

Family Discussion

# Spiritual Armor

The Strength to Stand Against Temptation

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Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.



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## Discuss

- How do our minds need God's protection. How does the helmet of salvation protect our thinking?
- How do our hearts, our emotions need God's protection. How does the body armor of righteousness protect our feelings?
- How does our faith in God protect us from the "fiery arrows" of accusation or doubt that Satan throws at us. How does the shield of faith defeat Satan's attacks?

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## Pray

- Thank the Lord for the spiritual armor and weapons He provides.
- Tell the Lord about any spiritual battles you are struggling with currently.
- Tell God you are trusting in His protection for your mind and emotions. Thank Him for deflecting the lies and accusations of the devil.
- Pray for people you know who need to "put on" their spiritual armor.

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