

Week 32: "Put on the Armor"

Day One: "The Full Armor"

Read: Ephesians 6:13-14

Reflect: "Why do soldiers wear armor?"

What parts of their body do they protect the most?

In spiritual battle, what parts of our humanity most need protection?

Dig:

- See if you can use two different words instead of the word "of" in the phrase "Armor of God" to show what the "of" means:

- What action word is used to tell us what to do with God's Armor?

- What might it mean to spiritually "put on", say the belt of truth?

- How is the Armor described (what adjective is used) and how might that assure us?

Apply: Before you go out today, mentally dress yourself in each piece of armor - actually go through the motions of putting on: belt of truth, breastplate of righteousness, shoes, shield, and sword.

Week Thirty-Two: "Put on the Armor"

Day Two: "Stand"

Read: Ephesians 6:13-14

Reflect: What intimidates you?

What is the most intimidating situation you have been in?

Dig: In Ephesians 6:13-14, how many times does the word "stand" appear?

According to James 4:6-7, what attitude toward God helps us to "stand" and "resist"?

According to Psalm 1, how are we instructed not to stand? Also, how are we contrasted to the wicked?

Apply: Write out a prayer in this space asking God to enable you to stand. In this prayer, identify areas in which you are weak and tempted to waiver.

Week Thirty-Two: "Put on the Armor"

Day Three: "The Belt of Truth"

Read: Eph. 6:13-14

Reflect: Write out five truths which are foundational to your life and spiritual health:

Dig: What is the first item of protective clothing that we are to put on?

Why might this piece be first?

According to John 8:44, how is the devil described?

According to John 8:31-32, what is the condition (the "if" statement) of truth setting us free?

According to Acts 17:10-11, how should we listen to preaching?

Apply: Taking the five truths you listed in the "reflect" section, list five ways the devil may try to lie to you about these truths. Conclude with a prayer that Jesus will lead you in truth today.

Week Thirty-Two: "Put on the Armor"

Day Four: "The Breastplate of Righteousness"

Read: Ephesians 6:13-14

Reflect: What mistakes of your past (or present) does Satan use to condemn you?

Dig: What vital organs does a breastplate (chest protector) cover?

According to Proverbs 4:23, why is it so important to guard our heart?

According to Ephesians 4:24-27, what practical results flow from putting on righteousness?

According to that same passage, who loses an opportunity (foothold) if we put on this righteousness?

According to Philippians 3:9, whose righteousness do we put on and how (through what means) do I receive this righteousness?

Apply: Following up on the "reflect" section above, write out a prayer thanking God for specifically covering those sins which Satan uses to condemn you. Then put on the righteousness

of God.

Week Thirty-Two: "Put on the Armor"

Day Five: "Lectio Divina"

Read: Ephesians 6:13-14: "Therefore put on the full 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."

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

-- **reading:** you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.

-- **meditation:** you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.

-- **prayer:** you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.