

## SESSION TWELVE

# I AM EQUIPPED

God has given us the armor of God to fight temptations and attacks from the enemy.

### KEY PASSAGE

*Ephesians 6:10-18*

### KEY VERSE

*Ephesians 6:11*

# SPARK THE CONVERSATION

As preteens prepare to engage the world around them with truth and grace, they will face obstacles. As you lead preteens, help them begin to understand the tools they need to stand firm in their faith. Guide them to stand in confidence, knowing God equips them with everything they need to fight the attacks of the enemy. Encourage preteens to not just learn about the armor of God in Ephesians 6, but also to engage with each tool throughout their week as they stand firm in truth.

## IGNITE **PDG**

### YOU WILL NEED

- Preteen Discipleship Guides (1 per preteen)

As preteens arrive, invite them to complete “I Would Need ... ” in their discipleship guides (PDG, 94).

**Ask:** How would you complete the following statement? “If I wanted to stand up to attacks from Satan, I would need ... ” (Allow preteens to discuss.)

**Say:** Every day we see evidence of the brokenness of our world caused by sin—cancer, divorce, bullies, substance abuse. These are just a few examples of brokenness. None of this was part of God’s original design for the world, but sin changed everything.

**Spiritual warfare:** the doctrine that spiritual enemies (Satan and demons) are working in the hearts and minds of people to confuse, tempt, and entice them away from God (2 Corinthians 4:4)

**Continue:** Spiritual warfare is a term that describes how our spiritual enemies, Satan and his demons, and our sin nature are working in the hearts and minds of people to confuse, tempt, and entice them away from God. Satan does not want to see people glorify God or point others to Jesus. However, you don’t have anything to fear. You can successfully resist attacks from the enemy through the authority of Jesus. God has given you everything you need to fight against the enemy and stand firm in your faith. Let’s learn more about what God has given us to fight God’s enemy.

# SHARPEN & STRENGTHEN PDG

## YOU WILL NEED

- Bibles (1 per preteen)
- Preteen Discipleship Guides (1 per preteen)

Direct preteens to Sharpen & Strengthen in their discipleship guides (PDG, 95). Invite the group to follow along as you lead the Bible study.

## **🔒** THE BATTLE

**Ask:** What are some aspects of spiritual warfare you think you or your friends face today? (Invite preteens to respond in their discipleship guides. Prompt preteens to share their responses if they feel comfortable.)

**Say:** The spiritual battles preteens face today are real. You may even struggle with some of these battles yourself. How we face these battles from the enemy says a lot about what we believe to be true about our relationship with God. Do you think God has given us everything we need to fight against our spiritual enemy?

*Invite a preteen to read Hebrews 4:15 aloud.*

**Say:** Jesus faced temptation from Satan early on in His ministry. (See Matthew 4:1-11.) This verse in Hebrews reminds us that Jesus can sympathize with us in the struggle against temptation because He experienced temptation, too. Yet Jesus never gave into temptation or sinned. Let's discover what God has given us that helps us resist attacks from the enemy.

**Satan:** the personal name of the head of the demons; Satan is limited by God's control and has limited power (Job 1:6,12; 2:6)

*Read Ephesians 6:10 or invite a preteen to read this verse aloud.*

**Ask:** How would you describe God's strength? (Invite preteens to respond in their discipleship guides.)

**Continue:** God has a strength that our minds cannot fully comprehend. He holds the whole universe in His hands. He controls the weather. He has the strength to speak things into being. Since God has that type of strength, we can trust Him to defend us against Satan. When you face spiritual attacks or temptations to sin, remember you have the Holy Spirit inside you. The God who is in you is stronger than the enemy against you. (See 1 John 4:4.) We don't fight spiritual battles in our own strength. We must depend on God and His strength to give us everything we need to fight the enemy.

## THE ENEMY

*Read Ephesians 6:11-13.*

**Continue:** Beginning in verse 11, Paul advises believers to put on the full armor of God. This armor isn't a physical armor. Paul used this metaphor to help believers think about preparing for spiritual battle.

**Ask:** According to verse 12, who is this spiritual battle against? (Invite preteens to respond in their discipleship guides.)

**Demons:** angels who sinned against God and who now continually work evil in the world. Demons are limited to God's control and can be successfully resisted by Christians through the authority that Jesus gives them (James 4:7)

**Explain:** Our battles are not against people. They aren't against ideas. They aren't even against social media. The battle goes much deeper to the core of who we are. Our battles against evil are against the cosmic powers of darkness and evil—Satan and his powers of evil. Sometimes when we think about what we are battling, we forget who our real enemy is.

**Ask:** Why do we experience spiritual warfare? (Invite preteens to respond in their discipleship guides.)

**Continue:** You were created to bring glory to God and point others to Jesus. As you join God on His mission to that end, you are entering a spiritual battle. You want people to recognize their need for Jesus, repent of their sin and trust in Jesus. Your enemy wants exactly the opposite and he wants to do anything he can to keep you from that mission.

## 🔒 THE ARMOR

Read Ephesians 6:14-18 or invite preteens to read these verses aloud.

**Say:** Because our enemies are spiritual forces, we can't fight them with physical weapons. Our weapons must be spiritual as we stand firm in our faith.

Lead preteens to match each piece of armor described with its spiritual purpose in their discipleship guides and discuss their answers.

Spiritual Armor:	Engage in Battle with:
Belt of Truth	Truth of God's Word
Breastplate of Righteousness	Thoughts, actions, and attitudes that please God
Sandals of Peace	Standing firm, ready to share the gospel of peace
Shield of Faith	Faith in who God is and what He has done
Helmet of Salvation	Assurance of your salvation and protecting your mind from lies of the enemy
Sword of the Spirit	Engage with the Word of God
Communication/Prayer	Pray with perseverance

**Perseverance:** steady persistence in a course of action despite difficulties or discouragement (Ephesians 6:18)

**Continue:** Once again Paul states we are to put on the full armor of God. The pieces of the armor are described as: truth like a belt around your waist; righteousness like a breastplate across your chest; readiness for the gospel of peace like sandals on your feet; a shield of faith that extinguishes the flaming arrows of Satan; the helmet of salvation on your head; the sword of the Spirit (the Word of God); and persistent prayer that intercedes for others also. Paul instructed believers to pray and stay alert. That means we are to pay attention to what is happening around us and to pray for each other.

**Endurance:** the ability or strength to continue despite fatigue, stress, or struggle (Romans 5:4)

## MAKE THE CONNECTION

**Conclude:** You have a spiritual enemy who wants to keep you from fulfilling God's mission for your life, but you have everything you need to stand firm in your faith. God has given you truth, righteousness, peace, faith, salvation, His Word, and prayer to fight the attacks of the enemy. He also has given you the power of the Holy Spirit who lives inside of you. In our own strength, we are weak. But God has equipped us with everything we need. We can stand firm against the attacks of the enemy because we can depend on God and His strength as we fight.

## KEY VERSE

*Put on the full armor of God so that you can stand against the schemes of the devil. [Ephesians 6:11](#)*

### YOU WILL NEED

Bandanas (1 per preteen)

### PREPARE

Clear a large playing area.

*Invite a preteen to read [Ephesians 6:11](#) aloud.*

**Say:** When we face spiritual battles, we have to protect ourselves by putting on the full armor of God. Let's see how well you can protect yourself from others.

Distribute bandanas. Guide each preteen to place one corner of the bandana in her shoe. The rest of the bandana should hang out and drag on the floor. Explain that preteens must try to protect their bandanas from being pulled out of their shoes while trying to capture other bandanas. Play the game as time permits.

**Say:** We have everything we need to win the battle when we put on the full armor of God. The last piece of the armor is prayer. Let's pray and ask God to help us remember to put on His armor and stand with Him when we face spiritual battles.

Remind preteens that part of the helmet of salvation is memorizing Scripture. Encourage preteens to use their key verse cards this week to memorize [Ephesians 6:11](#).

# FIRE IT UP!

## SHAPE IT!

### YOU WILL NEED

- Item 2: Allergy Alert
- Item 15: Shape It Recipe and supplies as listed
- Item 16: Armor of God Strips
- Paint smocks
- Disposable gloves
- Scissors
- Gift bag

### PREPARE

- Post the Allergy Alert listing the ingredients.
- Print Item 15: Shape It Recipe.
- Follow the recipe to make play dough.
- Cut apart Item 16: Armor of God Strips and place them in the gift bag.

**TEACHING TIP** Make a sample batch of play dough before the session begins. Bring your sample batch to class as a backup.

Place the play dough ingredients on the table.

**Ask:** What do you think we can make with these ingredients?

**Say:** Let's make play dough to help us remember the armor of God.

Lead preteens to put on paint smocks and disposable gloves to protect their clothing and skin against food color. Guide preteens to mix the play dough according to the "Shape It Recipe."

**Explain:** One person will draw a paper slip from the bag. She will use the play dough to shape one of the pieces of the armor of God. The rest of us will try to guess which item she is shaping.

Select a volunteer to begin. Place several rounds. Give each preteen a ball of play dough. Direct preteens to form the play dough into one of the pieces of the armor of God.

## GRASP THIS! PDG

### YOU WILL NEED

- Preteen Discipleship Guides (1 per preteen)

Guide preteens to complete “Grasp This!” in their discipleship guides (PDG, 96).

**Say:** Each week, we learn new words and what they mean. These words help build a foundation for our Bible study so we can understand the words in the Bible and what they mean. Help preteens locate the Glossary of Key Terms in their discipleship guides to complete the activity (PDG, 126-127).

Words to locate and discuss include: spiritual warfare, Satan, demons, temptation, endurance, and perseverance.

**State:** I hope you will take the time to review the words we study in your discipleship guides. It is important to make sure we know and understand these words and how they apply to our faith journey.

Guide preteens to the daily discipleship pages found in their guides. Review and discuss the daily pages completed from the last session.

## BREAK IT DOWN

**Finish:** As a believer you are in a spiritual battle that you cannot win in your own strength, but that doesn’t mean you have to be afraid or run away. **God has given us the armor of God to fight temptations and attacks from the enemy.** Our battles are not against people around us. They are against the spiritual evil forces we can’t see. As we grow to live more like Jesus, we will face battles and temptations, but the God who is for us is much stronger than the enemy around us. Stand firm in your faith as you rest in God and His strength to give you everything you need to fight.

**Conclude:** Each day, you will have an opportunity to read and learn more about the spiritual armor we’ve talked about today. Part of putting on the full armor of God is taking the sword of the Spirit—reading and studying your Bible. He wants you to stand firm against the attacks of the enemy and He is right beside you as you fight temptation and sin. God has provided you the tools to win your battle.