

ARMOR UP: Covered & Equipped!

Scripture used: [Ephesians 6:10-20 \(NIV\)](#)

OVERVIEW

The first time humanity put something on, it was to hide. After Adam and Eve sinned, shame sent them reaching for fig leaves and retreating from God. We still make our own coverings from achievement, good deeds, self-reliance, or an image that keeps others from seeing where we struggle. Yet God came looking for Adam and Eve. He already knew where they were and what they had done, and He still moved toward them. Through Jesus, we can come out of hiding and receive a covering we could never make for ourselves: God's saving love. Ephesians 6 shows how that love also equips us. The armor of God is not a costume for looking strong; it is God's provision for standing firm in a real spiritual battle. The question is not whether we need protection, but which covering we will trust - our fragile "fig leaves" or the armor God freely provides.

KEY POINTS

1. **Remember your salvation.** The helmet of salvation keeps what Jesus has done—and who we are in Him—at the center of our minds. Salvation is God's gift, received as we acknowledge Jesus as Savior and Lord. There is salvation in no one else ([Acts 4:12 \(NLT\)](#)). The Roman *galea* protected a soldier's head without blocking sight or hearing. The helmet of salvation guards our thinking while helping us see and listen clearly. A galea's decoration also identified whom the soldier served. Our identity is In Christ. We belong to God and remain His deeply loved children.
2. **Fight with God's Word.** The Word we carry prepares us for the battles we will face. Scripture can be understood as *graphē*, God's written Word; *logos*, His expressed and living truth; and *rhēma*, His Word spoken and applied in a specific moment. We must give the Holy Spirit truth to bring to mind by studying and memorizing Scripture before the battle begins. Otherwise, emotions, culture, or another false voice may direct us. After God declared Jesus' identity ([Matthew 3:17 \(NLT\)](#)), Satan attacked that identity, and Jesus answered with Scripture. God's specific leading will always agree with Scripture and be confirmed in prayer.
3. **Don't fight alone.** Being battle-ready does not mean being self-sufficient. God connects us to Himself through prayer and to one another through the church. Paul tells believers to pray in the Spirit on every occasion, stay alert, and keep praying for all God's people ([Ephesians 6:18 \(NIV\)](#)). Everyone is facing some kind of battle, including struggles no one else can see. When we pray for one another, ask for prayer, and stand together, we help tighten each other's armor. Even Paul regularly asked the church to pray for him. We were never meant to stand alone.

DISCUSSION

- 1) **HEAR** - God sees us behind every covering we create, yet He moves toward us in love. In Jesus, we are saved, covered, and claimed as God's children. He equips us to stand by guarding our minds with salvation, placing His Word in our hands, and surrounding us with people who pray. We do not face the battle in our own strength.
- 2) **UNDERSTAND** - What "fig leaf" are you tempted to trust instead of God's grace? Where has your identity as God's deeply loved child been challenged lately? Which truth from Scripture do you need ready for that battle? Who knows enough about your struggle to pray with you?
- 3) **DO** - Choose one verse about your identity in Christ to read, write down, and memorize this week. Then contact one trusted believer: share a specific prayer need, ask how you can pray for them, and follow through. Don't wait for the battle to begin before you pick up your sword.