



SUNDAY, JANUARY 21ST – PART 3 OF 3

Series Title: Living Strong

Lesson Title: The Whole Armor of God – Part 3 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 lesson, we will continue learning about the Armor of God by gaining an understanding of the Helmet of Salvation and the Sword of the Spirit. If you have not done so already, read the Key Scriptures (Ephesians 6:10-18) so that you can have the context and perspective to best understand the Sunday School Lesson.

This week we will cover:

- 1. The Helmet of Salvation**
 - 2. The Sword of the Spirit**
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1. The Helmet of Salvation

A helmet was vital for survival, protecting the brain – the command station for the rest of the body. If the head was badly damaged, the rest of the armor would be of little use. **The Helmet of Salvation protects us from eternal damnation.** It changes our destination from hell to heaven – and even after we are saved, it protects our minds from the enemy’s attacks and the influence of our flesh, the world and the devil. Satan wants to fill our minds with things that are not true – the Bible tells us that the devil is “...a liar and the father of it.” (John 8:44) We should fill our minds with God’s Word so that we can make decisions that lead to righteousness, not carnal thinking and worldliness. Our thoughts are shaping us! Proverbs 23:7 says, “...as he thinketh in his heart, so is he.”

The Bible says in Philippians 4:8, “Finally, brethren, whatsoever **things** are true, whatsoever **things** are honest, whatsoever **things** are just, whatsoever **things** are pure, whatsoever **things** are lovely, whatsoever **things** are of good report; if there be any virtue, and if there be any praise, **think on these things.**”

When you accept Jesus Christ as your Lord and Savior, and align your thoughts with the Word of God, you actively put on the Helmet of Salvation. The Word of God tells us to “let this mind be in you which was also in Christ Jesus” (Philippians 2:5). This powerful piece of armor becomes an impenetrable defense against anything the enemy throws at you.

2. The Sword of the Spirit

The Sword of the Spirit is the Word of God. And this piece of armor is the most powerful weapon against the wiles of the enemy. For Roman soldiers, the sword served as both an offensive and defensive weapon against their enemies. And for believers, the Sword of the Spirit is the ultimate weapon that we use to defeat the enemy and experience victory in every spiritual battle.

Hebrews 4:12 says “For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.”

The Word of God judges between right and wrong, good and evil and shows us the truth. If we are obedient to the Word of God then Satan can never lead us astray. The Word of God can put whole armies to flight. With this Sword we will always be victorious because the Word of God causes us to triumph!

People of God, it is important that we put on the whole armor of God so that we may have coverage over all the vital areas of vulnerability where the enemy attacks. When we do this, we will experience being “**more than a conqueror**” as the scripture has declared.

SUNDAY SCHOOL HOMEWORK ASSIGNMENT

SUNDAY, JANUARY 21ST – PART 3 OF 3 Living Strong: The Armor of God

The Helmet of Salvation

- 1. Fill in the Blanks** - When you _____ as your Lord and Savior, and align your _____ with the _____, you actively put on the _____.
- 2. Fill in the Blanks** - The Bible says in Philippians 4:8, “Finally, brethren, whatsoever things are _____, whatsoever things are _____, whatsoever things are just, whatsoever things are _____, whatsoever things are _____, whatsoever things are of _____; if there be any virtue, and if there be any praise, think on these things.”

The Sword of the Spirit

- 3. Fill in the Blanks** – The Sword of the Spirit is the _____ of _____.
- 4. Write out the scripture Hebrews 4:12.**
