

**THE ARMOR OF GOD  
EPHESIANS 6:10 – 24**

*Chi Alpha  
Lifegroup Guide  
Ephesians*

**LESSON PREP**

As you prepare for this week's lesson think about your own struggles with sin. How have you combated temptation? What is your defense and offense?

**PRE LG TEXT**

**MESSAGE QUESTIONS**

How do you handle temptation?

**SCRIPTURE  
MEMORIZATION**

Ephesians 6:11

**1ON1 FOLLOW UP**

Have you "put on the armor of God?"

Do you stay rooted in truth?

Do you look for God's righteousness rather than your own?

Have you been studying the word of God?

**INTRODUCTION**

Paul then draws towards the conclusion of his letter to the Ephesians to be mighty in the Lord to resist the devil. He gives somewhat specific examples of the tools at our disposal to combat the enemy – the full armor of God which consists of the belt of truth, breastplate of righteousness, feet fitted with the gospel of peace, shield of faith, helmet of salvation, and the sword of the Spirit. Paul then finishes his letter by encouraging the Ephesians to pray and to praying for them himself. He wraps up his letter nicely putting everything in to a clear conclusion drawing from the themes previously stated: salvation, living in unity, and resisting sin.

**Read Ephesians 6:10 – 24**

**1. The Purpose**

- What is this struggle that Paul is talking about in verse 12 and the day of evil in verse 13? – Any day where temptation comes our way (every day) is an evil day. Paul was probably not talking about a single day.
- What are the temptations that you struggle with?
- What are some way (spiritual and physical) that you combat these temptations?
- As Paul begins to describe what the armor of God is his main verb is to "stand firm." What significance does that have for you?

**2. The Armor of God**

- What is the full armor of God?
- The Belt of Truth
  - The belt is the first piece of armor put on
  - What is the significance of truth being the first piece?
- The Breastplate of Righteousness
  - The breastplate is the main protective piece of the armor. The OT often uses the phrase "clothed in righteousness"
  - Where does the breastplate comes from and how does it protect us?
- Feet fitted with the Gospel of Peace
  - How does the gospel keep us planted and help us stand firm like a soldier's footwear?
- Shield of Faith
  - Shields protected soldiers from arrows. Do you feel your faith in the Lord protect you from all attacks and uncertainties?
- Helmet of Salvation
  - Why is salvation related to a helmet? – It is a mental thing. In order to receive salvation we must CHOOSE to follow Christ
- The Sword of the Spirit
  - This is the only offensive weapon given to the believer – the Word of God spoken through the Bible or through God for you specifically (rhema – Greek word used here)
  - Why is truth so important in fighting? It dispels lies that the enemy uses.
- Prayer – Paul ends the letter in prayer. How does prayer tie up the armor of God analogy and the letter as a whole?

**APPLICATION**

How do you fight temptation? How can we help one another fight?

