Making Disciples

Notes for Group Session Twenty

The Armor of God and Other Protection

Session Goals

1. The disciple will be able to name at least five of the parts of the armor.
2. The disciple will be able to recall two other things God has given us for our protection.
3. The disciple will describe a battle he/she has experienced.

Begin the session praying together and reviewing the Action Steps from the previous week. Pray with individuals who had difficulty applying the information from last week. Thank God where there were successes in the application.

Parts of the Armor

Ephesians 6:10-18 "Finally, 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. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realms. Therefore, put on the whole armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 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.*** *In addition to all this, take up* ***the shield of faith,*** *with which you can extinguish all the flaming arrows of the evil one. Take* ***the helmet of salvation*** *and* ***the sword of the Spirit*** *which is the word of God. 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." NIV*

Where is the Battle?

The battle is in many arenas and some we will talk about in later sessions, but to keep it simple let us talk about what affects you in a personal way. Sometimes opposition comes in your workplace, in your home, in your church. First examine yourself, there are times it is simply our fault but when it comes from the enemy, we have many weapons to deal with it.

Matthew 5:23-24 "Therefore if you are offering your gift at the altar and there remember that your brother or sister has something against you leave your gift there in front of the altar first go and be reconciled to them then come and offer your gift."

Another huge area of conflict is our minds. Satan will drop in half-truths into our thoughts, or temptations or recollections of times when we have been wronged. This is when it is important to submit to God. Ask Him to show you if you need to repent or forgive. Then resist the devil using the weapons God has given you.

1 Corinthians 10:13 "No temptation has overtaken you except such as is common to man; but God is faithful who will not allow you to be tempted beyond what you are able but with the temptation will also make the way of escape, that you may be able to bear it."

2 Corinthians 10:5 "We take captive every thought to make it obedient to Christ."

Use the Weapons of Our Warfare.

2 Corinthians 10:4-6 "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments, and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled."

- Put on the belt of truth.

Roman soldiers wore a wide leather belt as part of their uniform, the sword hung from the belt. The belt also helped bear the weight of the armor. Like the belt

identified, a soldier, truth identifies us as followers of Jesus. The belt of truth is His truth. We need His help to always speak the truth, if we exaggerate or tell lies, we are not wearing the belt of truth. Put it on daily and ask forgiveness for any wrong impressions you have given previously.

John 14:6 "Jesus said to him. 'I am the way, the truth, and the life. No one comes to the father except through me.'"

Ephesians 4:15 "but, speaking the truth in love, may grow up in all things into him who is the head – Christ" Help each other in a loving way to not believe Satan's half-truths.

John 17:17 "Sanctify them by your truth. Your word is truth."

- Put on the breastplate of righteousness.

The breastplate protects our internal organs especially the heart, it keeps us from wanting to sin. It is His righteousness not our own. Put it on and determine to humbly rely on His righteousness not our own.

Romans 3:10 "No one is righteous – not even one."

Romans 7:18 "For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find."

Isaiah 54:14 "In righteousness you shall be established; you shall be far from oppression, for you shall not fear, and from terror, for it shall not come near you."

Isaiah 3:10 "Tell the righteous that it shall be well with them, for they shall eat the fruit of their deeds."

Romans 13:11-14 "And do this, understanding the present time: the hour has already come for you to wake up from slumber, because our salvation is nearer now than when we first believed. The night is nearly over the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. Let us behave decently

as in the daytime not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather clothe yourselves with the Lord Jesus Christ and do not think about how to gratify the desires of the flesh."

- Put on your feet the preparation of the gospel of peace.

- Preparation means to have a firm knowledge of the gospel and to be ready to always share it. Ask God for opportunities daily.

2 Timothy 4:2 "Preach the word; be prepared in season and out of season."

1 Peter 3:15 "...Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have..."

- Take up the shield of faith.

The shield will protect you from the enemy's darts. Have faith in Him and what He has promised.

Isaiah 54:17 "No weapon formed against you shall prosper."

Philippians 4:13 "I can do all things through him who strengthens me."

1 John 4:4 "Little children, you are from God and have overcome them, for He who is in you is greater than he who is in the world."

- Put on the helmet of salvation.

Protect your mind from the negative things that the enemy will attempt to drop into your thoughts. Do not ignore those thoughts and temptations but deal with them using the weapons He has given us.

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."

Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."

- Take the sword of the Spirit (The word of God).

The sword of the Spirit is the only weapon in our armor that is not just defensive but offensive too. Have it ready but meditating on and memorizing scripture.

Hebrews 4:12 "For the word of God is living and active and sharper than any two-edged sword and piercing as far as the division of soul and spirit of both joints and marrow, and able to judge the thoughts and intentions of the heart."

- Pray in the Spirit and pray in English.

God is not distant but is always ready to hear your prayers.

Romans 8:26 "Likewise, the spirit helps us in our weakness. For we do not know what to pray for as we ought, but the spirit himself intercedes for us with groanings too deep for words."

Jude 1:20 "But you, beloved, building yourselves up in your most holy faith and praying in the Holy Spirit."

Matthew 26:41 "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

1 Thessalonians 5:17 "Pray without ceasing."

- Resist the Devil.

To resist means to withstand, strive against, or oppose in some manner. To submit To God is to obey Him.

James 4:7 “Submit yourselves therefore to God. Resist the devil, and he will flee from you.”

2 Thessalonians 3:3 “But the Lord is faithful. He will establish you and guard you against the evil one.”

- Make God your refuge.

Read and pray Psalm 91, the whole chapter is powerful, here are just a few verses:

Psalm 91:1-3 “He who dwells in the secret place of the most high shall abide under the shadow of the Almighty. I will say to the Lord, ‘My refuge, and my fortress, my God, in whom I trust.’ For He will deliver you from the snare of the fowler, and from the deadly pestilence.” ESV

1 Peter 5:7 “Casting all your anxieties on Him because he cares for you.”

Proverbs 30:5 “Every word of God is tested; He is a shield to those who take refuge in him.”

- Praise and Worship

Psalm 149:6 “Let the high praises of God be in their mouth, and a two-edged sword in their hand.”

John 4:24 “God is spirit, and those who worship him must worship in spirit and in truth.”

Psalm 22:3 “The Lord inhabits the praises of his people.”

Psalm 8:2 “Through the praise of children and infants, you have established a stronghold against your enemies to silence the foe and the avenger.”

- The blood of Jesus.

Plead the blood of Jesus (ask Jesus to cover each area with His blood) over your family, your ministry, your health, and your home.

Apply the blood of Jesus (use whatever you use for communion) to your home or your possessions. It stops the devil's attacks.

Revelation 12:11 "And they overcame Satan by the blood of the lamb and by the word of their testimony."

Revelation 1:5 "And from Jesus Christ, the faithful Witness, the first- born of the dead and the Ruler of the kings of the earth. To Him who loves us and has released us from our sins by his blood."

- The name of Jesus.

Jesus has all authority in heaven and earth and when He ascended to heaven, he allowed us to use His name to exercise that authority which He has given to His children.

Philippians 2:9-11 "Therefore God also has highly exalted Him and given Him the name, which is above every name, that at the name of Jesus every knee should bow of those in heaven and of those on earth, and of those under the earth."

Acts 16:18 "...And Paul, greatly annoyed, turned, and said to the spirit, 'I command you in the name of Jesus Christ to come out of her.' And he came out that very hour."

Action Steps

- This week use one of the weapons God has given you in a situation when the need arises. Testify to us about the results next week.

- Put on the armor of God daily this week as you begin your day. Share with us next week the result of that habit in your daily life.