

Champions/Women of Destiny

Year 2 LESSON 18



Suited Up for Warfare

Read Ephesians 6:12-13

Many people don't enjoy learning history in school. I'm sure you have learned about many wars and battles being fought all over the world. But did you learn about the Fifty-fourth Massachusetts Volunteer Infantry Regiment? It was the first military unit consisting of black soldiers from the North during the Civil War. These African-American soldiers knew that if they were caught as prisoners in the act of war, they would be returned immediately to the state of a slave. They would no longer be free men. In the movie depiction of this Civil War Battle, Denzel Washington looked at the young man next to him and said, ***“Do you still want the blue suit?”***

By wearing that blue suit they would fight for the freedom from slavery in America. However, there would be a price to pay. Death or the return to slavery if they were caught and imprisoned!

Guess what? The Bible declares that Christians are in a war, but this battle is not against flesh and blood (humans). We fight against spiritual wickedness in high places, rulers, authorities, and powers of darkness in this world, and against the spiritual forces of evil in the heavenly realms. This kind of fight takes more than any mass weapons of destruction we can come up with. They won't help us.

If you are going to win this war, you are going to be required to wear the right gear. People who wear tuxedos to go to the movies look funny; they are overdressed for the occasion. People who wear shorts or bathing suits when it is 20 degrees outside would freeze (and we would say, “What have they been smoking?”); they are underdressed for the occasion. You must wear the right clothes for the right events. Christians must also wear the ***right gear*** in this war

or we can get hurt – ***badly!*** We must be alert because our enemy, Satan, longs to destroy us through our flesh and the world (1 Peter 5:8). But we have power!



Now read Ephesians 5:1-21

Holy Spirit Power

The Holy Spirit gives us power to defeat Satan's attack. He has our back. But we cannot have God's power unless we are His. The Bible defines **two distinct groups of people** in the world: **children of light and children of darkness**. If you have accepted Jesus Christ as your Savior, then you are a child of light. *Therefore, God has not called us to fornication, uncleanness, covetousness, filthiness, or unclean speech* (Eph. 5:3-4). **Instead He wants us to walk carefully, not as fools, but as wise, redeeming the time, because the days are evil** (5:15-16).



God wants His children to walk according to His will in living the life of a Christ follower. We cannot live godly lives, however, in the strength of our own flesh, but only through the power of the Holy Spirit.

You know that when we become believers, the Holy Spirit indwells us and gives us power to live like Christ.

Listen, **we don't have to live double lives, but a life of daily victory in Christ**. Although the Holy Spirit indwells us at the moment of our salvation, many times we are not **controlled** by the Holy Spirit. The Holy Spirit is a Person, so every Christian has all of the Holy Spirit. Too often there are areas of our lives that we don't allow the Holy Spirit to control (5:18) but as we obey Romans 12:1 and yield our lives, desires, talents to the Lord, the Holy Spirit controls and empowers us for His service...**Not our own!**

Keeping It Real

In your second year as a Champion or Women of Destiny, you should be able to look back and see growth in your life.

The verses that follow show us how God wants Spirit-filled Christians, like you, to live. Eph. 5:19 says we should "*speak to each other in psalms and hymns and spiritual songs, singing and making melody in our heart to the Lord.*" So let us ask you, **what songs do you enjoy?** Do you choose songs that reflect the sinful attitudes of the world or songs that **remind you that life is not about you but God's intervention** in your life?



Every time we look around, somebody has a joke about the church. The way a preacher preaches or how members act, and usually we know someone like that –or could it be that they are describing us?

In this New Year, we must get real with our faith. We need to suit up and be ready to go to battle.

The Battle of Relationships

God also wants us to be thankful to Him no matter how difficult circumstances may be. Although we may not understand what His purpose is, God works everything together for good in the lives of those who love Him and are called according to His purpose (Rom. 8:28).

Ephesians 5 and 6 teaches us that we should have good relationships with:

1. **Other Christians** (5:21)
2. **Husbands and wives** (5:22-25)
3. **Children and parents** (6:1-4)
4. **Employees** (servants) **and Employers** (masters) (6:5-9)

If you study these relationships closely, you will see that they are similar to our walk with God. As wives submit themselves to their husbands, we too, should submit to Christ. We are children of God by faith in Jesus Christ. As our Heavenly Father, God desires our obedience and respect. As servants, we owe God our lives and service. **Get the parallels?**



Our relationships are important factors in the daily battles we fight as Christians. We get into it with our parents, on the job, in the Church and relationships get messed up. But remember, we are not fighting against flesh and blood (other humans), these are battles between Satan and us, the world, and our flesh. *God wants us to be strong in the Lord, and in the power of His might* (6:10).

But how can we be strong? How can we win the battle against these enemies when all we see are other human beings?

Get Suited Up!



God doesn't want us to fight the battle with our bare hands. That's why He's given us the armor of God: Put on the whole armor of God that you may be able to stand against the strategies of the devil (6:11). So let's see how to put on armor that you cannot see.

Recognize Your Weapons

Our Offensive Weapons (Used to Attack)

1. **Sword of the Spirit (Eph. 6:17)** During the battle, the Holy Spirit empowers us as we trust in God's Word. Memorizing Scripture is a good way to have the Word of God ready when battles come (Psalm 119:11)
2. **Prayer (Eph. 6:18)** During difficult situations, we can claim the power of God through prayer (1 John 5:14-15).

Our Defensive Weapons (Used to Defend)

1. **Belt of Truth** (v.14) Jesus Christ, the Holy Spirit, and God's Word make up the Christian Soldiers belt of truth (Psalm 91:4; John 17:17; Psalm 119:142b). Satan tries to make us doubt the Word of God and believe false doctrine with his lies. But when we depend on the Lord and study His Word, He will help us defeat Satan's lies.
2. **Breastplate of Righteousness** (6:14; 1 Thess. 5:8) The breastplate protects the heart, the center of our desires. We need to make sure our affections and desires are honoring to Christ. At the moment of salvation, Jesus Christ makes us righteous before God. But we need to strive for purity in our daily living.
3. **Shoes of the Gospel of Peace** (Eph. 6:15) We can have the peace of God in our daily living by claiming the promises of God's Word. These promises provide sure footing for standing against Satan's attacks. (Look up these promises: Phil. 4:6-7,19; Proverbs 29:25)
4. **Shield of Faith** (6:16) The shield of faith protects our whole well-being as Christians when we trust in the promises and power of God (1 Peter 5:7).
5. **Helmet of Salvation** (6:17) The Helmet of Salvation symbolizes our freedom from the power of sin. It protects our minds from evil thoughts that Satan uses to distract us in the battle. We need to strive to make our thoughts honoring to God (2 Cor. 10:4-5).



Are you fighting a losing battle? Use God's offensive weapons – the Word of God and prayer. Study and memorize the Word. Note the kind of prayer Paul recommends: "And pray in the Spirit on all occasions with all kinds of prayers and requests" (Eph. 6:18). If you take the offensive weapons, God will be able to use you in a victorious way.

Many Christians put on and use part of this equipment, but few of us use it all. The Follower who does what the Word of God says will be victorious and a real overcomer.

Memory Verse - Ephesians 6:12-13

For our battle is not against flesh and blood, but against the rulers, against the authorities, against the world powers of this darkness, against the spiritual forces of evil in the heavens. This is why you must take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand.

Think About It

Our daily struggles with sin are battles against pride, selfishness, greed, and other evil desires that can control us if we let them. But by trusting in the power of God and identifying these daily battles for what they really are, we may be more successful in the war for Christ. You see, if we aren't seeing our struggles with sin as battles, we probably aren't fighting them as if they were battles either. Each battle is a factor in our fellowship with God.

Now watch this Supplemental Video about your lesson:
<https://youtu.be/siFIYRKmA4s>

Champions and Women of Destiny

LESSON 18 Review Quiz



Click here if you are taking your quiz online, then send the email you receive to your mentor to grade and discuss: <https://forms.gle/DFNYNGqLjSwfdKUV8>

Student name _____
(PRINT CLEARLY)

1. What piece of armor of God helps us defeat Satan's lies?
2. Who makes it possible to win the battle against Satan?
3. According to the Bible, what are the two groups of people in the world? To which group do you know you belong?
4. Fill in the blanks. "God wants us to *walk* _____, *not as* _____, *but as* _____, *redeeming the time, because the* _____ *are evil.*"
5. According to Ephesians 5:19, how are we to speak to other Christians?
6. What are the four relationships that are similar to our relationship with God?
7. Multiple Choice. Which ARE an OFFENSIVE weapon (used to attack)?
 - A. Breastplate of righteousness
 - B. Helmet of salvation
 - C. Sword of the Spirit
 - D. Shield of faith
 - E. Prayer
8. Name the FIVE defensive weapons.
9. Why are we sometimes unsuccessful in our battle against Satan?
10. True/False. Dependence upon the Lord has nothing to do with wearing the whole armor of God.