

## Southside Women of Faith Bible Class

May 23, 2020

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**Lesson Title:** Putting on The Whole Armor of God

**Scripture:** For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places ([Ephesians 6:12](#)).

- With whom are we at war? The rulers of darkness and spiritual wickedness in high places ([Ephesians 6:12](#))
- Put on the full armor of God, so you can take your stand against the devil's schemes ([Ephesians 6: 11-17](#)).
- Ask yourself in what areas in your life do you experience the greatest spiritual warfare? Please be specific.
- To resist the enemy, God gave the key that after the battle you will still be standing ([Ephesians 6: 13-19](#)).
- The Bible tells us we are in a war, and our enemy, adversary, Satan the devil, is bent on destroying us. The apostle Paul warns us to beware of Satan's devices and tactics ([2 Corinthians 2:11](#)). I did this so that Satan would not win anything from us. We know very well what his plans are.
- Soldiers are prepared to keep their weapons and communications equipment in ready condition for sudden attack. If we prepare so diligently to face a human enemy, Paul says how much more we ought to prepare for battle against our spiritual enemy ([Ephesians 6: 10-17](#)).

So, how do we use the "Armor of God" to defend against the attacks of Satan. Let's look at the six pieces of Spiritual Armor that is necessary to be effective as a soldier.

### Belt of Truth

- Without truth, we are lost, and the schemes of the devil will surely overpower us.
- Jesus is "the way, the truth, and the life" ([John 14:6](#)), and it is only through Him that we come to God. Therefore, truth is of the utmost importance in the life of a Christian. Without truth, the rest of the armor would be of no use to us because we would not have the Spirit of truth ([John 15:26](#)).
- The belt of truth is a crucial piece of defensive armor guarding our inmost being in the battle against the lies and deceptions of the enemy.
- Without an understanding of truth, we are left vulnerable to being "carried about by every wind of doctrine, by the trickery of men, by craftiness in deceitful scheming" ([Ephesians 4:14](#)). The belt of truth protects us and prepares us for the battle that is part of every Christian's life.

## **Breastplate of Righteousness**

- Obey God's commandments and live in a way that is honorable to Him. [Psalm 106:3](#) says, "How blessed are those who keep justice, who practice righteousness at all times!"
- Be knowledgeable of God's Word, which will allow us to understand how to live a righteous life. When trials and tribulations come our way, we can base our decisions in His Word.
- Through prayer, we can ask God to empower us to resist living in sin and to do what is right according to Him John says, "And we will receive from him whatever we ask because we obey and do the things that please him" ([1 John 3:22](#)).
- We can put on the breastplate of righteousness in our daily lives. In becoming aware of the decisions, we make, we can determine whether or not they are based in God's Word. In addition, we can ask Him to give us the strength to live righteously. Ultimately, this will allow us to withstand attacks from the enemy and live in ways that glorify Christ.

## **Sandals - Gospel of Peace**

- Put on Peace that comes from the good news (Gospel) so that you will be prepared.
- Peace absence of inner or other conflict, unity, wholeness ([Leviticus 26:6](#); [Luke 1:79](#))
- The word "gospel" means "good news," referring to the sacrifice Jesus made for us so that we can be saved. As a result, this brings us peace.
- Having our feet fitted with the shoes of the gospel of peace allows us to be ready to share God with others at all times. As Christians, we should always be prepared, as we never know when an opportunity may arise to share the good news of the gospel with someone else. Ultimately, the shoes of peace equip us to fight for Christ in the spiritual battles we face.

## **Shield of Faith**

- Now faith is the substance of things hoped for, the evidence of things not seen ([Hebrews 11:1](#)).
- Shield is to stop the fiery arrows aimed at you by Satan.
- Faith in Christ, this will influence the way we live. Our faith can guard us during trials in the same way a shield would during battle. For example, when doubt creeps in and our beliefs are questioned, our faith in Christ will protect us. We can stand firm in knowing what we believe.
- It is important to realize that doubt, fear, and anxiety are attacks from the enemy. Taking up the shield of faith will protect us and allow us to fight back against these attacks.

## **Helmet of Salvation**

- As your helmet put on your salvation.
- Safety, deliverance from evil, eternal life (Isaiah 12:2; Luke 19:9).
- Salvation only comes by God's grace, and through Jesus Christ.
- Salvation comes when a person accepts Christ as Lord and savior (Acts 4:12; Titus 2:11).
- Salvation begins on earth and ends at death or when Christ returns.

## **Sword of the Spirit – Ephesians 6:17 Word of God**

- As soldiers in God's army, it is our responsibility and duty to use His Word to discern the truth and then follow it says.
- Through God's Word, we are able to distinguish between right and wrong. As a result, we can strive to live a life that is free from sin. His Word is the ultimate truth, and we can find assurance in knowing it is our greatest weapon.
- Learning to use the sword of the Spirit effectively requires training. Make sure that you have a good weapon: a copy of the Bible that is easy for you to read, that has good print, and uses language you can understand.

So, now that you have this knowledge how to we apply it to or walk with Christ.

- Strive to follow the key God gave to stand against evil rulers and authors of the unseen world.
- Endeavor to stand against mighty power of darkness who rule the world.
- Strive to work against wicked spirits in the heavenly realm. Heavenly realms can refer to both angelic and demonic activity (Ephesians 1:20)

Heavenly realms – refer to spiritual realities in spiritual dominions, or heavenly places (Ephesians 3:10; 1:3; 2:6). “For we are not fighting against people made of flesh and blood, but against persons without bodies—the evil rulers of the unseen world, those mighty satanic beings and great evil princes of darkness who rule this world; and against huge numbers of wicked spirits in the spirit world” (Ephesians 6:12).

### **Evaluation:**

Do you sometimes feel weak? Do you find yourself giving in to temptation when you really want to overcome? Are you ever discouraged? We all face these moments.

We are always in great danger, not when the enemy is great and powerful, but when we think that we can stand in our own strength, rather than in the strength which God provides.

*“Put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the*

*readiness that comes from the gospel of peace. Take up the shield of faith, with which you can extinguish the flaming arrows of the evil one. Take the helmet of salvation and sword of the Spirit which is the word of God” (Ephesians 6:13-17).*

When our life comes to an end, I pray that we will be able, like Paul, to say, “I have fought the good fight, I have finished the course, I have kept the faith” (2 Timothy 4:7).