

# OUR SPIRITUAL ARMOR

The Foundation of My Faith series is designed to equip Christians with the knowledge of God and His Word. Through simple Biblical studies, this program provides an opportunity in which a mature Christian can help another Christian grow in God's grace. Both the disciple and the discipler will be spiritually strengthened, and a firm foundation of faith will be established.



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Our Spiritual Armor



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**LEVEL 03**  
**BOOK 08**



# **OUR SPIRITUAL ARMOR**

## **How to use this curriculum**

 **LOOK UP** these verses in your Bible.

 **KEY VERSES** to the lesson.

The Christian life is a battle from the spiritual cradle to the grave. Satan's attacks are specific, direct, and relentless. There is danger of becoming a casualty in the battle of spiritual warfare. God reveals in Scripture our protection to prevent Satan from winning the conflict. He has also provided spiritual armor to enable us to stand and to accomplish that for which we have been designed. By knowing all the elements of our armor and how to utilize them, it allows us to "be able to stand."



*"Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil." (Ephesians 6:10-11)*

## How do we recognize our enemies?

1. There is an enemy within . . . our own flesh.



*"And when he had fasted forty days and forty nights, he was afterward an hungred. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread." (Matthew 4:2-3)*

The flesh is the natural impulse to satisfy our selfish, sinful desires. The Devil attempted to influence Jesus to act based upon a physical appetite rather than upon what the Father wanted Jesus to do.



Romans 8:8



Galatians 5:17

## Memory Verses

(Choose at least two Scripture verses to memorize from the following list.)

2 Corinthians 2:11

Galatians 5:17

Ephesians 6:11

I Peter 5:8

f. He attacks our \_\_\_\_\_.  
Verse \_\_\_\_\_.

g. By \_\_\_\_\_ evil and wicked spiritual  
powers.  
Verse \_\_\_\_\_.

4. List the armor with which we are equipped by God to  
be victorious.

a. With the \_\_\_\_\_. Verse \_\_\_\_\_.

b. With r \_\_\_\_\_. Verse \_\_\_\_\_.

c. With p \_\_\_\_\_. Verse \_\_\_\_\_.

d. With \_\_\_\_\_ in God. Verse \_\_\_\_\_.

e. With \_\_\_\_\_ of our salvation.  
Verse \_\_\_\_\_.

f. With His \_\_\_\_\_. Verse \_\_\_\_\_.

g. With p \_\_\_\_\_. Verse \_\_\_\_\_.

2. There is an enemy unseen . . . the Devil himself.



*“And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.” (Matthew 4:6)*

The Devil attempted to influence Jesus to do the will of the Devil rather than the will of the Father.



I Peter 5:8



James 4:7

3. There is an enemy that we can see . . . the world.



*“Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.” (Matthew 4:8-9)*

The world represents those things and/or influences that would distract us from God’s will for our lives. The Devil attempted to influence Jesus to act based upon that which was “desirable to have” rather than what God the Father wanted Jesus to have.



I John 2:15-17



James 4:4

These three enemies work together. Satan uses the flesh and the world to gain influence over us and to lead us into destructive paths.

## What is Satan's strategy to defeat us?

1. His attacks follow a pattern.

a. They are constant.



*"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:" (1 Peter 5:8)*



Luke 22:31

Satan's attacks are relentless and without mercy. When Satan desired to "sift" Peter, Satan was referring to his desire to reduce him to pieces. This would result in the loss of Peter's effectiveness for the Lord and also great personal harm. We can never let down our guard.

b. They are designed to take advantage of our weak areas.



*"Lest Satan should get an advantage of us: for we are not ignorant of his devices." (2 Corinthians 2:11)*



*"Neither give place to the devil." (Ephesians 4:27)*

If he attacks you one way, it doesn't mean he will attack you the same way next time.

## Lesson 8 Quiz

1. How do we recognize our enemies?

a. There is an enemy \_\_\_\_\_, which is our own \_\_\_\_\_.  
Verse \_\_\_\_\_.

b. There is an enemy \_\_\_\_\_, which is the \_\_\_\_\_ himself.  
Verse \_\_\_\_\_.

c. There is an enemy that we can see, which is the \_\_\_\_\_.  
Verse \_\_\_\_\_.

2. Satan uses the \_\_\_\_\_ and the \_\_\_\_\_ to gain influence over us.

3. What are Satan's strategies to defeat us?

a. His attacks follow a \_\_\_\_\_.


b. They are designed to take advantage of our \_\_\_\_\_ areas.  
Verse \_\_\_\_\_.

c. His strategies are \_\_\_\_\_.


d. He is a \_\_\_\_\_. Verse \_\_\_\_\_.

e. He is an \_\_\_\_\_. Verse \_\_\_\_\_.


The head is always a major target in battle. The helmet of salvation refers to the assurance of our salvation. Satan will seek to provoke us to doubt our salvation and in so doing discourage us from withstanding his attacks.

 John 10:28


## 6. With His Word.

 *“...and the sword of the Spirit, which is the word of God.” (Ephesians 6:17)*

The Word of God is the believer’s first offensive weapon. It is much more powerful than any weapon Satan has. To effectively use this Sword, we must know and obey the Bible.

 Hebrews 4:12

## 7. With prayer.


 *“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;” (Ephesians 6:18)*

Prayer is another offensive weapon for the believer. It is a constant source of understanding and direction; it is that essential ingredient which unifies all the elements of the armor, allowing them all to serve to full benefit.


Keep in mind that God’s armor is available to us, but it must be put on and activated. Be sure you go into your daily battle fully armed.

## 2. His strategies are predictable.


a. He is a liar.

 John 8:44

Satan can plant seeds of thought into our minds. They are seeds of lies and deceptiveness.

 I Chronicles 21:1

b. He is an accuser.

 Revelation 12:10


Satan accuses us to God, God to us, us to the brethren, and our brethren to us. He will do all he can to divide the body of Christ.

c. He attacks our identity.

 Matthew 4:3,6

Immediately after Jesus’ identity as the Son of God was affirmed in Matthew 3:17, Satan, on two occasions, questioned His identity in an attempt to prevent Him from fulfilling His purpose. The battle for our personal identity in Christ is an intense attack which is intended for us to compromise our faith, values, and principles.


## 3. By enlisting evil and wicked spiritual powers.

 Ephesians 6:11-12


We must recognize that we face a powerful, spiritual hierarchy of evil, supernatural beings that exercise great influence over the earth.

## How does God equip us to be victorious?


### 1. With the truth - INTEGRITY.

 *“Stand therefore, having your loins girt about with truth...”* (Ephesians 6:14)


Girding one's loins is a sign of being prepared for service to the Lord. Truth, like the belt that girded the clothing of a soldier, enabled us to be prepared for battle. Knowing and living the truth (the Word of God) enables us to defend ourselves against the attacks of Satan.

 John 8:32; 17:17


### 2. With righteousness - PURITY.

 *“...and having on the breastplate of righteousness;”* (Ephesians 6:14)

Putting on God's righteousness is our personal responsibility. When we obey God's Word, we are putting on His righteousness. These righteous deeds are very powerful to defend us against Satan's attacks.


 Deuteronomy 6:25

### 3. With peace - TRANQUILLITY.


 *“And your feet shod with the preparation of the gospel of peace;”* (Ephesians 6:15)

 John 14:27


The soldier's footwear provided stability and protection on the path that they would travel. God is telling us here that we should live with and constantly carry a peace that He will provide that same stability and protection in our life.


 Luke 10:19-20

### 4. With faith in God - CERTAINTY.


 *“Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.”* (Ephesians 6:16)

Our faith in God provides a shield that protects us from Satan's fiery darts. Without this shield of faith, we will easily fall victim to the methods by which Satan tries to destroy us.

 Romans 10:17

 I John 5:4

### 5. With assurance of our salvation - STABILITY.

 *“And take the helmet of salvation ...”* (Ephesians 6:17)