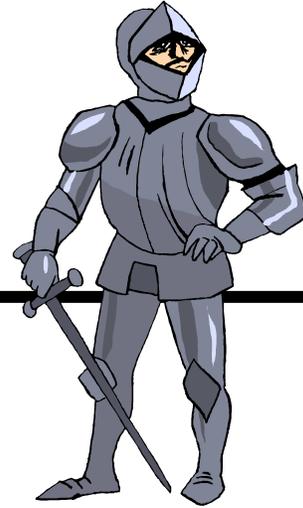


*Get Ready!***Gear Up!**
By Diana Dimaggio**Text**

Ephesians 6:11-20 (NIV)

Key Quest Verse

“Put on the full armor of God so that you can take your stand against the devil’s schemes.”
Ephesians 6:11 (NIV)

Bible Background

Paul wrote this letter at about the same time as his letter to the Colossians. The letter was probably intended to be circulated among several churches in the region in addition to Ephesus. Paul’s message focuses on God’s Divine Purpose, the holy, united church with Christ as its head, and how it is to be accomplished on earth. Paul reminds us that we are reconciled to God through Christ’s sacrifice and urges us to be reconciled to each other and the church at large. Secondly, we are called to unity in the church and with God. Paul speaks of God’s wisdom and prays that it will be revealed to all. Lastly, Paul gives us practical advice for daily living in order to facilitate the accomplishment of God’s purpose.

It is in the practical advice that we find today’s Scripture, the last advice given. Paul has already instructed us in our relationships with our family members, our marriage, and our co-workers. Now we must face and deal with evil in the world at large. We are not alone nor are we ill-equipped. On the contrary, Paul assures us that God provides every defense we may need. In the eleven verses in this section, Paul tells us at least three times to stand firm. We will be empowered and defended against all evil works against us. This is a powerful message coming from a man who was at the time of writing residing in a Roman prison.

Get Ready!

Lesson Quest

What I want my students to:

Know: That God provides all we need to stand firm as Christians

Feel: Empowered with the Holy Spirit and thankful for God's goodness

Do: Trust God in all situations

Leader's Devotion

Do you remember a moderately popular book from a few years ago entitled Everything I Needed to Know, I learned in Kindergarten? It was filled with practical wisdom such as “Always hold hands when crossing the street”, “Share with others” and “Always let others have their turn, too.” The author observed that if we followed the rules we learned in Kindergarten we'd all get along better in life and with each other. Paul gives us God's instructions and as an added bonus we are given reassurance of God's protection against any evil that may assail us. Remember that Paul wrote this letter while he was in a Roman prison because of his ministry. If Paul could from a prison cell proclaim God's power and protection, how much more so can we claim the same. Whatever we face, in whatever situation, at whatever place, we can be certain that God will provide everything we need to Stand Firm. Read the Scripture text at least three times and ask God for guidance and wisdom in teaching your class.

Thank God for providing protection for you and for your teens. Pray for your teens to stand firm and rely on God's weapons against evil. Empower yourself and your students with God's assurance of protection.

Get Set!

Option A

Have all your students stand, feet slightly apart, hands loose at their sides. (They may remove their shoes before you begin this exercise.)

This is easy, right? You could stand like this pretty easily for a long time. Now try this: Lift your hands and place your palms together and arms extended above your head. Now slowly slide your left foot up your right leg (sole to inner leg) until your sole rests at the side of the right knee and your left knee is parallel to the floor.

How long can you stand like this without wavering? If all is quiet and you can concentrate on your balance, is it easier? What if someone startles you or otherwise distracts you? Do you become unbalanced and feel your position weakened?

Standing like this resembles our stance as Christians. As long as we are not faced with any immediate challenges our position is firm. When evil forces from within ourselves or from outside distract us we may waiver. In today's lesson we will learn about what God provides to protect us from wavering or falling.

GO TO THE BIBLE STORY

Option B

Bring various pieces of sports equipment or other protective and safety gear to class. Discuss the function of each. Allow the students to suggest other items they are familiar with using for protection.

Is it wise to {play football} without {a helmet}? Why not? You may fill in the brackets with any appropriate game or item as you have exhibited in class. "When we became/become Christians God provides the equipment we need to defend ourselves from all evil. Let's see what equipment God has for us."

GO TO THE BIBLE STORY

Get Set!

Bible Story

Scripture: Eph. 6:10-20 (NIV)

Preparation: Bibles, Highlighters, and Discussion and Guided Study page from the Resources section

Together, turn to Ephesians 6:10-20 and instruct the students to highlight this passage to make it easier to find for our studies. Have the students use the Discussion and Guided Study page to record their answers to the questions as you progress through the text.

Who wrote the letter to the Ephesians? {Paul}

Does anyone's Bible have a sub-title for this section of the chapter? What is it?

Now look back in chapter 6. Are there any other sub-titles? What about in chapter 5?

Paul, the writer of Ephesians, has been giving instruction on some personal relationships – our family, our marriages, and in our work.

In verse 10, Paul begins giving a different kind of instruction. Read verse 10 and think for a minute about who Paul is speaking to there. Is he speaking in these verses only to us in our individual battles against evil or is he speaking to the church in general in its struggles against evil? {both} Paul wants us to know that God can protect us as individuals and/or His church in general, too.

Let's read verses 11-12 aloud. Verse 11 directs individuals to arm themselves. Verse 12 indicates a battle on a larger scale—the powers of the evil world against the church. We will talk more about that in our next lesson, 'The Battle for the Church.'

Now let's read verses 13-17 aloud. What armor does God provide? How can we use it today?

Lastly, read verses 18-20 aloud. What is the last step in putting on the full armor of God? {Prayer for others and ourselves on all occasions}

God wants His church, as a unit, and each of us as individuals, to be prepared to withstand any evil that comes our way. We will stand firm in our Christian walk when we put on God's armor.

Go!**Whole Body Art****GROUP DISCUSSION****Materials:** Roll of newsprint, markers**Quest Connection**

Evil attacks us in many different and personal ways, but God has promised us protection.

Have students work with partners. While one lies on a sheet of newsprint and the other traces loosely around their entire body—head to toe.

Instruct the teens to illustrate the following on their own tracing.

How evil attacks me and How God protects me:

My Head

My Heart

My Spiritual Direction (feet)

My Spiritual Strength (arms)

My Faith/Standing Firm (legs)

Close

Pray: Dear Father in heaven: You know what each of us faces daily.

**Thank You for providing us with the equipment we need to stand firm in Your ways.
Amen.**

Go!**Warrior Mix**

Materials: Provide various snack foods that resemble the parts of God’s Armor mentioned in Eph. 6, for example:

Nutter Butter cookies (Shoes)

Twizzlers (Belt)

Triangle shaped chips or crackers (Shield)

Gumdrops (Helmet)

Pretzel sticks (Sword)

Large bowls, zip-top bags

Quest Connection

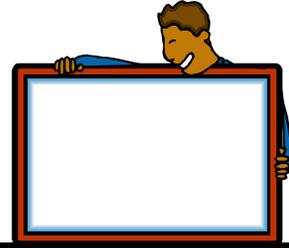
Just as a soldier takes with him everything he needs to be prepared for battle, so we must always have what we may need to battle every kind of evil.

Procedure: Pour each snack food into a separate bowl and label each bowl according to the armor it represents, for example: Gospel of Peace shoes, Belt of Truth, Shield of Faith, Helmet of Salvation, sword of the Spirit.

Allow each student to fill his or her bag with a variety of each snack food; shake to mix and then enjoy!

Close

Pray asking God to help each student to remember to put on the armor of God each day.

Go!**Lifestyles of the Christian Warrior****CHRISTIAN LIVING****Materials:** Chalkboard or Dry Erase board and markers or chalk**Quest Connection**

Have the students come up with practical ways they can use God's armor and His Word to combat these temptations. Write these on the board next to the corresponding evil.

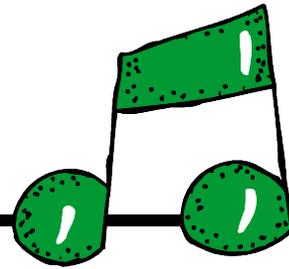
Procedure: Have students brainstorm some ways that evil personally attacks them or their friends. (example: sex, alcohol or drugs, smoking, cheating, lying, violence, gossip, etc.) List these on the board. Talk about when and where they meet these challenges.

Example: Violence – Gospel of Peace Shoes – Just walk away – see Matt. 5:9
 Gossip – Sword of the Spirit /God's Word – Speak kindly—see Col. 4:6
 Sex – Belt of Truth – Be pure – see 1 Thes. 4:7

**You may want to show them how to use the concordance to find other Scriptures.

Close

**Living in God's Word and wearing His armor will allow you to stand firm.
Read Matt. 24:13 (NIV). Pray, thanking God for giving us His Word to live by.**

Go!**Give God Praise****MUSIC**

Materials: Copy of Scripture reading #55 from Psalms, Hymns, and Spiritual Songs (see Reference pages if this hymnal is unavailable.)

Quest Connection

God is deserving of our praise. He provides for us everything we need to resist evil and stand firm in our faith.

Divide the class into 2 groups. One group will read the regular print and the other will answer with the bold printed sentences. Encourage them to read it prayerfully and think about what they are saying.

If you wish you may sing “My Strength is in You, Lord” and /or “Awesome God.”

Close

Sing “Thank you, Lord” as a closing prayer.

Go!

Having the Right**GUEST QUEST**

Materials: Ask a church member who uses protective equipment in his/her work to visit your class, i.e., fireman, police officer, medical professional, athlete, etc.

Quest Connection

Protecting your physical body is important in many professions. All Christians must be prepared to protect their spiritual body.

Procedure: Interview your guest or allow the students to do it using the Right Stuff Interview page in the Resources Section. Encourage the students to ask questions of their own.

Close

Thank God for your guest and for giving us spiritual protection.

Go!**God's Armor Today****WORKSHEET**

Materials: “God’s Armory Today” page from Resources Section, Bibles, pens

Quest Connection

We are going to work on an activity to find specific ways we can use God’s armor in our lives today.

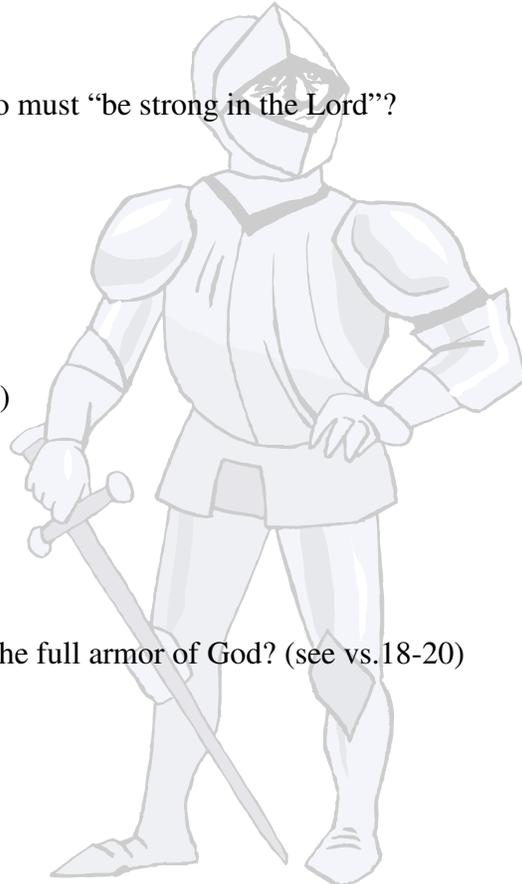
Procedure: Instruct students to use Ephesians 6:10-20 to complete the chart.

Close

Have students share their chart with the class.

GOD'S ARMORY

1. Who wrote the letter to the Ephesians?
2. What is the sub-title of the verses in Ephesians 6:10-20?
3. What other sub-titles are in this chapter? In chapter 5?
4. Read Eph. 6:10. Who is Paul addressing? Who must “be strong in the Lord”?
5. What armor does God provide? (see vs. 13-17)
6. What is the last step mentioned in putting on the full armor of God? (see vs.18-20)



God's Armory Today

Armor

Belt of Truth

Use Today

To combat gossip

How I Can Use This?

Remember that God teaches us that gossip is a sin

Having the Right Stuff

Tell us about your job and the equipment you use for protection.

How important is safety in your job?

What dangers do you face?

Are you ever afraid?

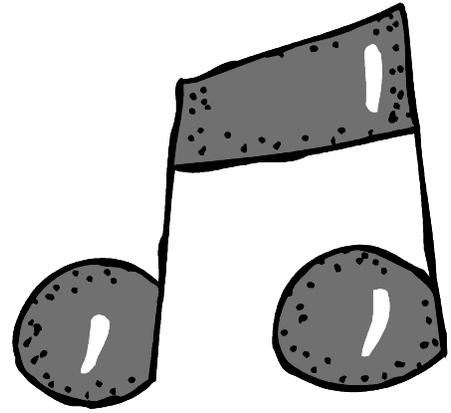
We are studying Eph. 6:10-20, the Armor of God. How has God protected you in the past?

What advice can you give us about resisting the dangers of evil?



SPIRITUAL WARFARE

A CHORAL SCRIPTURE READING FROM PSALMS, HYMNS, AND SPIRITUAL SONGS.



Finally, be strong in the Lord and in the strength of his might.

Put on the whole armor of God, that you may be able to stand against the wiles of the devil.

For we are not contending against flesh and blood, but against the principalities, against powers, against the world rulers of this present darkness, against spiritual hosts of wickedness in the heavenly places.

Therefore take the whole armor of God, that you may be able to withstand in the evil day and having done all, to stand.

Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace;

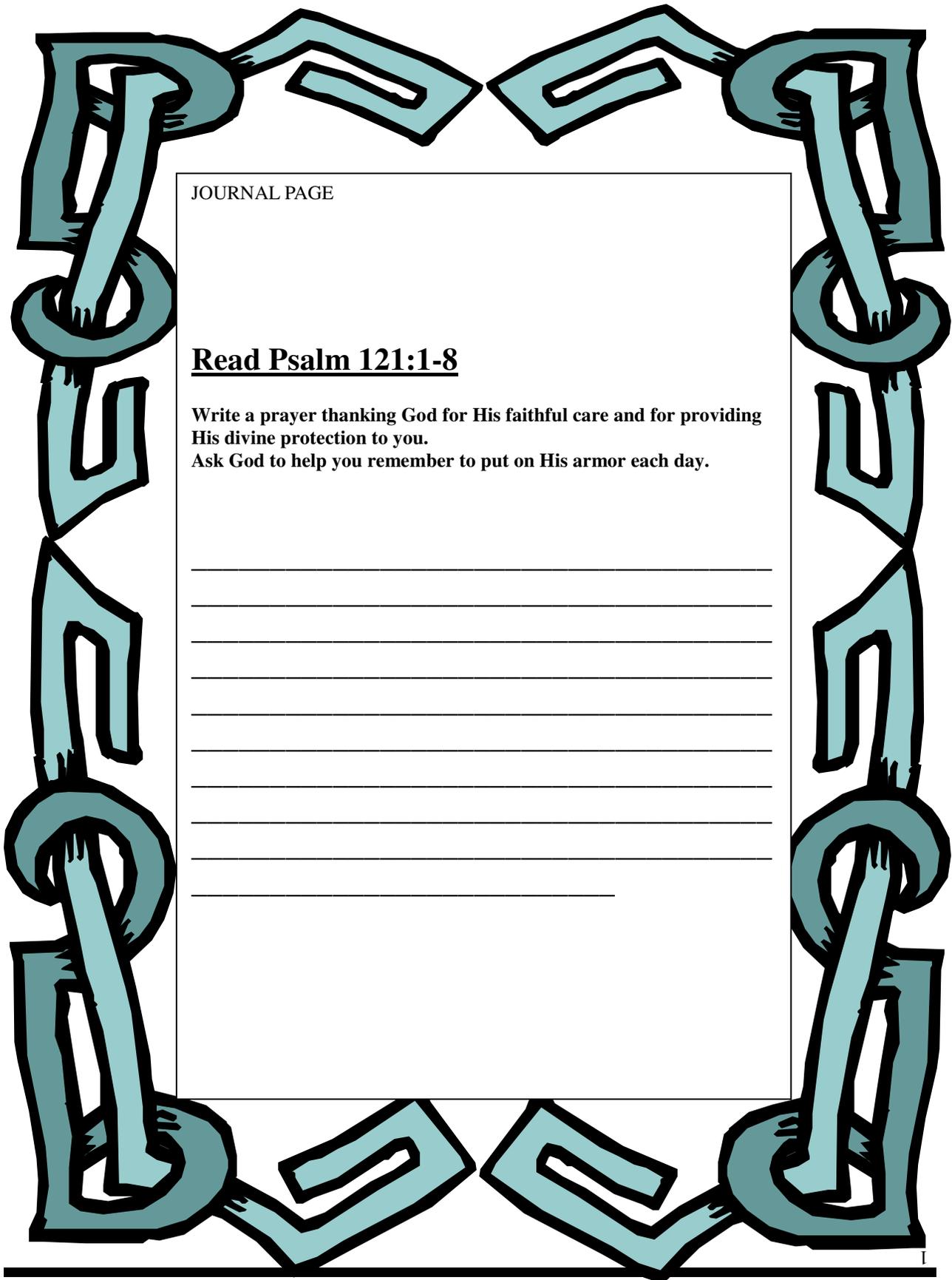
Above all taking the shield of faith, with which you can quench all the flaming darts of the evil one.

And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray at all times in the Spirit, with all prayer and supplication.

For though we live in the world we are not carrying on a worldly war, for the weapons of our warfare are not worldly, but have divine power to destroy strongholds.

We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ.



JOURNAL PAGE

Read Psalm 121:1-8

Write a prayer thanking God for His faithful care and for providing His divine protection to you.
Ask God to help you remember to put on His armor each day.
