

Ephesians 6: 10-20

Sometimes people might think that Christians have an easy life. If you have the creator of Heaven and earth on your side then nothing can go wrong for you, right? Well it doesn't work like that, the bible is full of stories about people who followed God and had trials and hardships in their life. At the end of Ephesians Paul gives a warning to 'stay strong in the Lord and his Mighty Power'. There are things in this world that will make us doubt God and pull us away from him. Paul, who was in prison at the time around lots of soldiers wearing armour, gives us a picture of the Armour of God. It's Gods protection for us, for helping us live the life God wants for us.

I've listed what Paul says below. Think about what it means to put on each piece of the armour and how it can help you.

Belt of Truth – Knowing that Jesus is the truth

Breastplate of Righteousness – Knowing that because of what

Jesus has done for us we can be friends with God

Shoes of peace - Peace that comes from the Good news of Jesus and being ready to tell others

Shield of Faith – When doubts come you know you can trust Jesus

Helmet of Salvation - Knowing you are saved because you believe in Jesus.

Sword of the Spirit - Word of God (the Bible).

