



SUNDAY, JANUARY 7TH – PART 1 OF 3

Series Title: Living Strong

Lesson Title: The Whole Armor of God – Part 1 of 3

Key Scriptures: Ephesians 6:10-18

Homework Instructions: This series will cover three weeks of lessons for the month of January (January 7th, 14th and 21st) and includes homework for each week.

You should complete the homework assignment for each week before class. However, you are welcome to go ahead and complete all homework assignments in advance if you would like to.

Lesson Overview

In this series, we'll learn about the Apostle Paul's call to action for us to put on the whole Armor of God. With each lesson you will be empowered to live strong for Christ as you grow in your understanding of the spiritual purpose of each piece of armor and how essential it is to experiencing victory over the enemy in our day-to-day living. Get ready to be equipped to fight the good fight of faith like never before as a soldier in the Army of the Lord!

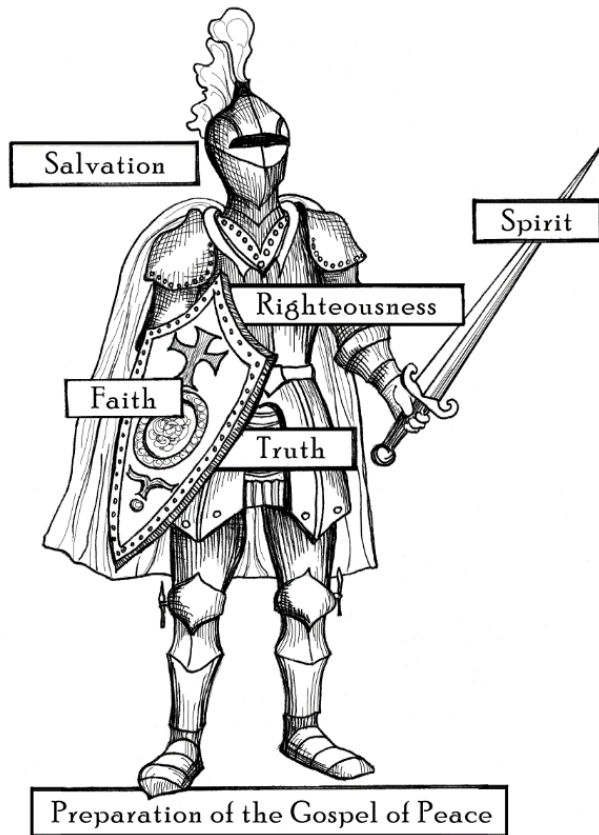
This week we will cover:

- 1. Put on the Whole Armor of God**
 - 2. The Belt of Truth**
 - 3. The Breastplate of Righteousness**
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Key Scriptures: Ephesians 6:10-18

10. Finally, my brethren, be strong in the Lord, and in the power of his might.
 11. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.
 12. 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.
 13. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.
 14. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;
 15. And your feet shod with the preparation of the gospel of peace;
 16. Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.
 17. And take the helmet of salvation, and the sword of the Spirit, which is the word of God:
 18. Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;
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1. Put on the Whole Armor of God



In Ephesians 6 we realize how important it is to put on the whole Armor of God. During the bible days, soldiers would wear very heavy armor. In fact, when David went to fight Goliath he couldn't wear the armor because it was too heavy. Today soldiers don't wear heavy armor but Christians who follow Jesus should wear armor every day.

See Satan will do anything to get us to stop trusting and obeying God and doing God's will. Therefore, we need to be clothed with the Armor of God in order to stand against all the devil's attacks.

Now, there are 6 pieces of armor that God has given Christians to fight spiritual warfare so that we come out victorious.

2. The Belt of Truth

We need to wear this first, so we won't believe Satan's lies.

The Belt of Truth has **two parts**. The **first part** is to know and acknowledge the truth about your human nature as the Holy Spirit points it out to you. Because, only when you see it can you be transformed from things like selfishness, pride, stubbornness, etc. The **second part** is to speak only truth. Lying makes us vulnerable and leaves us open for attack.

If we lie to protect our reputation or save our skin, this puts holes in our armor.

In our battle, truth is so important because Satan is a master of telling lies. He whispered lies to Adam and Eve in the Garden of Eden, disguised as a snake. And he whispers lies in our ears today. But the truth of God's Word will protect us from Satan's lies.

3. The Breastplate of Righteousness

In the bible times, a breastplate was worn as a part of a soldier's armor to serve as protection for some of the most vital parts of the body. Underneath the breastplate are the heart, lungs and other necessary organs for life. If the soldier did not wear their breastplate, they were vulnerable to an attack that could result in severe injury or even instant death. In the same way, righteousness serves as the breastplate in the Armor of God.

Righteousness is the result of faithfully obeying God's Word and will for our lives. When we practice righteousness in small and big things, it protects us from the darts of our enemies. When we do not live according to the Word of God we open ourselves up to let sin enter our hearts. Small acts of unrighteousness are like holes through which Satan can sneak in and attack – so let righteous living protect your heart.

SUNDAY SCHOOL HOMEWORK ASSIGNMENT

SUNDAY, JANUARY 7TH – PART 1 OF 3 Living Strong: The Armor of God

Put on the Whole Armor of God

1. **Fill in the Blanks** - Satan will do anything to get us to stop trusting and obeying God and doing God's will. Therefore, we need to be clothed with the _____ in order to

_____.

The Belt of Truth

2. The Belt of Truth has 2 parts. List them below.

Part 1: _____

Part 2: _____

The Breastplate of Righteousness

3. The Breastplate of Righteousness is an essential piece of the Armor of God. What happens when we practice righteousness in small and big things?

4. What happens when we do not live according to the Word of God?
