

Girding Ourselves for Christ

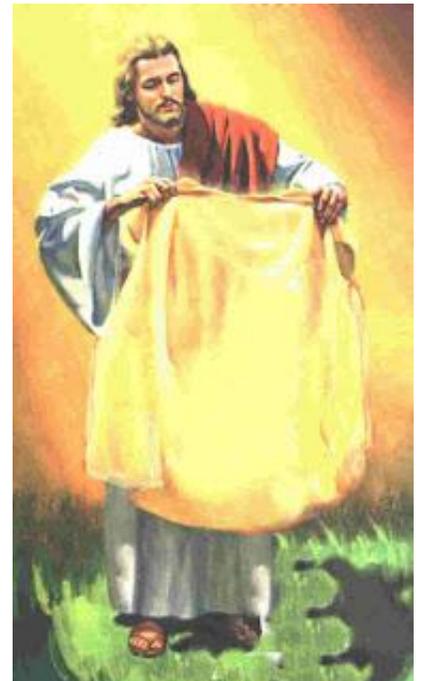
A comparison between



The Armor of God
(Eph 6:10-18)

and

The Clothes of Christ
(Col 3:12-17)



Girding Ourselves for Christ

Table of Contents

Lesson 1 - Introduction

Armor of God

Eph 6:10-18

Clothes Of Christ

Col 3:12-17

Lesson 2

Belt of Truth

Lesson 3

Compassionate Hearts

Lesson 4

Breastplate of Righteousness

Lesson 5

Kindness & Humility

Lesson 6

Shoes of Peace

Lesson 7

Meekness & Patience

Lesson 8

Shield of Faith

Lesson 9

Forbearance & Forgiveness

Lesson 10

Helmet of Salvation

Lesson 11

Thankfulness

Lesson 12

Sword of the Spirit

Lesson 13

Love & Peace

Girding Ourselves for Christ

Lesson 1 – Introduction

“Gird” is an older word we don’t use often in our everyday language any more. The idea behind the word was of putting on, binding, surrounding, and equipping.

What connotations or images arise in your mind when you think of ‘girding’?

References we see in scripture, have several different applications, though a similar concept behind all of them:

Gird with sackcloth:	Isa 15:3; Isa 32:11; Jer 4:8; Jer 49:3; Eze 7:18; Eze 27:31
Gird your loins:	2 Kings 4:29; 2 Kings 9:1
Gird your sword:	1 Sam 25:13; Judges 3:16; Psa 45:3
Gird yourself (generally):	Luke 12:37; Luke 17:8; John 21:18; Acts 12:8
Gird your mind:	1 Pet 1:13; Job 38:3; Job 40:7

What expectations seem to be underlying the idea?

What are some things we consider when determining what to wear?

What are some different activities/hobbies/environments that affect our clothing?

What is the purpose of choosing the right attire?

What purpose or purposes do we have as Christians?

What is the greater context for each passage – Eph 6:10-18, & Col 3:12-17

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Lesson 2 – The Belt of Truth (Eph 6:14)

What do belts do for us when we dress?

Exodus 12:11 – What is the context here? Why did they need to eat like this? And what did it indicate about their mindset? What did their belt do for them?

Matt 3:4 & 2 Kings 1:8 – What two men wore little clothing, but included a belt? What do we know of their lives (in context of our class & lesson?)

What does putting on our Christian Belt do for us (generally)?

How do we define Truth?

How does knowing & having truth relate to our “Belt of Truth”? How does it help us help us in our walk?

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Lesson 3 – Compassionate Hearts (Col 3:12)

We may intuitively understand what compassion is, but how can we define it?

What underlying requirement is essential for us to be able to have & feel compassion?

(Hint: We tend not to feel compassion for things, why?)

A few translations have a unique rendering of this verse, with “Bowels of Mercies”.

What might this convey to use about the level of compassion we are to feel?

What are some examples of compassion in scripture, and what was the outcome from the one who felt it?

From these examples, what do we always see coupled with the compassion itself?

How do we develop this in our lives & carry this with us each day?

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Lesson 4 – Breastplate of Righteousness (Eph 6:14)

What specific function did a breastplate perform?

Why/how would a soldier be unprepared without a breastplate?

What does righteousness, or being righteous, really mean?

Who are some individuals that the Bible identifies as righteous? How was their righteousness exhibited?

Righteousness may not be as specific a trait as some others we're looking at in this study, but what are some ways we can build it? What are some we demonstrate righteous living?

Thinking back to the Armor of God, why might Paul mention righteous living as our protection against the devil for the vital parts of our body?

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Lesson 5 – Kindness & Humility (Col 3:12)

What is necessary in order to show/feel kindness toward others?

What is the idea of humility?

Although Paul doesn't mention these as related traits, how are they connected?

What examples do we see of kindness? Of humility? What was important to the one showing kindness?

What dangers or stumbling blocks are there that can cause us to not act with kindness or humility?

What must we do to counteract these challenges?

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Lesson 6 – Shoes of Readiness & Peace (Eph 6:15)

Why might Paul mention readiness and peace together? How does peace lead us to being ready?

Readiness is to come not only from peace, but from the gospel. How does the gospel bring peace?

In Matt 10:34 Christ states specifically He did not come to bring peace to the earth, yet Paul refers to the Gospel of Peace. How do we reconcile this seeming contradiction?

What does readiness through peace look like in our lives? What are some things that may not necessarily be attacks of the devil, but can challenge us nevertheless?

How do we make ourselves ready, and how do we keep ourselves this way? What example(s) do we see in the life of Christ, or others you can think of, where He got Himself ready?

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Lesson 7 – Meekness & Patience (Col 3:12)

How do you describe meekness? What is it? What are some traits or characteristics that lead to meekness?

Besides here in Col 3, what are some other references to meekness in scripture?

How are meekness & patience exhibited?

How can we develop more meekness in our lives?

How does patience help in daily life situations?

How might these two traits be related to one another?

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Lesson 8 – Shield of Faith (Eph 6:16)

What did shields do? What does Paul say the Shield of Faith is for?

What part of the body does the shield protect?

Do attacks still come at us today? What do they look like?

Paul describes faith as our shield. What is faith in your own words, and how does it shield us from the devil's attacks?

**Who can we look to in scripture that were faithful despite attacks that came at them?
What types of statements or actions do we see from them?**

How do we raise our own faith to this kind of level?

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Lesson 9 – Forbearance & Forgiveness (Col 3:13)

What is the difference between forbearance & forgiveness? Is there a difference

If forgiveness is expected of us, why is forbearance also required of us?

Is forgiveness more about us, or the other who has done wrong?

What examples are there in the Bible of both forgiveness & unforgiveness

What do we have to do to be able to forgive

How do we work on being able to do this more?

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Lesson 10 – Helmet of Salvation (Eph 6:17)

The helmet protects our head, a vital part, similar to how the breastplate protects our vital torso.

Read 2 Pet 1:10 and Rom 8:38-39. What idea do these passages teach us about our salvation? How would this apply to our Helmet of Salvation

Consider a parallel passage for the Armor of God in 1 Thess 5:8. How does Paul describe the Helmet here?

What would happen if a soldier did not have hope of overcoming?

What has God given to us to assure us of our salvation?

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Lesson 11 – Thankfulness (Col 3:15)

Why would thankfulness be listed as a necessary trait?

“Being Thankful” is a broad statement. What specifically are we to be thankful for?

What example of thankfulness (gratitude), or the opposite do we see in the Bible?

What are people like, in your life, who are ungrateful? What type of mindset/lifestyle does thankfulness lead us to?

What helps us to keep gratitude in our hearts?

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Lesson 12 – Sword of the Spirit (Eph 6:17)

The only part of the armor, that is to be used 'offensively', is described as what? (ie. belonging to who?)

How do we act when we use something that belongs to someone else?

What happens when tools (or anything else) are misused, or not used for their intended purpose?

What traits/characteristics are not described as being the sword?

However, Paul tells us to prepare with it, so there is a correct way to wield it. What does this require?

What is the purpose of the Sword (Word of God)?

How do we wield it?

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Lesson 13 – Love & Peace (Col 3:14 - 15)

Love is a word that can summarize the Bible.

Out of Love:

- God created us
- God made a plan
- God gave up His son
- Christ became human
- Christ offered Himself
- We give ourselves/live for Him

When did Christ himself also mention the greatness of love?

What is Paul's hope in having us put on love? What does he say it is?

In 1 John 3, John mentions some things about what we do in showing love. What does he say?

Love is to be put on above all else. Why is that? What does it do?

How does peace help us in dealing with daily struggles of life?

What is required of us, in order to have & develop peace?