

# **More Than a Name**

**Module: NOW WHAT?**

**Lesson 3: THE ARMOUR OF GOD**

## **Objectives:**

- Students will understand that life won't be perfect just because they follow Christ
- Students will learn how to prepare themselves to stand firm in their faith
- Students will identify each component of "the armour of God"

## **Materials Needed:**

- ☐ Chart paper or white board.
- ☐ Chart paper with the silhouette of a person
- ☐ Bible per student

## Minds On

Before the lesson, write this verse on the white board or chart paper:

“<sup>8</sup> We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. <sup>9</sup> We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. (2 Corinthians 4:8-9).”

Have the students read this passage, and then start a discussion by simply asking “How?”

Some questions to help generate conversation could be:

- How are they are pressed on all sides, or perplexed?
- Do they ever feel hunted, or knocked down?
- How are Christians expected to have all this pressure on them, and not succumb to defeat?

## Action

After going through this, read 2 Corinthians 4:7-9 (notice you’re starting 1 verse earlier).

*Say something like: The passage says, ‘we now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure.’ Our identity is in Christ, and we are firm in our salvation. But that does not mean that life will be hugs and rainbows from now on. We will still face trials. We will still be tempted. We may want to run, we may want to hide, we may want to abandon our faith altogether, but Scripture assures us that if we stand firm, God will stand firm with us. We won’t be crushed, God won’t abandon us. What can we do to stand firm in this? What can we do to protect ourselves from what this world can throw at us?*

Have students read Ephesians 6:10-20. Divide students into 6 groups (this may mean you have only two people per group, which is ok). Give each group a component of the “Armour of God.”

***Say something like:*** *I am going to give each one of you a different piece of God's Armour. I want you to discuss it with your group/partner, and look at what it means. Why this piece is important? How does it apply to real life?*

Encourage your students to think about what their particular piece of armour protects and how that relates to the name it is given in Ephesians. Why is it a belt of truth? How is a helmet like salvation? If your group is smaller, perhaps give two pieces to each group.

After each group has had ample time to discuss (10 - 15 minutes), allow each group a 2 min presentation of their armor, and have them write the key points of it on the Silhouette where that armor would go (i.e. the belt of truth across the waist). If you want, spend some time with each group talking to them about their piece.

***Some Ideas:***

- Belt of truth: "Christians are to be demonstrations of the truth" – Ray Stedman. The belt is at the core of a person, and the truth must be at the core of every Christians walk with Christ.
- Breastplate of Righteousness – Covering the heart with Righteousness is the key to knowing the difference between right and wrong. Solomon prayed "Give me an understanding heart so that I can govern your people well and know the difference between right and wrong. For who by himself is able to govern this great people of yours?" (1 Kings 3:9).
- Shoes of Peace from the Gospel – The Gospel never fails. All our movements, all our decisions must be grounded in our understanding of the Gospel.
- Shield of Faith – With our identity firmly in Christ, we know that we can be protected. Through our faith in Jesus, we know that we can continue on. Even in the midst of trials.
- Helmet of Salvation – A discerning mind shaping. Our worldview through our hope in Jesus Christ is the key to making decisions that move us closer to God.
- Sword of the Spirit, which is the Word of God – The Holy Spirit speaks to us through his word. Knowing Scripture is the best weapon we have to fight temptation and evil.

## **Consolidate/Debrief**

Take time to ask students for prayer requests. Ask them for specific things that they struggle with and different trials that they have. As a group pray for one another's trials and commitment to focus on the word of God. If appropriate, pray that they will make us of specific pieces of armour that relate to their current struggles.