

GOD'S POWER IN OUR LIVES: THE ARMOR OF GOD

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In his letter to the Ephesians, Paul says we are to allow God's strength to make us strong. In sharing God's power with our children, we can take comfort in knowing that our strength does not come from us. We serve a great God, who is mighty in wisdom, strength, and power. Furthermore, because we are his children, that power lives in us! So when Satan comes to tempt or attack us, we can trust and know we have what we need to overcome him and be victorious.



One way we can help children understand God's power in our lives is by teaching our children what the Bible says. Explain that God tells us how to be prepared as we go into battle, a spiritual battle. Ask your children, "Can you imagine how difficult it would be for a soldier without equipment or preparation?"

As a family, select one day each week that you will spend in study of each piece of the [Ephesians 6:10-17](#) armor. Read what these verses say, and discuss ways each piece of armor could be used at home and school.

The Belt of Truth: This belt was worn by Roman soldiers and secured their weapons for battle. Our security is found in Jesus. Our truth is found in Jesus; he is our security.

The Breastplate of Righteousness: This was a protective piece of armor that covered a soldier's main organs (heart, lungs, etc.). In our own righteousness, we cannot win against Satan. Our defense is the righteousness that comes from Christ.

The Shoes of the Gospel of Peace: Soldiers needed strong footwear to go into battle. Protection of their feet was crucial. Likewise, the gospel is crucial to a soldier in God's army. When we have assurance in the good news of Jesus, we can walk in confidence and peace.

The Shield of Faith: The shield was a way to block and protect a soldier from the arrows and swords of their enemy. Our enemies can throw spiritual darts at us. Yet, faith in Christ and his word are our greatest protection.

The Helmet of Salvation: The helmet is another critical item for a soldier. It protects the head of the soldier, so they can think clearly in battle. Salvation in Jesus is our eternal protection and guarantee against the seeds the enemy tries to plant in our minds.

The Sword of the Spirit: The sword was a weapon easily and commonly used by a soldier. The Bible is our spiritual sword. The Word is a mighty weapon when used under the guidance of the Holy Spirit.

Ephesians 6:10-17 a great reminder for us as parents as well as our children, that God will empower us to fight the good fight. When we are strong in him, we can stand against the devil's plans.

Want to do a deeper dive on the armor of God? Check out these Family Fire articles:

[The Armor of God](#)

[Daughter, You Are God's Warrior Princess](#)

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