

The Armor of God

Scripture doesn't promise Christians an easy life. In Ephesians 6, the apostle Paul calls the Christian life a struggle and compares the spiritual equipment of a Christian to a Roman soldier fully dressed for battle.

Get into groups of about 4 to take the personal inventory below. Turn to Ephesians 6:10–18 and have someone read the Scripture out loud. Then, let one person read the first piece of equipment and its application. Go around the group and have everyone give a number from 1 (very low) to 10 (very high), and explain why you gave yourself this number. Have someone else read the next piece of equipment and application, etc. until you've completed the inventory.

Belt of truth: I am prepared to stake my life on the fact that Jesus Christ is the Son of God. I have thought through what I believe, and I am willing to take a stand.

1 2 3 4 5 6 7 8 9 10

Breastplate of righteousness: I am prepared to put my life where my mouth is—in clean and right living—with genuine integrity—as Christ did. I am serious about being God's man/woman.

1 2 3 4 5 6 7 8 9 10

Feet fitted with the readiness that comes from the Gospel of peace: I am willing to publicly affirm my faith in Christ—at school, work or wherever. I find it easy to talk about my personal faith.

1 2 3 4 5 6 7 8 9 10

Shield of faith: I am prepared to step out with Christ—to risk my life, my fortune and my future to him whatever the cost or consequences. And through faith, I am taking a stand against the "evil one."

1 2 3 4 5 6 7 8 9 10

Helmet of salvation: I know that I am part of the family of God because of Jesus Christ. I have a strong inner peace because I am at peace with God.

1 2 3 4 5 6 7 8 9 10

Sword of the Spirit, which is the word of God: I actively seek to know more about God and his will for my life through an ongoing study of his guidebook, the Bible. I discipline myself to reflect on it daily.

1 2 3 4 5 6 7 8 9 10

Prayer: I set aside time regularly to talk with God and to let him speak to me. I consciously try to submit every decision in my life to God.

1 2 3 4 5 6 7 8 9 10