

# Preparing for Battle

## Teacher's Guide

When a soldier goes into battle he dresses in armor. This armor is like a suit made of metal - it covers his body and head. This armor helps to protect him in battle.

Satan wants to destroy God's people. So, God tells us to wear HIS armor - the "Armor of God." God doesn't mean we should wear metal clothes. He means we should protect ourselves against evil. We should learn to put on the "Armor of God" every day to resist the enemy and protect ourselves from the fiery arrows of the devil. Let's talk about the different parts of the God's armor:

### **Belt of Truth:**

At the time of Jesus, the belt that a Roman soldier wore had two purposes: it held the body armor tight against his body and held the soldier's sword; it held everything together and in order.

The belt of truth is our knowledge that Jesus walks into battle with us. Jesus helps keep us together and in order; He is the binding force that keeps our lives from falling into ruin; and He is the support on which we rest.

### **Body Armor of God's Righteousness**

The body armor, or breastplate, was very important to a soldier because it guarded and protected his heart.

When we trust in Jesus as our Lord, we grow in righteousness. We are submitting to His authority and becoming humble, sincere, and obedient. This righteousness protects our hearts when we are tempted to go our own way.

### **Shoes of Peace**

Shoes were essential for a soldier because they traveled by foot great distances over rough terrain. It was important for them to have a sure footing and a firm grip on the ground while protecting their feet from stepping on harmful things.

The shoes of peace are the firm foundation we have from being reconciled to God. Believing this gives us peace! Jesus is the solid rock on which we stand. This keeps us strong and firm.

### **Shield of Faith**

The shield that a soldier carried was enormous; it was rectangular and about as tall as the soldier himself. He could use it when fighting with his sword or crouch behind it for protection from arrows and spears.

Faith in God is our shield. When we believe He is in control and trust Him, we are protected by the arrows and spears Satan throws our way. Our shield of faith protects us from evil.

### **Helmet of Salvation**

The helmet a soldier wore was made to protect not only the top of the head, but also the neck, ears, and often the eyes.

The helmet of salvation we put on shows our recognition that we are sinners in need of God's grace. When we trust in Jesus as our Lord, He gives us new life! This new life with Jesus is renewing our minds. The helmet of salvation protects our minds and thoughts from the attacks of Satan.

### **Sword of the Spirit**

At the time of Jesus, the sword a soldier used was not what we would picture today (long and heavy). It was actually short, double edged, and made of superior metals. The Roman soldier was put through rigorous training in sword-to-sword combat so that he mastered the use of the sword as an offensive and defensive weapon.

The sword of the Spirit, which is the word of God, represents our weapon: the Bible. We use scripture in times of spiritual battle, and by doing so put Jesus as the commander of our battle. Scripture is our best offensive and defensive weapon in battle.