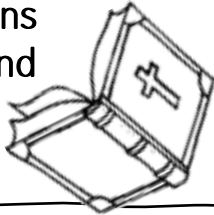


# A passage to unpack

## Ephesians 6 v 10-18

Find the book of Ephesians in the New Testament, find Chapter 6, and read verses 10-18.



This passage is from a letter written to the church in Ephesus. The writer, Paul wanted to encourage them in their faith.

Verse 11 tells us to put on the **full armour of God**, each of the pieces of the armour are important. Give some time to thinking about what each part means. Do you give time each day to get yourself ready to live for God?

What are some of the battles and challenges you are facing this week?

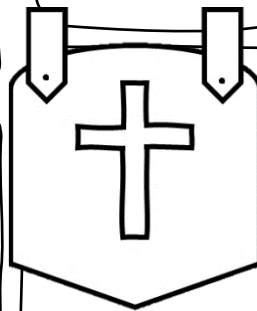


We can pray each day and ask God to help us put on our spiritual armour, stand strong and live right for Him.

God's salvation is our helmet – salvation is the gift that God gave us through Jesus; forgiveness for our sins and relationship with God.

Knowing and accepting that Jesus died for us changes the way we think and live.

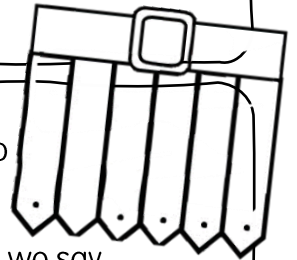
How would you explain salvation to somebody else? Write or draw your own explanation of Jesus' death and resurrection.



The breastplate reminds us to live right for God.

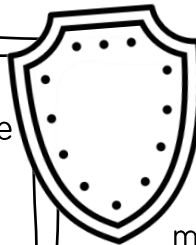
Why not ask God if there is an area of your life where you could change your behaviour to make it more pleasing to Him.

The belt of truth wraps around us. It can be easy to listen to and believe things that others say about us or even negative things that we say about ourselves. Ask God to tell you something **true** about how He sees you.



Great Job! By spending some time studying the Bible today you have already practised using your sword of the Spirit which is the word of God!

Take some time to read your Bible every day.



The shield of faith protects us from attack. Write down any fears or doubts you have at the moment. Pray and ask God to increase your faith and remove your fears and doubts.

The Good News about Jesus is our footwear – everywhere we walk we carry a message of salvation for others. Draw a picture of a friend who doesn't know Jesus yet and pray for them that they respond to the Good News.

