

A Parent's Guide to THE ARMOR OF GOD

Note to Parents: The armor of God is one of the most popular New Testament passages. Not only does it provide wonderful imagery, the armor of God is also full of deep truth about what is made available to us through salvation in Jesus Christ. The engaging parallel between Roman armor and the benefits of the faith makes the armor of God a great passage to study with children to encourage them and help them grow in the faith.



The Belt of Truth

In Roman armor, the belt bound everything else together. It was foundational to the armor and undergirded all the other pieces. In the same way, **truth** is what binds our faith together. Jesus is the Truth (John 14:6). Jesus and absolute truth are the firm foundation on which our faith stands.



The Breastplate of Righteousness

The Roman breastplate was designed to protect the vital organs. By faith, we receive Christ's righteousness (Romans 3:23). The term "righteousness" simply means we are made right with God. Our sin and its consequences are no longer counted against us. **Righteousness** serves as vital protection against any accusation of the enemy.



Feet Fitted with the Readiness of the Gospel of Peace

Roman military sandals were known for the traction they provided. We gain traction in our faith by staying at the ready to **spread the gospel** and staying alert for Christ's return. We are able to do this confidently, knowing we are at perfect **peace** in and with God (John 14:26-27)



The Shield of Faith

The Roman shield was a soldier's first line of defense against the enemy's attack. As believers, our **faith** acts in the same manner. We are justified in Christ and saved from our sins through faith alone (Ephesians 2:8). The power of sin and death are extinguished by faith.



The Helmet of Salvation

In the Roman military, helmets were used not only for protection but also for demarcation. The distinct colors and design of Roman helmets set them apart from their enemies. In the same way, our **salvation**, found in Christ alone, sets us apart as children of God (Acts 4:12). When we walk in the power of our salvation, our enemy will run for the hills.



The Sword of the Spirit

The only offensive element in the armor of God, the sword of the Spirit is further defined as "the Word of God." Swords are designed for use in close, personal attacks rather than broad distant attacks. In the same way, the **Word of God** acts as our most precise and personal weapon. God's Word is not distant or vague. It is living and active and penetrative in every circumstance (Hebrews 4:12).



Discussion Questions:

How do we put on the armor of God?

Use this opportunity to emphasize relying on the Holy Spirit rather than our own strength. (Read 2 Corinthians 12:10.)

Why does the Bible tell us to put on the armor of God?

Reread the full passage of the Armor of God (Ephesians 6:10-18). Paul gives two main reasons to put on the Armor of God:

- *to recognize who our true enemy is (spiritual forces, not physical)*
- *to stand firm in our faith*

Which of the elements of the armor of God is easiest for you to put on? Which is the hardest?

Use this as an opportunity to help your kids explore spiritual strengths, weaknesses, and possible wrong beliefs. For example, if one finds it difficult to walk righteousness, discuss the power of grace and the gift of Christ's righteousness, not our own. If one feels ill equipped with the Word of God, encourage growth in Bible study.

The first piece of the armor of God is truth. How do we know what truth is?

For younger children, keep this discussion simple. For older children, it may lead to a deeper discussion of current culture. Either way, the truth is the same: God is truth, and His Word is true. When we don't know what's true, we turn to God's Word and the Holy Spirit within us.



Key Takeaways:

1. God has given us the armor because He loves us and wants us to live a full and effective life, empowered by His Spirit to do good works and advance His Kingdom (John 10:10, Ephesians 2:10)
2. We are unable to put on the armor of God in our own strength. It is only through looking to God in our need every single day.
3. Our battle is spiritual, and we have nothing to fear, because we know that God will reign victorious. God has equipped us with everything we need to stand firm in our faith.