

# Strength



**Read:**

**Ephesians 6:10-18**

<sup>10</sup>Finally, be strong in the Lord and in his mighty power. <sup>11</sup>Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup>For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup>Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup>Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup>In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup>Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup>And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

*Bible Gateway (KJV)*

## Words of Strength

Highlight or underline any words of strength in the passage that give you courage.

Who is the enemy in spiritual battles?

GOD

SATAN

Can you fight & win spiritual battles without God's help?

YES

NO

What do we war against?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Circle the pieces of armor God has provided you to use to stand up to the enemy.

SHIELD OF FAITH

SWORD OF THE SPIRIT

GLOVES OF GOODNESS

HELMET OF SALVATION

BREASTPLATE OF RIGHTEOUSNESS

ARROWS OF LOVE

BELT OF TRUTH

BOOTS OF BOLDNESS

SHOES OF PEACE

## Match Armor Descriptions

Match the piece of armor with the spiritual component below.

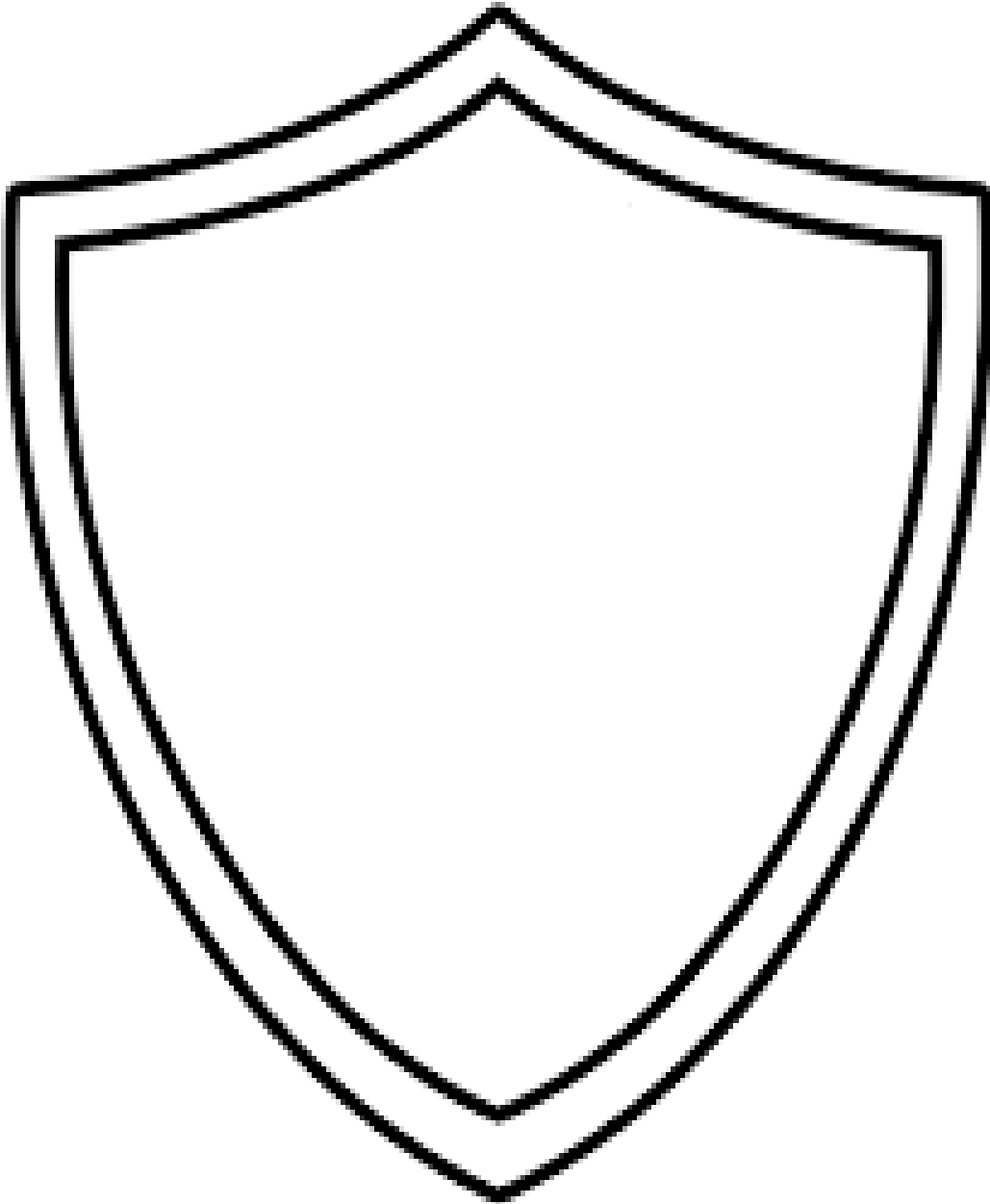
___ Belt	A. Faith
___ Shield	B. Peace
___ Shoes	C. Salvation
___ Breastplate	D. Truth
___ Helmet	E. Righteousness

## Strength

B E L T H D A W S U Y Y G R Q	ARMOR
Z H S Z O Q Z T I S H I E L D	POWER
H N S H E L M E T B D P F L B	MIGHTY
R Y J V L Y B R S T A N D H P	STAND
S T F X Z Q I U O V K H T U V	TRUTH
L A H V V C P W G M V U M C K	BELT
G N L F E R A S P I R I T U G	SHIELD
Q W E V A P G C W T J A S L P	WORD
N U S Y A N M U R P S G Q A V	HELMET
M B E W Q T N O S G O D N B L	SALVATION
Q R I K O M I E A S F W P M V	FAITH
Y X T K L R J O P A A A E U M	GOSPEL
W Z Y F K G D E N M Q Z I R W	SPIRIT
G F D F I J L W F M I G H T Y	PRAYER
Q Y Y N T F S G M K H T B K H	

## **Shield of Faith**

The shield of faith deflects the fiery arrows of the enemy. Write at least 8 fiery arrows/lies the enemy has attacked you with this year on the shield. You may choose to draw arrows deflecting from the shield as well.



## **Faith**

Find another scripture that talks about the importance or power of faith. Write it in the space below.

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## **Preparing for Battle**

What can you do to prepare for battling the enemy in advance?  
Check any that apply.

- ☐ focus on the enemy & evil
- ☐ pray for help, guidance, & intervention
- ☐ talk to & pray with a spiritual mentor
- ☐ read your Bible
- ☐ humble yourself
- ☐ create a "flight plan"
- ☐ avoid unnecessary temptations
- ☐ ask God for a pure heart & mind
- ☐ forgive others & ask for forgiveness yourself