



30-Day



ARMOR OF GOD

Family Bible
Study



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USING THIS STUDY:

I'm thrilled that you're here! Seriously. You have taken the step to receive this journal, and now I want to equip you to get the most out of it. If you run into a snag, need motivation, or have some amazing results to report, feel free to drop me an email anytime.

3 ways to use this journal:

1) BY YOURSELF

Simply pick a time each day that you can spend 5-10 minutes alone. Write down the verse, any thoughts you have, or answer the guided questions in the "write it" section. Then, pray the suggested prayer or write your own.

2) WITH YOUR KIDS

Pick a time each day to read the daily verses aloud. Ask the guiding question and see what happens! You might think your kids won't get it, but they have a habit of surprising us. Each day also includes an optional interactive element for each day's passage. They are designed to help your kids think on these things a little more during their day but are completely optional. You can choose to do all of them, some of them, or none of them. Check out the poster on the next page that helps explain each interactive element.

3) A COMBINATION

Do the study yourself, and when you run across a verse that your kids need to hear, share it!

Additional Components:

1) MEMORY VERSE POSTER: Hang it somewhere in your house where you'll be reminded to practice it before you do your study.

2) WEEKLY BLESSINGS: You can choose to use these however you like. Pray them over your kids privately or in front of them, or let them take that page to pray over themselves.

Day 1:

READ EPHESIANS 6:10-12



Imagine our enemy as a mortally wounded, evil dragon. He knows he has lost, but he won't die quietly. He wants to take us down with him. But we don't need to be afraid, because Jesus said in Luke 10:19 that we have power to overcome the enemy! What does this passage tell us about our enemy?



RESEARCH IT: Find out what else the Bible says about our enemy. Here are some verses to check out: 1 Peter 5:8-9, Luke 10:18-19, Revelation 12:9, John 8:44, or Isaiah 14:12-15.

PRAYER: Thank you that we have nothing to fear because our enemies are in the spiritual world, and you are more powerful than any evil. Help me to put on your armor every day. Amen.



Day 2:

READ EPHESIANS 6:13-16



Isaiah 59:17 talks about God putting on righteousness as a breastplate and a helmet of salvation on his head. Sound familiar? The armor of God isn't just armor that protects us from evil. It's actually God's armor that he gives to us! How is that different from armor we make ourselves?



SING IT: Make up a song to help you remember the pieces of the armor.

PRAYER: Thank you God for the incredible gift of your armor. Help me to stand firm every day, with the breastplate of righteousness in place, with my peace shoes, and with the shield of faith. Amen.

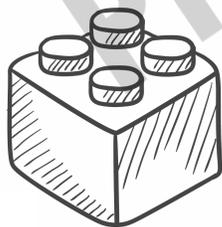


Day 3:

READ EPHESIANS 6:17 (SWORD OF THE SPIRIT)



The phrase “word of God” can mean two slightly different things. Normally we talk about the whole Bible being the “word of God”. But in the New Testament, “Word of God” often refers to the good news of Jesus. How can you use the good news of Jesus against the enemy?



PLAY IT: Act out using the Word of God against the lies of the enemy. For example, what would you say to “no one cares about you” or “you’re not good enough”? You could even make a sword to help you act this out.

PRAYER: Thank you God for giving us your very own helmet of salvation, and for the power in the sword of the Spirit. Help me to remember verses from the Bible so I can use them when I’m feeling attacked. Amen.



Day 6:

READ EPHESIANS 1:3-6

(HELMET OF SALVATION)



Let's start with our helmet of salvation. What do we learn about salvation from these verses? What words stick out to you most? Why do you think Paul used the picture of a helmet to talk about salvation?



SPEAK IT: Read today's verses loudly and dramatically to declare God's truth.

PRAYER: Thank you for blessing me with so many spiritual blessings. Thank you for choosing me to be holy and for adopting me into your family. Help me to wear this truth like a helmet each day. Amen.



Day 7:

READ EPHESIANS 1:7-10

(HELMET OF SALVATION)

What words stick out to you? Using words from these verses, how would you tell someone what salvation is?

WRITE IT:



DRAW IT: Draw a helmet with some of the main words from these verses on it.

PRAYER: Thank you for redeeming me, forgiving me, and for lavishing your grace on me. Thank you for choosing me to be part of your amazing plan and for your salvation! Amen.



Day 9:

READ EPHESIANS 1:13-14
(HELMET OF SALVATION)



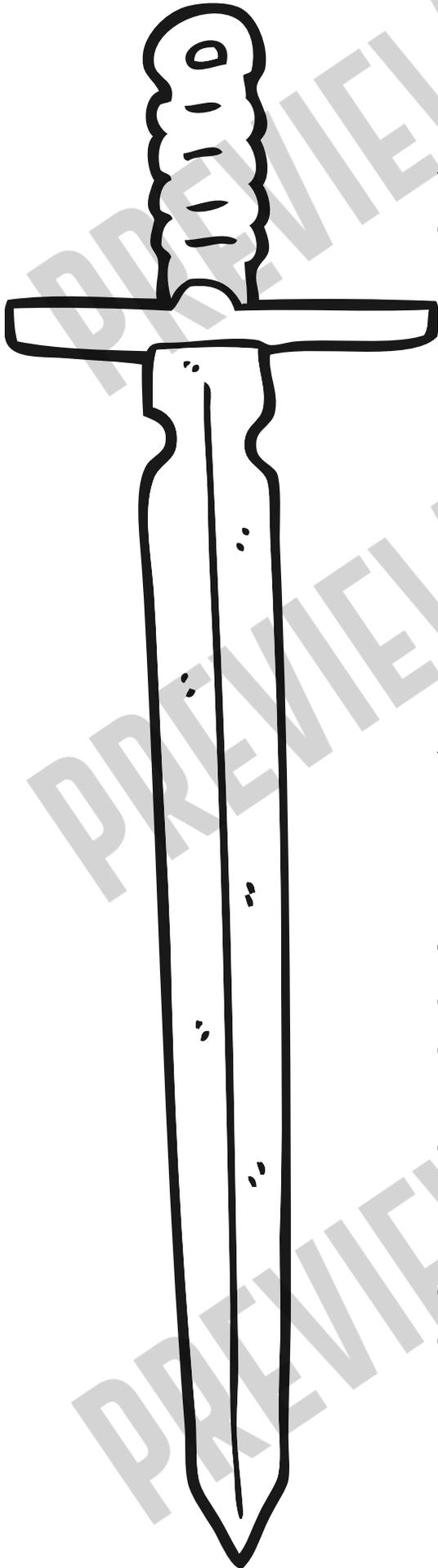
When did you first hear about Jesus? When did you start to believe it? (If you don't remember, that's ok.) How do we know we are saved?



IMAGINE IT: Imagine God holding a helmet and marking it with a special sign saying "you are mine". Then he puts it on your head. How do you feel?

PRAYER: Thank you for making sure I heard the gospel of salvation! I praise you for marking me with the Holy Spirit. Teach me to listen to your Spirit. Amen.





SALVATION

You were chosen before the creation of the world to be holy and blameless in His sight.

In love, He predestined your family for adoption into the family of Christ.

In Christ you have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace that He lavished on us.

You were marked with the seal of the Holy Spirit, chosen for the praise of His glory.

Therefore you are a member of God's family. This family is built on the foundation of the apostles and prophets, with Christ Jesus himself as the head.

In Him, our whole family is joined together for His glory. And in Him you too are being built together to become a dwelling in which God lives by his Spirit.

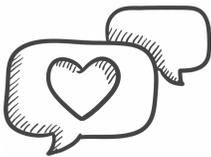
From Ephesians 1:2-13, 2:19-22

Day 11:

READ EPHESIANS 1:15-16
(SHIELD OF FAITH)



Let's move onto the shield of faith! Paul says that it protects us from the flaming arrows of the enemy. Yikes! There are a lot of things we can put our faith in: science, family, education... but in the end, the only thing that protects us from those flaming arrows is faith in Jesus. What does it mean to have faith in Jesus?



PRAY IT: Paul prayed for the people of Ephesus. Choose someone to pray for today.

PRAYER: Thank you God for the shield of faith. Help me to continue to have faith in the Lord Jesus and to love all God's people. Amen.

