

One Step to Freedom
Chapter 5: Spiritual Warfare

Lesson 3 Part 1
The Armor of God

“Put on the whole armor of God, that you may be able to stand against the wiles of the Devil” (Ephesians 6:11).

The apostle Paul was imprisoned for his faith on numerous occasions. During one of these imprisonments, the Holy Spirit revealed to Paul that just as the Roman soldiers who guarded him had physical armor, so too the Christian has **spiritual** armor. God calls all true believers to engage in spiritual warfare—and God equips us to do it!

Read Ephesians 6:14

1. The Belt of Truth

For the Roman soldier, the belt was perhaps the least noticed part of his armor—but the most important. It held all his body armor in place. For Christians, the truth is like a soldier’s belt. If we stand on the truths in God’s Word, we will experience victory in our lives. If we speak the truth about God, all of our Christian beliefs will remain in place.

Our world is full of lies, yet in Christ we have found the truth about who we are, why we are here and where we are going. Satan is the father of lies, and when we speak the truth he must flee. (See John 3:19-21, 8:44 and 14:6 for further reference.)

2. The Breastplate of Righteousness

The breastplate protected a soldier’s vital organs—most importantly, his heart. All Christians should keep their hearts protected from the Devil’s wickedness. The Bible tells us that our hearts are prone towards wickedness if left idle and unattended. Therefore, to fill our hearts with the righteousness of the Lord, study the Bible daily.

Also, we need to sanctify our hearts unto God so that we’re sensitive to hear His voice as He guides us in our daily battles. Studying God’s Word will help us to desire God’s righteousness and reject the wickedness of sin. A righteous heart is a dead end for Satan’s attacks. (See Proverbs 4:23 and Psalm 119:11 for further reference).

Read Ephesians 6:15

3. Shod Your Feet with the Preparation of the Gospel

Proper footwear is important to any soldier. The Roman soldiers’ sandals gave them great traction, no matter what the terrain. If Christians are going to fight victorious spiritual battles, we need a firm foundation to stand on. The peace of Christ is that foundation.

The Bible says Satan is a murderer. There is no peace in him, or in this world that he temporarily rules. However, for the Christian there is peace in Jesus—no matter what is happening in this world. When the peace of Christ rules in us, we are prepared to walk in real peace and give hope to a dark world. (Read Matthew 5:9 and 7:24-27, John 14:27, Romans 16:20, Philippians 4:6-7 for further reference.)

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Read Ephesians 6:16

4. The Shield of Faith

When Roman soldiers entered into battle they always had a shield to protect them from the enemy's fiery arrows as they tried to overthrow an enemy city or stronghold. The Devil will attack a Christian with many different fiery darts: persecution, lies, fears, guilt, doubts, various temptations and more. These darts are shot at Christians when we are on the offensive—tearing down the strongholds of the Devil. If we are idle, he has little reason to attack; but as God uses us, the Devil will attack constantly.

As Christians, we need the shield of faith. As we go forward in our relationship with Christ, we need faith to trust God and trust what He is doing in our lives. We need to walk by faith and not by sight. Putting our trust in God, and having that trust reflected in our lives as a living faith, will assure us of total victory in every spiritual battle. (Read Psalm 37:3, 2 Corinthians 5:7 and James 2:20-22 for further reference.)

Read Ephesians 6:17.

5. The Helmet of Salvation

All soldiers need to protect their heads. Throughout history, a soldier wore a helmet. The Christian wears a spiritual helmet—the helmet of salvation to protect our minds from Satan's constant onslaught against our thoughts. The Bible clearly teaches that Satan can suggest evil thoughts leading us into sin (see Matthew 4:1-11). However, it is what we do with those thoughts that determine whether we will sin against God or not. That is why we need to submit our thoughts unto the Lord.

If we constantly think about God's goodness and His great love for us, we will naturally recognize thoughts and suggestions from the Devil. It is at that time that we cast out those thoughts, and replace them with joyous thoughts concerning God. That is the helmet of salvation.

Satan cannot make us sin! He can suggest that we sin, but we decide if we will submit our minds unto Christ or unto Satan. (Read 2 Corinthians 10:4-5, Philippians 2:5-13, and Colossians 3:2 for further insight.)

6. The Sword of the Spirit

The Roman soldier's sword was his weapon. For Christians, the Word of God (the Bible) is our primary weapon against our enemy, the Devil. When we speak God's Word, the Devil has to flee. The truth and glory that is in God's Word overcomes the Devil so that he must flee—for he lives in lies and darkness. Jesus gave all believers an excellent example of how we can rebuke Satan's attacks by quoting Scripture (Matthew 4:1-11).

As believers, we need to go forward in spirit and truth. Satan will attack us, so we should force him to retreat by using God's Word. We do this by standing on the promises in God's Word, and sharing those truths with those who are unsaved and blinded by the Devil. When we speak God's Word, the Devil has to flee! (Read Acts 4:29-31 and Hebrews 4:12 for further reference.)