

## 6. Know Your Defense!

If you have ever practiced martial arts, you know that it is not enough just to *know* your opponent. You also need to learn how to *defend* yourself and how to take the *offensive* to *defeat them!* We will use a passage in **Ephesians 6:** to learn how to *engage* our enemies and emerge *victorious!*

**In this Lesson,** we will focus on our *defensive armor*, while in the next, we will look at our *offensive weapons*.

### Ephesians 6:13-17a

- 13 **Therefore, take up the Full Armor of God,**  
*so that you will be able to resist in the evil day,*  
*and having done everything, to Stand Firm.*
- 14 **Stand firm therefore,**  
*having Girded Your Loins with Truth, and*  
*having put on the Breastplate of Righteousness,*
- 15 **and having Shod Your Feet**  
*with the Preparation of the Gospel of Peace.*
- 16 **in addition to all,**  
*taking up the Shield of Faith*  
*with which you will be able to extinguish*  
*all the flaming arrows of the evil one.*
- 17 **And take the Helmet of Salvation,**

What is the significance of including the word 'Full' in v13?

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What is the significance of having to 'take up' the Armor of God?

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### "Gird Your Loins with Truth"

John 17:17

*"Sanctify them in the truth; Your Word is truth."*

How does the Truth of God's Word 'sanctify' us? \_\_\_\_\_

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**Our enemies are formidable** and their intentions *evil*. But our Heavenly Father has equipped us to '*stand firm*' against them.

**In my younger days**, when I spent years in a Judo Dojo, I learned the importance of maintaining *balance*, not just with footwork, but in utilizing *offensive* and *defensive* skills. God wants us to not only be able to *defend* ourselves against satan's attacks, but to *counterattack* as well.

### Ephesians 6:13-17a (Observations)

v13

**Circle** how much '*armor*' we must 'take up'.

**Underline** for what *purpose*.

**Circle** what we are to do, having done *everything*.

v14

**Circle** with what we '*gird our loins*.'

**Circle** what we must put *on*.

v15

**Underline** with what we '*shod*' our feet.

v16

**Circle** what *else* we must take up.

**Underline** what it will *extinguish*.

v17

**Circle** the *final* piece of our armor.

**It will do us little good** to put on only *one* piece of armor. That would leave a large part of us *exposed* and *vulnerable!* We must put on the '*Full Armor of God*'.

**But just the thought** of having to put on God's Armor should give us pause and wake us up to the *reality* of our spiritual situation. We are at '*War*' with unseen enemies, and the sooner we realize this, the better our chances of remaining *steadfast*, and to *resist* their attempts to get us to *betray* and *forsake our Lord!*

**There are few words** in Scripture as important as the word **Truth**. In the original, it means that which is *Real*, or *Reality* itself. **God's Word** reveals the *Truth*, or *Reality*, of the World we live in. It makes '*visible*' the invisible. It is what *sanctifies*, or *sets us apart*, from this *non-believing* world. Without it, we would continue in *darkness* and *deception*, which is why *satan* seeks to annihilate it every chance he gets. **Truth** is worn like **a vest** on which the rest of the Armor hangs. Unless we are *persuaded* of the **Truth of God's Word**, the *Full Armor of God* will have *no power* to protect us!

## "The Breastplate of Righteousness"

2 Corinthians 5:21

*He (God) made Him (Christ) who knew no sin  
to be sin on our behalf,  
so that we might become the righteousness of God  
in Him.*

*Explain the transaction that took place between the sinner and Jesus  
when He died on the cross: \_\_\_\_\_*

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*How does knowing this protect us against satan's accusations?*

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## "The Preparation of the Gospel of Peace"

Romans 10:

13 *for "Whoever will call on the Name of the Lord  
will be saved."*

14 *How then will they call on Him  
in whom they have not believed?  
How will they believe in Him  
whom they have not heard? And  
how will they hear  
without a preacher?*

15 *How will they preach  
unless they are sent?  
Just as it is written,  
"How beautiful are the feet of those  
who bring good news of good things!"*

*According to this passage, how will people call out to Jesus to save  
them? \_\_\_\_\_*

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*How does this relate to us as Believers? \_\_\_\_\_*

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2 Corinthians 5:21 (*Observations*)

*Underline* who knew no sin.

*Circle* what He *became* on our behalf.

*Underline* what we become.

*Circle* where we become righteous.

*One of the most important* pieces of Armor is the *Breastplate* for it protects our heart and other vital organs. It is one of the *key targets* of our adversary who tries to infuse our heart with *guilt* and *doubt*. In fact, as soon as a person *believes* in Christ, satan gets to work trying to *convince* him that he is a *worthless sinner* and not *good* enough to *deserve* God's Love and Promises.

*The Breastplate* protects the Believer from satan's accusations, and assures him that it is not *his* works, but *Christ's* work that makes him *worthy*. We are *sanctified* in *Christ* and by *His* Righteousness, not our own!

Romans 10:13-15 (*Observations*)

v13

*Circle* who can call on the Lord.

*Underline* what they must do.

*Circle* what they will be.

v14-15

*Observe* the *logical progression* of the *questions*.

*Underline* what is written.

*Circle* what the 'feet of those' bring.

*The Apostle Paul* uses questions in a *logical progression* to bring the reader to the only *conclusion*: Unless we take the Gospel to the *world*, *Nonbelievers* will *never hear* and *'be saved'*.

*Believers shod* their feet with the *Preparation of the Gospel of Peace* for this is our *purpose*. As *Christ's foot soldiers*, we are *storming* the *Gates of Hell* and setting captives free with the *liberating* message of the *Gospel* that brings *Peace* between a *Holy God* and *sinner*! We move with *purpose* and we stand on the *Gospel of Christ*, *immovable* and *never retreating*. Our footing is *firm* and our *direction* is always *forward*.

## "The Shield of Faith"

Numbers 23:19

*"God is not a man,  
that He should lie,  
"Nor a son of man,  
that He should repent;  
Has He said,  
and will He not do it?  
Or has He spoken,  
and will He not make it good?"*

How is God not like men? \_\_\_\_\_

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What can we count on God to do? \_\_\_\_\_

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Hebrews 11:6

*And without faith  
it is impossible to please Him (God),  
for he who comes to God  
must believe that He is  
and that He is a rewarder of those who seek Him.*

Why does God take pleasure in faith? \_\_\_\_\_

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What is significant about the first thing a person must believe?

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What is significant about the second thing a person must believe?

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How can faith extinguish the evil one's flaming arrows? \_\_\_\_\_

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Numbers 23:19 (*Observations*)

**Circle** both things God is *not*.

**Circle** both things God will *not* do.

**Underline** the *two* things God will do with what He says.

**The Shield is the most** versatile piece of Armor God provides. I once witnessed a *tribal fight* in a remote area of the **Papua New Guinea Highlands**. The men of one village launched an attack on another. I saw the women and children run screaming out the far side while their husbands and sons set up a defensive perimeter with **large wooden shields**. Then I saw a torrent of *arrows* arching toward them followed by the *thud, thud, thud* as they struck the shields and *fell harmlessly* at their feet.

**Satan shoots lies at us** all the time, but our **Shield** is our **Faith** that what ever **God** says or promises, **He will do!** (Romans 4:21)

Hebrews 11:6 (*Observations*)

**Underline** what is not possible 'without faith'.

**Circle** to Whom 'he' comes.

**Circle** what 'he' must believe.

**Circle** what God is of 'those who seek Him'.

**It is our Faith in God and His Word** that *pleases God!* Why? Because our **Faith** reveals that we *believe God* exists, and *demonstrates* our **trust** in **Him**. **Faith** acts as a *conduit* through which God *channels* His *blessings* and *promises* that are ours in *His Son*.

**God is always present** everywhere at once, *unseen* and *hidden* from the unbelieving, but *unveiled* to all, young or old, rich or poor, wise or foolish, who have **Faith** that He **is** and is a **rewarder** of those who *keep pursuing Him!*

**Through our Faith** in the **True God**, satan's 'arrows' and the world's allure are shown to be what they really are: *empty, superficial* and *false deceptions*. A *mirage*, a 'Vanity Fair', a *false reality*.

## "The Helmet of Salvation"

Acts 4:10,12

**10 let it be known to all of you and to all the people of Israel,  
that by the Name of Jesus Christ the Nazarene,  
whom you crucified,  
whom God raised from the dead--  
by this name this man stands here before you in good health.  
12 "And there is salvation in no one else;  
for there is no other Name under Heaven  
that has been given among men  
by which we must be saved."**

How is verse 10 related to verse 12? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How is Jesus set apart from all other religious leaders? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Against what kind of satanic attacks will the Truth of this passage  
protect you? \_\_\_\_\_  
\_\_\_\_\_

Why do you think the Apostle Paul used the example of a Roman  
soldier's Armor in this Epistle? \_\_\_\_\_  
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What lessons can you draw from all the pieces of the God's Armor?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Acts 4:10, 12 (*Observations*)

v10

**Underline** to whom it should be known.

**Underline** by whose Name it is.

**Circle** who crucified Christ.

**Circle** Who raised Him from the dead.

**Circle** how 'this man stands ... in good health.'

v12

**Circle** in Whom there is salvation.

**Underline** what there is under Heaven.

**Underline** why that Name was given to us.

**The Helmet** protects another vital area of our bodies, *our head*. In *Kendo*, the Japanese art of sword fighting, of the 8 permissible scoring strikes, *three* are to the head. Satan's second prime target is the head as he seeks to deal non Believers a *fatal blow* by filling their minds with *lies*, and keep them from *perceiving* and *receiving* the Gospel.

**But once a person** receives God's *Forgiveness* and *New Life in Christ*, God makes him a *New Person*, able to perceive His *Truth* and discern satan's *lies*. It is still important to protect our thoughts because our enemy will seek to instill *doubt* in our minds regarding our Salvation, and especially in the Truth that there is salvation in '*no one else*' but the One who alone can save us.

**Our enemy** will tempt us with the idea that **Christ** is *not enough* ... that we need to do *more* to add to His work on the cross. **That is a lie**. Do not even *entertain* those thoughts but *capture* them and *expel* them from your mind.

**Keep the Helmet** of our *Salvation* ever on our minds lest satan's '*flaming arrows*' breach our defense and find their mark and spread their *poison of doubt*. Be ever ready with the **Shield of Faith**, the **Breastplate of Righteousness** and the **Helmet of Salvation**, held together with **Truth** and advancing with the **Gospel of Peace**. Amen? Amen!

# Application

Review this Lesson and Answer the Following:

**1. What are the specific Pieces of the Armor of God for?**

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**2. What Specific Things Will You Do to Apply What you Have Learned?**

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