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**Putting on the Armor of God Daily**  
**Scripture Focus:** *Ephesians 6:10-18*

**Open With Prayer:** Ask someone to lead in a prayer, inviting God's presence and guidance in learning how to equip themselves with His armor each day.

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**Introduction:**

In tonight's lesson, we are going to look at a powerful part of the Scriptures that teaches us how to prepare ourselves for the challenges of life: **The Armor of God**. In our world, we face battles every day—some are external, like societal pressures or difficult circumstances, and others are internal, like fear, doubt, or temptation. The good news is that God doesn't leave us to fight these battles alone. He equips us with spiritual armor to stand strong and walk in victory, no matter what comes our way. The Apostle Paul wrote about this armor in **Ephesians 6:10-18**. Just like a soldier puts on armor for protection before going into battle, God calls us to put on His armor every day so we can be ready for the spiritual challenges ahead. Tonight is about learning how to put on God's armor daily. Each piece of armor has a special purpose, and by intentionally wearing it, we align ourselves with God's truth and power. This study will also focus on practical ways to apply each piece so that it becomes part of our routine, helping us stay spiritually grounded.

- **Question to start discussion:**

*What are some challenges you face on a daily basis that test your faith?*

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**Scripture Reading:** Ephesians 6:10-18

**Key Verse:** "Put on the full armor of God, so that you can take your stand against the devil's schemes." — Ephesians 6:11

**The Armor of God – Explanation & Application**

1. **Belt of Truth** (*Ephesians 6:14a*)

- **Meaning:** The truth of God's Word holds everything together. Lies from the enemy are exposed through truth.
- **Application:** Start your day with Scripture or affirmations grounded in truth. Ask, "What truths of God do I need to remember today?"

2. **Breastplate of Righteousness** (*Ephesians 6:14b*)

- **Meaning:** Righteousness protects your heart from guilt and condemnation.
- **Application:** Seek to live in a way that reflects God's standards, trusting in Christ's righteousness, not your own works. Pray for God to help you make righteous decisions and guard your heart against negativity.

3. **Shoes of the Gospel of Peace** (*Ephesians 6:15*)

- **Meaning:** God's peace allows us to stand firm and remain calm, no matter the situation.

- **Application:** Start your day asking, “*How can I be a peacemaker today?*” Share the good news of Christ’s peace through your words and actions.
- 4. **Shield of Faith** (*Ephesians 6:16*)
  - **Meaning:** Faith protects you from doubt and fear, like a shield blocking arrows.
  - **Application:** Pray throughout the day, “Lord, help me trust You when things get hard.” When doubts arise, affirm God’s promises (e.g., *Isaiah 41:10: “Do not fear, for I am with you.”*)
- 5. **Helmet of Salvation** (*Ephesians 6:17a*)
  - **Meaning:** The helmet protects your mind, reminding you of your identity and hope in Christ.
  - **Application:** When negative thoughts arise, remind yourself, “*I am saved by grace through faith*” (*Ephesians 2:8*). Ask, “*What thoughts do I need to replace with God’s truth today?*”
- 6. **Sword of the Spirit (The Word of God)** (*Ephesians 6:17b*)
  - **Meaning:** God’s Word is a powerful tool to combat temptation and lies.
  - **Application:** Memorize Scripture or carry verses with you to use when you feel tempted or discouraged. **Example:** When feeling anxious, declare *2 Timothy 1:7: “God has not given us a spirit of fear, but of power, love, and a sound mind.”*
- 7. **Praying in the Spirit** (*Ephesians 6:18*)
  - **Meaning:** Prayer connects us to God and activates the armor.
  - **Application:** Begin and end each day with prayer, asking God for strength, wisdom, and protection.

### Discussion Questions:

1. Which piece of the armor do you think is the hardest to put on every day? Why?
2. How can you remind yourself to wear the full armor of God daily?
3. Share a situation where you needed to rely on God’s armor (truth, peace, faith, etc.).

### Key Takeaway:

The armor of God is not just for special occasions—it’s essential **every day**. By actively putting on each piece, we are equipped to stand strong, no matter what challenges come our way.

**Close With Prayer:** Ask someone to pray, thanking God for His armor and asking for His help to walk in strength and victory each day.

**Consider Sowing Seed:** As you reflect on today’s Bible study lesson, consider sowing a seed as an act of faith and gratitude. Just as the Word of God plants seeds of transformation in our hearts, your giving can help further His work and bring spiritual growth to others. May your seed be planted in good soil and bring forth a bountiful harvest in due season.

### To Do:

- **Add this to your morning routine:** Before getting out of bed, pray through each piece of armor. For example: “Lord, today I put on the Belt of Truth. Help me walk in Your truth and not believe lies...”