



FIRST CHURCH

OPEN BIBLE

Family Life Resources

Put On The full

ARMOR OF GOD

HOW DO WE FIGHT OUR ENEMY?

IN EPHESIANS 6:13, IT SAYS:
"THEREFORE, PUT ON EVERY
PIECE OF GOD'S
ARMOR SO YOU WILL BE
ABLE TO RESIST THE
ENEMY IN THE
TIME OF EVIL."



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Family Life Resources

We understand the challenges of busy schedules at home, which is why we offer resources that support you and your family which are easy to use, relevant and most importantly honor God. We pray these resources for your home along with the classes and services at First Church make an eternal difference in the lives of families like yours.

Blessings,
First Church Open Bible

Colossians 2:6,7

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

The Full Armor of God

INTRODUCTION

Paul is writing a letter to encourage the Church at Ephesus. He encourages them in prayer and shares the promises of Christ.

He talks with them about how the Church should function.

He also explains about how Godly families should conduct themselves.

As he closes this letter of encouragement he gives us a picture of how to prepare ourselves for service in the Kingdom of God.

He teaches us to:

"... be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes." (Ephesians 6:10)

Put On the Full Armor of God

Ephesians 6:10-18 (Paraphrased)

- Vs 10** Be Strong in the Lord and in His Mighty power.
- Vs 11** Put on the Full Armor of God ... and so take your stand against the devil's schemes.
- Vs 14** Stand firm then with the **Belt of Truth** buckled around your waist, and the **Breast Plate of Righteousness** in place,
- Vs 15** and your feet fitted with the readiness that comes from the **Gospel of Peace**.
- Vs 16** Take up the **Shield of Faith**, with which you can extinguish all the flaming darts of the evil one.
- Vs 17** Take the **Helmet of Salvation**, and the **Sword of the Spirit**, which is the Word of God,
- Vs 18** and **Pray in the Spirit** on all occasions with all kinds of prayers and requests.
- With this in mind, be alert and always keep on praying for all the Lord's people.

LESSON 1

Kingdom Warfare

Parent's Passage: Daniel 10:12-14

Ezekiel 1:1-14

Revelation 1:12-16

Family Reading: Choose one passage to read aloud

Key Verse: Ephesians 6:11

"Put on the full armor of God, so that you can take your stand against the devil's schemes."

Compare these passages. Pick out a few of the common themes of the passages.

Bring to mind a favorite or familiar "Fairytale". Consider ones that have some of the common elements:

- **A King**
- **A Castle**
- **An Enemy**
- **Some Conflict**
- **Some Weapons and Defensive Implements**

After you have had time to think through how Kingdoms function, gather your family around for a lesson on "The Kingdom of Heaven".

Review John 18:33-37. Read or paraphrase this passage.

Talk with your family about the Kingdom of Heaven that Jesus came to reveal to us.

Explain that the Kingdom of Heaven is a real kingdom.

We need to understand that we are in The Kingdom of Heaven. When Jesus tells His followers to pray, ***"Thy Kingdom come, Thy will be done"***, He is evoking the Heavenly Kingdom here on earth, and we must do the same.

This month we will be talking about the real **Armor of God**. As warriors for Christ, this is how we protect ourselves as we advance His Kingdom.

FAMILY ACTIVITY

"Building Your Armor"

Gather belts, sandals, helmets, cardboard (for cutting out swords and shields), walkie-talkies (representing prayer), and a Bible.

Have kids color and cut out the "Armor Labels" on the following **Armor Activity Page** on page 17.

Help the kids build their own armor out of the elements you have collected and adhere the labels to the various pieces. Discuss with them about using our spiritual armor for spiritual battles.

PRAYER

"Lord God, we pray that You will help us as we equip our families for Your Kingdom's work. Help us to ready ourselves with these Spiritual weapons that You have given us. Help us to receive all that You teach us in Your Word.

In Jesus' name, Amen."

LESSON 2

Our Protection

Parent's Passage: Ephesians 6:10-20
1 Samuel 17:1-50
Matthew 5

Family Reading: The 1 Samuel 17 story of David and Goliath

Key Verse: Ephesians 6:14 &16

"Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place ... In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

We want to clearly show our families how truth and righteousness and faith can be used to fight mighty battles.

Read the wonderful story of David's great battle against Israel's enemy from 1 Samuel 17. Find translations that suit your family.

David understood that he did not need the armor of King Saul to protect him. He knew he was protected by the Lord.

"The Lord who delivered me from the paw of the bear will deliver me from the hand of this Philistine."

1 Samuel 17:37

David had been prepared for battle by the **Truth of the Word** and by his **Faith**. He wore these into battle, and God gave David the victory.

PRAYER

"Lord God, Help us to be like David and sing praises to Your name. Let us be like David and put our faith in You alone. Help us to stand with the Belt of Truth around us. Help us understand how to stand firm in Christ alone. In Jesus' mighty name we pray. Amen."

ACTIVITY

Get the dress-up armor out from Lesson 1. Have your family act out the story of David's battle against Goliath together.

The Main Characters are:

King Saul
David's Brothers
David
Israelite Soldiers
Goliath
Philistine Soldiers
Jonathan (King Saul's Son)

Talk about how most characters saw the physical battle and compared physical strength. Only David saw the **Spiritual Battle** and believed God was his strength and his might.

Read 1 Samuel 17:45:

David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied".

David put his faith in God alone, and God gave him strength for the battle!

LESSON 3

Our Purpose

Parent's Passage: Ephesians 6:15-17
John 3:1-8

Family Reading: John 3:5-8

Key Verse: John 3:16

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Embedded in our passage is the message of Salvation. Before we go into battle, we must be sure of the matter of being ***"born of The Spirit"***, as Jesus describes to Nicodemus in John 3.

Even Nicodemus, a high priest, finds this concept hard to understand, but Jesus simplifies it for him in John 3:16.

Take time as a family to talk together about Salvation to make sure the children understand what it means, and the process. This would be a great time to 'share your story'. It would serve two purposes: **1) As an example to your family**
2) As practice for sharing the Gospel

The shoes a soldier of the Kingdom of Heaven wears are ***"The readiness that comes from the Gospel of Peace."*** Eph. 6:5

CONCLUSION

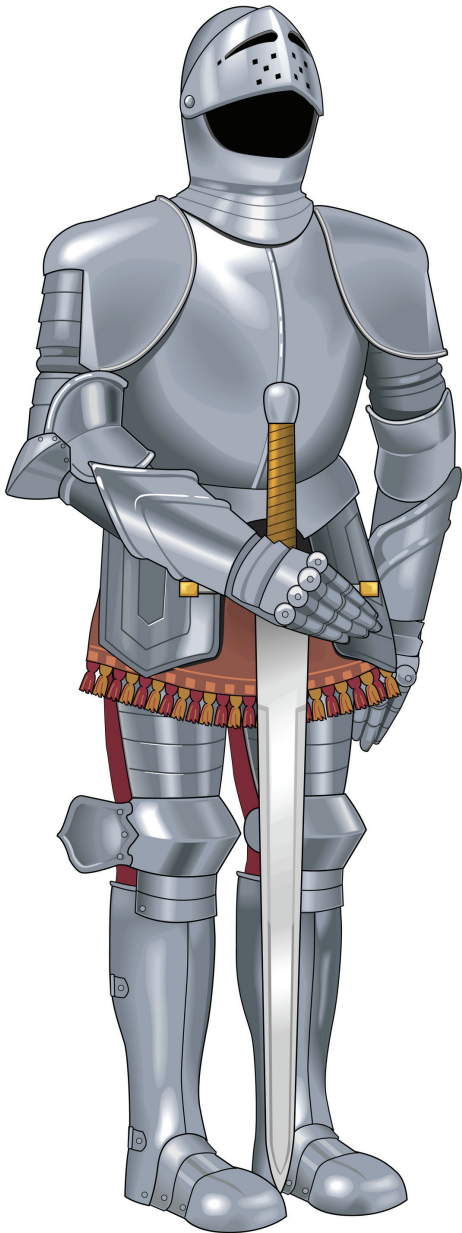
As we confess our belief in Jesus Christ and that He paid the penalty for our sins on the cross, our heavenly Father counts it to us as **Righteousness**.

This is our **Breastplate**! He gives us the **Helmet of Salvation**, and He makes our feet ready to share the **Gospel of Peace**.

This is a beautiful picture of what it means to be a part of the Kingdom of Heaven.

ACTIVITY

The Whole Armor of God



How do you think we can fight our enemy? God has given us the tools to fight our enemy. He has given us the armor of God!

Ephesians 6:13 tells us:

"Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground..."

Read Ephesians 6:14-18 and fill in the blanks for each piece of **Spiritual Armor** on the next page.

Our last piece of armor is the weapon of **Prayer**, the ability God gives us to do battle in the Spirit.

Prayer is extremely important! Soldiers in battle need to stay in *communication* with their leaders.

The Whole Armor of God Activity Page

Have your kids see if they can remember and fill in the different names of the Armor of God. Review page 5 with them.

Belt of _____



Breastplate of _____



Shoes of _____



Shield of _____



Helmet of _____



Sword of the _____

LESSON 4

Using the Sword of the Spirit

Parent's Passage: Matthew 4

Family Reading: See Activity

Key Verse: Ephesians 6:17

***"Take the helmet of salvation and the sword of the Spirit,
which is the word of God."***

We need to imitate Christ as we use our sword to defend ourselves against the enemy. When Jesus was led by the Spirit into the wilderness, He was tempted by the devil. Matthew 4 shows His response to these temptations (spiritual attacks).

Each time He was tempted, He answered with Scripture. In order to do this, Jesus first needed to **recognize the enemy,**
remember the Scripture,
let the Holy Spirit help Him.

As we read the Word and remember it, we will be better able to use the **Sword of the Spirit** to protect ourselves.

ACTIVITY #1

As a family, share some Scripture verses you have all memorized together, and help each other find them in a Bible.

Read or recite a few, and talk about how remembering these verses will keep us safe in our daily walk.

Examples: **Fruit of the Spirit - Galatians 5:22-23**
 Armor of God - Ephesians 6:10-18
 The Beatitudes - Matthew 5:1-10

ACTIVITY #2

We have talked about the importance of wearing the whole armor of God. When we clothe ourselves with the armor of God, we are protected in our battles with the enemy. But what if we're not wearing it? Let's use an orange as an example.

Take out one orange. Tell your family that the inside of the orange is protected by the peel on the outside. The peel is the orange's armor.

Before placing the orange in a glass of water, ask your children what they think will happen: "Will it sink or float?"
Place the orange in the water. [**It floats!**]

Next, take the orange out of the water. Ask your kids to remind you what the pieces of the armor of God are. As they name each part, remove a piece of the orange peel.

Once the orange is completely peeled, explain that this orange is like us when we aren't wearing the armor of God. Ask your kids what they think will happen this time when the orange is placed in the water. Then put the peeled orange back in the water.
[**It sinks!**]

When we are not wearing the armor of God, we sink! Fortunately for us, unlike the orange, we can always decide to put our armor back on. When we do, we are like a new orange, ready to float again. Take out a new orange and show your family that it floats.



LESSON 5

Pray at All Times

Parent's Passage: Ephesians 6:18-20

Family Reading: Luke 11:2 (The Lord's Prayer)

Key Verse: Ephesians 6:18

"And pray in the Spirit on all occasions with all kinds of prayers and requests."

Make a commitment as a family to become ***Prayer Warriors***.

Use Jesus' prayer template (**the Lord's Prayer**) as a starting place. There are many great prayers in the Bible that we can use as examples.

Ephesians 1:15-23 is a powerful prayer. ***Philippians 1:3-6*** is another great prayer.

Write these out (as well as the many other prayers you will find in the Bible) and personalize them for your own family. Set aside time every day to pray out loud together. Invite the children to request prayer for their concerns.

CONCLUSION

As a family pick one or both of the following challenges for this week:

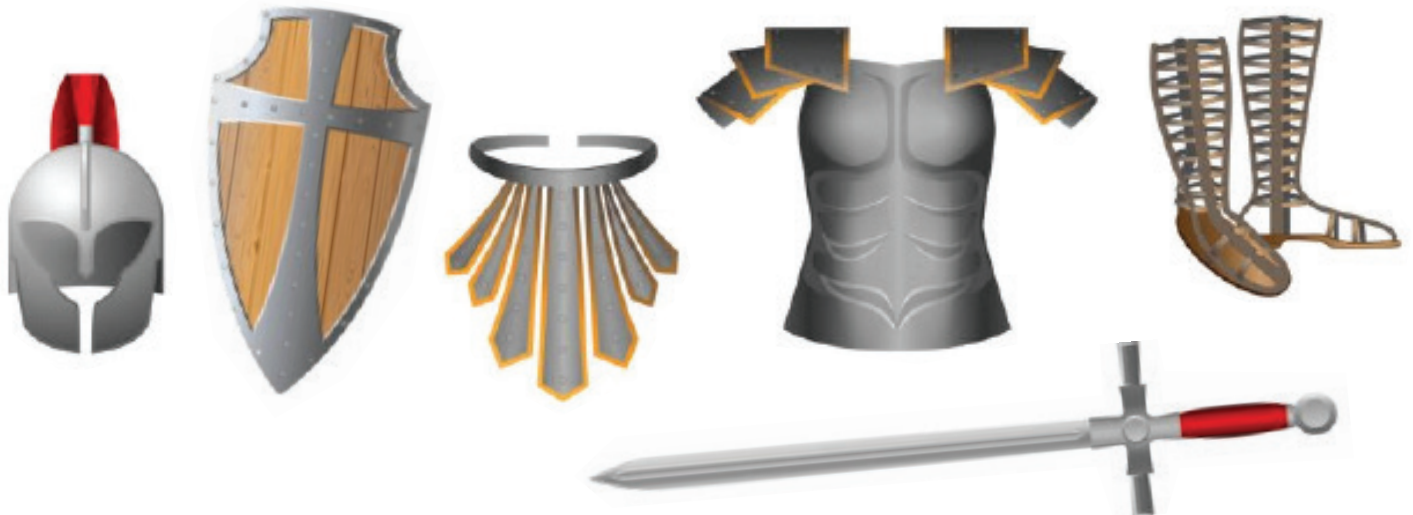
Challenge 1:

Tell a family member or friend about the armor of God. Use your orange to help you remember!



Challenge 2:

Try to memorize all of the pieces of the armor of God, and pray that the Holy Spirit would help you to remember to wear them every single day!



Close in prayer.

Thank God for each of our children. Thank him for the tools that He has given us to defeat our enemy.

Ask the Holy Spirit to help the kids remember to put on the full armor of God each and every day. Pray over any personal requests family members have. Close in Jesus' name.

"Building Your Armor" Labels

SALVATION

PEACE

TRUTH

**P
R
A
Y**

RIGHTEOUSNESS

**SWORD
OF THE
SPIRIT**

GOSPEL

FAITH

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FIRST CHURCH

OPEN BIBLE

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