

The Armor of God

A seven-day family study of Ephesians 6 — how God equips us to stand firm.

7 days · about 10 minutes a day · for the whole family

How to use this

Pick a time you already gather — dinner, or just before bed — and keep it there. The whole thing takes about ten minutes.

1. Read the passage together. On a busy night, just read the memory verse — that counts.
2. Read the short devotion out loud.
3. Talk through the questions. Let everyone answer in their own words; there are no wrong answers.
4. Say the memory verse together, and try to remember it tomorrow.

DAY 1 Our Battle Ephesians 6:10-13

The Bible says our real struggles aren't only with the people and problems we can see — there is a spiritual battle too. But the good news is that we don't fight in our own strength: Paul says, “be strong in the Lord and in his mighty power.” Because the victory belongs to God, we can stand firm without being afraid.

TALK ABOUT IT

1. What does it mean to be strong “in the Lord” instead of strong on our own?
2. Why might God give us armor instead of just saying “try harder”?
3. When something feels hard this week, how can you ask God for His strength?

MEMORY VERSE · EPHESIANS 6:10

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

DAY 2 Belt of Truth Ephesians 6:14; John 8:31-32

A soldier's belt held everything together. For us, that belt is truth. In a world full of half-truths, knowing what God says — and being honest ourselves — keeps our whole life from falling apart. Jesus said the truth will set us free. Living truthfully isn't a burden; it's freedom.

TALK ABOUT IT

1. Why do you think truth is the first piece of armor?
2. How does telling the truth, even when it's hard, actually make us freer?
3. Where do you hear half-truths that God's truth can answer?

MEMORY VERSE · JOHN 8:32

“You will know the truth, and the truth will make you free.”

DAY 3 Breastplate of Righteousness Ephesians 6:14; Isaiah 59:17

A breastplate guards the heart. “Righteousness” means doing what is right — but here is the deeper truth: we can't be good enough on our own. Our righteousness is a gift from Jesus, who was perfect in our place. When we trust Him and live rightly out of love, our hearts are guarded.

TALK ABOUT IT

1. Why is the heart so important to guard?
2. Our righteousness is a gift from Jesus, not something we earn — how does that take the pressure off?
3. What is one right thing God might be asking of you this week?

MEMORY VERSE · EPHESIANS 6:14

“Stand therefore, having the utility belt of truth buckled around your waist, and having put on the breastplate of righteousness,”

DAY 4 Shoes of Peace Ephesians 6:15; Romans 10:15

A soldier's shoes let him stand firm without slipping. God gives us peace as our footing — peace with God, because Jesus made us right with Him, and the peace of God that steadies us when life is shaky. And these shoes are ready to move: the gospel of peace is meant to be carried and shared.

TALK ABOUT IT

1. How does knowing you are at peace with God help you stand firm when life is shaky?
2. What is the “good news” our shoes are ready to carry?
3. Who in your life needs to hear about the peace Jesus gives?

MEMORY VERSE · ROMANS 10:15

“And how will they preach unless they are sent? As it is written: “How beautiful are the feet of those who preach the Good News of peace, who bring glad tidings of good things!””

DAY 5 Shield of Faith Ephesians 6:16; 1 Peter 5:8-9

A shield stops the enemy's arrows before they land. Faith — trusting what God has said over what fear whispers — is that shield. The Bible says the devil prowls like a roaring lion, but he is already defeated. When doubts and lies come flying, we lift the shield of faith and say, “God said it, and I trust Him.”

TALK ABOUT IT

1. What kinds of “arrows” — lies, fears, temptations — does faith help block?
2. How is trusting God different from just trying to feel brave?
3. What is one promise of God you can hold up like a shield this week?

MEMORY VERSE · EPHESIANS 6:16

“above all, taking up the shield of faith, with which you will be able to quench all the fiery darts of the evil one.”

DAY 6 Helmet of Salvation Ephesians 6:17; 1 Thessalonians 5:8

A helmet guards the head — and our minds are where the enemy loves to attack, with worry, shame, and lies about who we are. The helmet of salvation reminds us of a settled truth: if you belong to Jesus, you are saved, forgiven, and loved, and nothing can change that. We don't fight for victory — we fight from it.

TALK ABOUT IT

1. Why do you think the enemy targets our minds and thoughts?
2. What does it mean that we fight “from” victory instead of “for” it?
3. When a lie about who you are pops into your head, what truth can you put on instead?

MEMORY VERSE · EPHESIANS 6:17

“And take the helmet of salvation, and the sword of the Spirit, which is the word of God;”

DAY 7 Sword of the Spirit Ephesians 6:17-18; Hebrews 4:12

Every other piece of armor is for defense — but the sword is how we fight back, and the sword is the Word of God. When Jesus was tempted, He answered every attack with Scripture: “It is written...” That is why we read and remember the Bible — so it is ready in our hands. And Paul adds one more weapon: prayer. We take up the sword, and we pray.

TALK ABOUT IT

1. How did Jesus use Scripture when He was tempted?
2. Why does it matter to know the Bible, not just own one?
3. What is one verse you want to keep “in your hand” this week, and how can prayer be part of your day?

MEMORY VERSE · HEBREWS 4:12

“For the word of God is living and active, and sharper than any two-edged sword, piercing even to the dividing of soul and spirit, of both joints and marrow, and is able to discern the thoughts and intentions of the heart.”

Want this built into your week? Join the waitlist at shprd.us

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