of all His people that have been set apart for His service.

19-20 Also be sure to pray in my behalf that words will be given to me in opening my mouth so that I can plainly, freely and boldly speak the mystery of the gospel the way I really should speak it. It is because of that gospel that I, who was sent out as Christ's spokesman, have been put in chains.

Conclusion to Ephesians

21 And so that you will know more about my imprisonment, Tychicus, a beloved brother and faithful servant in the Lord, will tell you all about it.

22 That's the reason I have sent him, so that he can comfort you and let you know all the information about us.

23 Peace be to the brethren, and love accompanied with faith, from God the Father and the Lord Jesus Christ.

24 God's gracious favor be with all who love our Lord Jesus Christ with a love that cannot die or be corrupted.