

# Full Armor of God Bible Study

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The power and practical advice in the Holy Bible, especially in the book of Ephesians, is profitable for everyone. I can't tell you how many times Chapter 6 has changed my life in more ways than one. It is probably my most favorite book as it transformed my marriage when we were struggling with how to love each other biblically. Here is a full **armor of God Bible Study** that will go step by step through each bible verse.

Studying the Armor of God is not just for kids. If you've been raised in church as a young child, you've probably colored an Armor of God coloring page. It's been taught in many churches to young kids — it's a great visual or object lesson, like Fruit of the Spirit. However, as adults, we must also take this Armor of God lesson seriously as it's talking to us. We must dissect every truth included so we are ready for the spiritual battle that we cannot see, but face, everyday.

## What is the Whole Armor of God

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### Full Scripture and Meaning

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What is the Armor of God? It's all laid out starting in Ephesians 6:11, yet, there is so much pertinent information about how we prepare ourselves every morning. This is a great time to pause and slowly digest the meat of these spiritual scriptures. Yes, this goes for us women, my friends. We must be mentally and spiritually prepared for day every morning before we begin our routine. Satan and the World are ready to attack us, and if we don't have on our spiritual armor, we will crumble easily like the buildings from 9/11. Or, like the seed that is throw on top of a rock and sizzles away.

### Why we need the Armor of God

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Let's begin, however, with Ephesians 6:10. This bible verse sets the stage for WHY we need the armor of the Lord.

**<sup>10</sup> Finally, my brethren, be strong in the Lord, and in the power of his might.**

Are we supposed to be strong by ourselves physically, mentally, and emotionally? We can't without the Lord. Are we naturally strong and courageous when anyone questions our motives or statements? Not me. I have to constantly remind myself that it's not my words

that are powerful, it's His. If I am quoting the bible, I am speaking the truth. As the bible says, the truth shall make you free. We should want to share with others how they can experience the ultimate freedom in life.

**John 8:31,32 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; 32 And ye shall know the truth, and the *truth shall make you free.***

So, we need to be remembering, meditating, memorizing and quoting the Armor of God. This reminds me of a more recent time when my family was struggling with a mandate across the nation that didn't seem right. Many people including my family, friends, and the whole world was doing it, but we didn't think it was proven to be accurate. So, when we talked about with my kids, my argument for why we weren't doing it was –we had the Whole Armor of God, and I didn't need a physical object to shield me from harm. I needed spiritual armor.

## How to Be Strong in the Lord

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Now, as we continue discussing on how to be strong in the Lord {like I was thinking about this morning}, the answer is in the **Armor of God** bible verses. I've included the entire bible passages for the Armor of God, plus their definitions or meaning for each piece of spiritual armor. There is a question as to whether there are 6 or 7 pieces of Armor. I say there are 7 pieces of the Armor of God because prayer is the glue that keeps it all together and intact.

## Armor of God Bible Study

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This would be a great Armor of God bible study to read over and over again each morning until it's automatically a routine to meditate upon throughout the day. It's amazing what a few words can do for you spiritually, mentally, and trickle down to physically when you write it upon your heart.

## Spiritual Armor Bible Passages

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**Ephesians 6:11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.**

**Whole Armor** in Greek means *panolia*, or 'all of the armor'. Don't just put on part of the armor like righteousness {I'm just going to be a great example!}, but remember all the pieces of the spiritual armor including:

1. The Belt of Truth
2. Breastplate of Righteousness

3. Feet Shod with the Gospel of Peace
4. Shield of Faith
5. Helmet of Salvation
6. Sword of the Spirit
7. Armor of God Prayer

The word translated as wile means 'trickery' or 'deviousness'. The devil is very clever and devious. Don't think for one minute that you can take him on your own!

## Battle of the World

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**<sup>12</sup> For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.**

As Christians, we need to remember that the battle is not in with our neighbor, husband, or the media on TV, it's a spiritual battle against demons and the satanic influence he has over our rulers in authority. Satan's power is high organized and hierarchical. It has a ton of influence on our society, culture, and government. We must be prepared to fight the evil in the spiritual world.

**<sup>13</sup> Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.**

Our goal is the withstand in each evil day. Withstand means to 'resist' or stand against the attack of the devil. In other words, our present day is evil and we must be ready to resist the evil one.

Satan is a powerful force in our lives, but just as Jesus showed us by example, we can stand against the wiles of the devil with a more powerful force, God's word.

It's time to wrap up the WHY the armor of God is essential. Now, move forward into the HOW we use the Armor of God.

## Armor of God Bible Verses

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**<sup>14</sup> Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;**

Every day of our lives, we must stand against the deceptive evil one. How do we do this? Paul metaphorically describes the Armor of God in Ephesians using the typical Roman infantryman garb. To begin, girt about with truth. In other words, wear the Belt of Truth.

**<sup>15</sup> And your feet shod with the preparation of the gospel of peace;**

Prepare to be on the offensive. Just as a soldier needs to prepare to join a battle, so must a Christian be ready to present the gospel. You are unfit for battle if you do not have a gospel message. Your best defense is the strongest offense.

## Prepare for the Wicked One

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***<sup>16</sup> Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.***

The devil loves to send you fiery darts of doubt, despair, and discouragement. Yet, if the shield of faith is put on, those flaming arrows of temptation will not penetrate into our shield. Trust in the Lord with all your heart.

## The Word of God

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***<sup>17</sup> And take the helmet of salvation, and the sword of the Spirit, which is the word of God:***

You've got this, my friend. You have salvation. Put on that helmet of salvation as you have the assurance that you know who you are and where you are going. Salvation protects you from the onslaught of the world, just as a helmet protects the most vital part of the body.

The sixth piece of armor is the Word of God. It is likened to a sword. The translated word 'rhema refers to the spoken word. This also means hearing the word so preaching is essential to keeping our armor of God shiny and prepped.

The sword can also be used not only as a defensive weapon, but also an offensive weapon. It can keep the blows of an adversary from penetrating into the soldier plus, pierce anyone who questions the Holy Word.

***<sup>18</sup> Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;***

## Armor of God Prayer

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I believe there are 6 pieces of Armor of God, plus one that is just as powerful. We must pray at all times to keep us on the straight and narrow path. We should pray or *proseuch*, which means our prayers should go to God through praise, thankfulness and worship. The word supplication or *dehsiv* is referring to our needs or necessities. And, don't miss the word 'spirit', as we should be in the spirit, not in vain repetition.

Be diligent or persevere in your prayer life. Paul teaches us that ongoing, spiritual, persevering, and intercessory prayer provides the means necessary to withstand the evil one and his minions.

## **Final Thoughts on the Armor Of God Bible Study**

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Please continue to read these bible passages over and over again until they come to your mind with each new morning. They are important key bible scriptures to memorize, otherwise, it wouldn't be in the bible! My friend, you don't need to worry, you just need to suit up with the Armor of God!