

## **Armour of God – Stand strong**

Read Ephesians 6:11-18

From the Youth Bible - Stand up sit down every time you hear the word stand

Put on the full armour of God so that you can fight against the devil's evil tricks. Our fight is not against the rulers and authorities and the powers of this world's darkness, against spiritual powers of evil in the heavenly world. That is why you need to put on God's full armour. Then on the day of evil you will be able to **stand** strong. And when you have finished the whole fight, you will be still **standing**. So, **stand** strong in, with the belt of truth tied around your waist and the protection of right living on your chest. On your feet wear the Good News of peace to help you **stand** strong. And use the shield of faith with which you can stop the burning arrows of the Evil one. Accept God's salvation as your helmet, and take the sword of the spirit which is the word of God. Pray in the Spirit at all times with all kinds of prayers, asking for everything you need. To do this you must always be ready and never give up. Always pray for all God's people.

### **Have a chat**

It isn't easy to do the right things all of the time. Things don't always go well and some days we just seem to struggle. This is true for grownups too. We don't need to do this alone. It's not people that are the enemy it is the things that drive people to do what they do that is the enemy (greed, envy, injustice).

God has laid out this full set armour for us

He's given us a helmet, he's given us a breastplate, he's given us a belt, he's given us the right shoes, he's given us a shield, he's given us a sword.

We need to take it up, pick it up and put it on.

We also need to pray

We are told to stand, to stand strong, stand firm.

### **So, what do we need to know to help us stand strong and firm?**

- We need look for God
- Be ready/be prepared
- Know that Jesus died for us
- Know that we can worship God at anytime
- God hears me when I pray
- God will be with us when we face difficulties
- God guides us in the right path
- Know that what we do, how we behave are right before God – not be tempted to do things that are wrong
- Think before we do or say something, we shouldn't
- Ask God to forgive us when we have done things that are wrong
- Show others that we walk with God by the way we live our lives
- Communicate and spend time with God - pray, anytime, anywhere, unbroken line of communication
- Listen to God
- Trust that God will protect us
- Read our bibles – learn more about God

We need to put on all of the armour of God and know that our strength comes from the armour God has given us not within ourselves. The armour helps us to stand our ground and to stand firm against the things that might try to upset us and throw us off course. We need to make sure that we put it on each day so we can stand firm.

Remember our God is so big, so strong and so mighty there's nothing our God cannot do.

### **Craft**

#### **Stand firm in the full armour of God**

On a large piece of paper write 'God's armour' in the centre and using different coloured pens write words or draw pictures that you think about when you think about the bible passage.

#### **Which pieces of armour are your strongest, which are your weakest?**

Choose the pieces of your armour that are the weakest and begin to strengthen them.

### **Prayer**

Pray that you will help me to remember that the armour is there and what it's used for so that I can stand firm. Help me to know where the weaknesses are in my armour and help me to start to work on strengthening these weaknesses and give me a strong foundation. We ask you to help us learn and obey the Word and be fully prepared. Help us to keep talking and listening to you. Amen