



# STAND

PUT ON THE WHOLE  
ARMOR OF GOD

INTERACTIVE STUDENT BOOK



Stand: Put on the Whole Armor of God  
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# WE'RE IN A WAR.

Every Christ-follower is in the midst of a spiritual battle. Sometimes it's something small that throws off our day, and sometimes it's something devastating and life changing. No matter the circumstances of the battle, you have a choice to make: are you going to give in and give up or are you going to stand firm?

In order to stand firm against temptation, we must be wearing the proper gear. Thankfully, God doesn't ask us to fight alone—he promises his help. When we are equipped with God's armor, we can fight with his strength.

When we put on the whole armor of God, we can not only fight, but stand victorious.

## ONE

### **GOD WANTS TO CONNECT WITH YOU.**

In fact, he's looking forward to it. But how ready are you to connect with him? As you go in and out of the sessions and devotional times, make sure you are willing to listen to him and learn from him. He promises that he will come near to you if you come near to him (James 4:8). Try it!

## TWO

### **WHAT YOU PUT INTO THIS STUDY IS WHAT YOU'LL GET OUT OF IT.**

There are people all around you who have spent a lot of time praying for you and getting ready to invest in you.

You'll probably meet some new people, hear some new speakers, and get a chance to spend some quality time with God and with friends.

Take advantage of it! Ask hard questions. Commit to being authentic and honest. God wants to use this time and these people in your life.



## SESSION 1

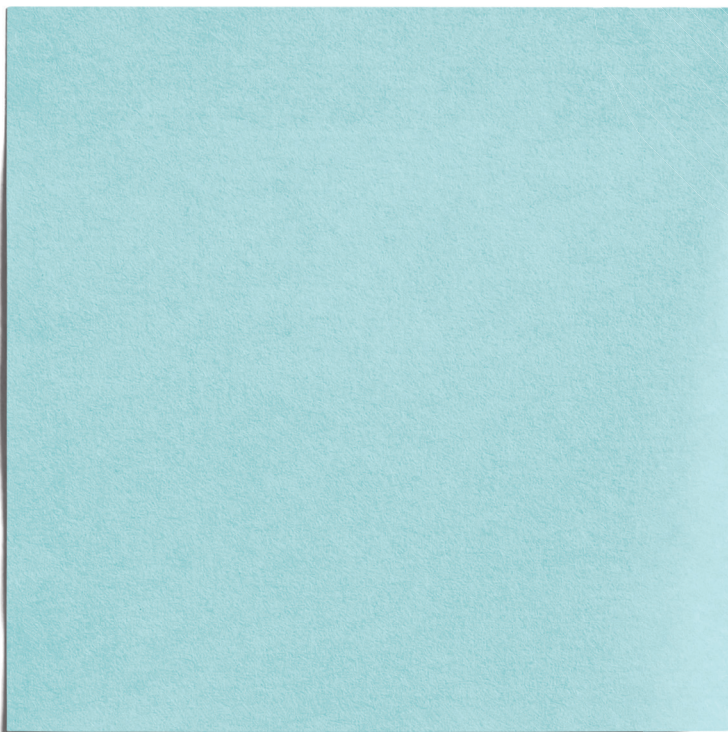
# STAND

## STAND FIRM

Any good team—whether in sports, debate, business, or dance—studies their opponent. It's important to understand the strengths and weaknesses of those we're competing against. C.S. Lewis understood this idea and applied it to our spiritual fight to stand firm in our faith. In his book *The Screwtape Letters*, Lewis writes letters from the perspectives of two demons—an older demon training a younger demon in how to successfully tempt a believer away from following God. The whole book is a picture of what we're up against when we're fighting temptation, uncertainty, deep loneliness, unrelenting anxiety, or a whole host of other lies. When we get a clear look at our opponent, we see the need to equip ourselves with God's armor.<sup>1</sup>

# LARGE GROUP SESSION 1: STAND FIRM

These two pages are designed so you can take note of anything that stands out to you and that you think is worth remembering during the large group talk. This talk will set the stage for the rest of the session. Consider writing down main points, quotes, Bible verses, and any questions that pop into your head.



How have you previously thought about this spiritual battle, and how (if at all) has that view changed after hearing this lesson?

In what ways do you need to change your perspective on this battle? Do you need to take it more seriously? Figure out how to put on the correct armor? Rely more fully on God's strength?



SMALL GROUP SESSION 1:  
A SECOND LOOK  
**STAND FIRM**

Having and using the complete, proper gear for a task is crucial to be able to properly engage in that task. Imagine you and some friends decide to go ice skating on a nearby lake. You arrive, but unlike everyone else, you didn't bring your coat, gloves, hat, or—most importantly—ice skates. You're immediately shivering and lamely shuffling along on the frozen ice, watching the others glide past, enjoying themselves. You're unable to skate properly because you don't have the right gear! You probably would be ready to give up and go home fairly quickly. In a similar way, without putting on the complete, proper armor, we cannot fight spiritual battles effectively. We won't last long in a battle; we'll end up giving up and giving in to what the devil wants instead of what God wants.



WHY IS IT IMPORTANT TO HAVE THE COMPLETE AND  
CORRECT GEAR FOR FIGHTING SPIRITUAL BATTLES?



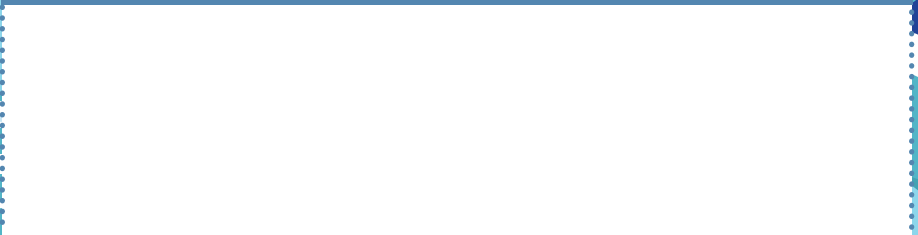
ON A SCALE OF 1-10 (10=THE MOST), HOW PREPARED  
DO YOU FEEL TO FIGHT SPIRITUAL BATTLES?



WHAT ARE SOME ASSUMPTIONS YOU HAVE HELD  
OR CURRENTLY HOLD ABOUT SPIRITUAL BATTLE?



WHAT SPIRITUAL BATTLE ARE YOU FACING  
IN THIS SEASON OF LIFE?



# SMALL GROUP SESSION 1: A LITTLE DEEPER STAND FIRM

TAKE A LOOK AT EACH OF THESE BIBLE PASSAGES AND GET READY TO TALK THROUGH THE FOLLOWING QUESTIONS WITH YOUR GROUP.

*1 Timothy 6:11–16: “But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses. I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, to keep the commandment unstained and free from reproach until the appearing of our Lord Jesus Christ, which he will display at the proper time—he who is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality, who dwells in unapproachable light, whom no one has ever seen or can see. To him be honor and eternal dominion. Amen.”*

Why do you think this fight is called “the good fight”?

As you flee evil and pursue these good things, how will your life look different than the unbelievers around you?

*2 Corinthians 10:3–6: “For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.”*

How are our weapons described here?

What are the things this passage says we should be fighting?

What role does your obedience to God play in this battle?

*Romans 13:12: "The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light."*

What are the actions we are to take, according to this passage?

What areas of your life do you need to cast off "works of darkness" and "put on the armor of light"?

APPLY IT

HOW CAN YOU RELY ON GOD'S  
STRENGTH AND POWER TO HELP  
YOU STAND FIRM IN YOUR FAITH?

BE SPECIFIC



WHAT ARE YOU GOING TO DO?



WHEN ARE YOU GOING TO DO IT?

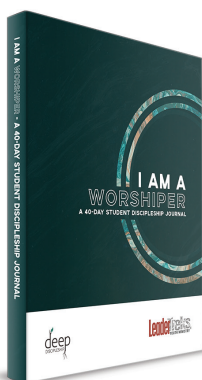


IS THERE SOMEONE WHO CAN KEEP YOU ACCOUNTABLE?

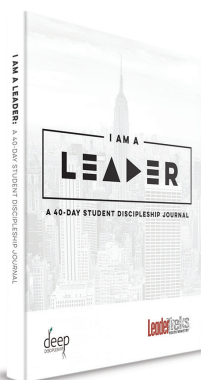
# NOTES

# KEEP GOING!

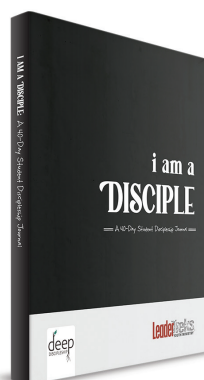
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**I AM A  
WORSHIPER**



**I AM A  
LEADER**



**I AM A  
DISCIPLE**

## LeaderTreks has summer internships!

If you are in college, you can join a LeaderTreks staff member to lead missions or adventure trips. Learn more about our internship program at [leadertreks.org/jobs](http://leadertreks.org/jobs).

