

LeMay Family and Friends.
Bible Study
Date: Monday – September 20, 2021.
7pm - 8pm Eastern

Title: The Full Armor Of God

Theme: [Guard your heart and your mind](#)

Text: Ephesians: 6:10 - 18

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² 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. ¹³ 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. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ 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.

what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

Supporting Scriptures:

Philippians 4:6 - 7

⁶ Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ.

Philippians 4:8 – 9

8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Hebrews 11:1

Now faith is the substance of things hoped for, the evidence of things not seen.

Joel 2:24 - 25

24 The threshing floors will be filled with grain; the vats will overflow with new wine and oil.
25 "I will repay you for the years the locusts have eaten—the great locust and the young locust, the other locusts and the locust swarm ^b — my great army that I sent among you.

Deuteronomy 30:3-13

3 God, your God, will restore everything you lost; he'll have compassion on you; he'll come back and pick up the pieces from all the places where you were scattered.
4 No matter how far away you end up, God, your God, will get you out of there
5 and bring you back to the land your ancestors once possessed. It will be yours again. He will give you a good life and make you more numerous than your ancestors.
6 God, your God, will cut away the thick calluses on your heart and your children's hearts, freeing you to love God, your God, with your whole heart and soul and live, really live.
7 God, your God, will put all these curses on your enemies who hated you and were out to get you.
8 And you will make a new start, listening obediently to God, keeping all his commandments that I'm commanding you today.
9 God, your God, will outdo himself in making things go well for you: you'll have babies, get calves, grow crops, and enjoy an all-around good life. Yes, God will start enjoying you again, making things go well for you just as he enjoyed doing it for your ancestors.

Format: (Virtual).

Study Outline:

- 1) Read text and Scriptures.**
- 2) Review Images included.**
- 3) Read the short story.**
- 4) Discuss the text, supporting scriptures and the short story.**
- 5) Discuss questions.**

Righteous!!





ARMOR OF GOD

EPHESIANS 6:10-18

The Helmet of Salvation

Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

The Breastplate of Righteousness

Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

The Shield of Faith

Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.

The Belt of Truth

Truth keeps us from giving in to world's beliefs. Compare your beliefs and action to the truth of the Word of God.

Feet Prepared with the Gospel of Peace

The Gospel of Peace is being right with God and being contented in troubled times. Jesus said, peacemakers were blessed.

The Sword of the Spirit

which is the Word of God. God's Word is our offensive weapon. When we tell others about the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.



Short Story:

In trying to explain the scripture, put on the whole armor of God, to my youngest children, who were between 10 and 7 at the time, I thought it would be more effective, if I drew an illustration of what the scripture would look like, in a graphic form.

So, I searched around the internet and I found several depictions of Roman soldiers, that were indicative of the era that Paul is describing. The whole regalia of the soldiers fascinated me and so I thought I'd use my God given talents as an artist to show my children, what the scripture looks like, through my eyes.

When I stop to really contemplate the style and the beauty of how the Apostle Paul's depiction of putting on the armor of God is delivered, it wasn't difficult for me to recognize the illustrious, eloquent and creative style that is so consistent in Paul's writings.

The metaphoric descriptions that he uses to render the content in a way that is tangible, contextual and that is also understandable for anyone. The skillfulness in Paul's ability to capture and to render an idea and then convey it to his readers, is one that I've long tried to mirror. And at one point in my life, I felt compelled to peruse a degree in Theology, just to learn more about the Apostle Paul's life and times.

I was always so fascinated by how he could take a thought and transcend it into written text, for anyone to be able to conceptualize it. Not only in their own way, but also in the way the God intended the reader to interpret, also. The intellectual capacity of Paul is evident, as well as his artistic abilities also, through his body of literary works.

As an artist, author and a scientist I have grown to love and to respect Paul's archives and adventures as being some of the greatest literature and experiences known to humankind. He'd mix artistry with science, and religion constantly. He'd combine his own education with passion and candor. For me, Paul is one of the greatest writers that I've ever encountered, and so with him in mind, I've composed this lesson.

So, let's explore the illustration of the ancient Roman soldier that Paul uses to depict what it is, to put on the armor of God. Firstly, it's a metaphor. And we have to understand that the bible is cloaked in symbols, allegory, and metaphors. Parables, which are what Jesus frequently used were designed to provoke the hearer to question the scriptures, but to also challenge them.

With that in mind, we recognize that Paul, who was scholar and an expert on Roman law, Jewish customs and protocol, used simple analogies and comparisons to symbolize themes that were relative to the times.

Let's start with the top of the soldier and work our way down, as Paul did. **The helmet of salvation:** The helmet of salvation is the head and the covering for the soldier's cranium. But this is the tertiary explanation. Paul calls us to examine the mindset that exist within us. The very mind of Christ is what Paul admonishes us to use, when we process anything at all.

It is the thoughts and the actions that we take as a result of the thoughts that we allow to influence our minds and our spirits, that Paul is beckoning us to be aware of. Secondly, Paul is reminding us that our salvation is what is the premise of what we believe as Christians. As a result, the expectation is that this mental state of mind will keep us stabilized and grounded when facing thoughts that would hinder us from our walk with Christ.

Furthermore, it is more than just being a reminder of who we are, the mind of Christ also gives us the authority and access to very throne of God. To be able to suppress psychological traumas, anxiety, depression, anger, resentment, fear, hate, etc.

Paul reemphasizes the metaphor of the helmet of salvation in his letter to the church in Philippi. He implores them to speak, to think and to meditate on things that would edify them and that would remind them of who they are, in Christ Jesus. "Think on these things," Paul says. The church is reminded that the things, emotions and thoughts that persist in their minds, will ultimately prevail in their hearts and in their actions.

It seems like an easy thing to say to someone, to tell them to simply think of Godly things, rather than unwholesome things. But Paul is saying that these practices, will become a lifestyle when done, regularly and persistently. He is saying that the things that we think can be filtered through the thoughts of God, with practice.

Paul acknowledges that the mind is a powerful place for the enemy to work, as well as it being the control center for our actions. We are encouraged by this verse that we can trust in our salvation, but that it is also by our faith.

On to the next apparatus in the armor: **The breastplate of righteousness.** *Funny side note.* The first time that I drew the character Righteous, the template that I used didn't work right. So, my son said to name him, "Righteous." This is an area of contention for me and one that I've struggled with most of my life. The more that I think about it, the more that I realize that I'm not alone. I only need to consider some of my comrades that I've served with, and listen to their plights.

Many that I've listened to struggle with actual murder in war time. And the feelings and emotions that they've gone too far, in the fog of war. Many struggles with having to kill children and women, that were used as bobby traps for soldiers. Many simply are plagued by war itself.

I've struggled with the personal trials in my own life and moreover what I view as being righteous. If I examine myself daily, as Paul admonishes, that it is through the lens of Christ. If I use my own barometer, then it is my own perception of what is wrong and right behavior.

But the bible teaches us that none are righteous, only Christ Jesus. And therefore, we required a propitiation for Sin, under the law to redeemed back to God. (I'll reference here a lesson that is posted on the veil being rent in two). My dilemma has always been whether or not man has tampered with, in the bible. Specifically, the editors and publishers.

I've also greatly struggled with the ideology that God would choose one ethnic group, to deliver a message of restoration. However, I've since put it to rest in my spirit, because I know Jesus personally, from my experiences in love, family, ordeals and restoration. I've seen his works first hand. I've called on him only, during my storms and found comfort only, in the presence of his spirit. In the midnight hour, when all alone and broken, his spirit has comforted me. And when I asked him to send my love back to me, despite all that I'd done, he did. That's how I know that Jesus is real, to me.

So, the question is, how does the breast plate represent a form of righteousness? Remember, the bible is full of metaphors, symbols and allegory. And we have to interpret it in the context of the era that the writers lived. The chest being the place where the heart is located, is the reason that the emphasis is on righteousness.

The verse denotes the heart as being the symbol of the core of our soul, our passions, our virtues our morals, etc. The heart is a metaphoric symbol for what we respond to with good or evil. Our heart is what we are judged by, yet it is governed by our minds.

With this in mind it gives more contexture when trying to understand the heart and the mind of the soldier, who's job it is to kill and crosses the line. Are they righteous? Again, when we deep dive into the mind of the Paul, the writer who was a lawyer, and a Jew, and a Roman citizen, we are remiss if we take a simple view of what he is saying. If we review what he writes about father Abraham, in Romans. 4:3, Paul says that Abraham was made righteous, by his faith. **This was before the resurrection. This was before the advent of dispensation of grace.**

Paul is characterizing the heart as the focal point of the entire suit of armor. Although the mind is the head, the heart can supersede the mind and overcome the mind's influence and control. Love is the spirit that comes this proverbial, psycho spiritual hub called the heart. Again, metaphorically speaking, it is where our emotions and feelings are sustained and developed.

Although, it's all in the mind, the heart is used as the visual for where our love lives. I've long been a fan of going with my heart. Sometimes, it's led me into pain and suffering. Sometimes, going with my heart and faith, have harvested love and comfort. I choose to live by my heart these days, as anything else seems rigid and too confirmative for me.

Therefore, I persevere love, true love, no matter how I may have lost it. Believing in faith, that she will return to me. While repressing and suppressing the imaginations in my mind of her being gone, for-ever. I embrace love and see her as a supernatural lasso, pulling love back to me, and also teaching me how to sustain her and how to nurture her, in my life.

I don't subscribe to many of the philosophies of the West, anymore. Neither do I believe in much of the rhetoric that I was taught, and taught myself, about religion and the bible itself. Because a lot of it, is so contradictory and hypocritical. Most of the truths in the bible, are ascertained from what the characters in the bible have done. Most of the characters in the bible, were people who made terrible decisions when it came to serving God. And God still used them; which was God's plan for

them to begin with. God knows our hearts, and he knows what I'm going to do, before I do it.

God always uses broken vessels, not perfect ones. There was only one character, from all of biblical antiquity who was righteous, in God's eyes. And that is Jesus. Non the less, Paul challenges us to strive be perfect. He is insisting that we conduct ourselves with the inherent moral compass that should ideally come as a result of being a Christian. It's an oxymoron though; but again, the bible is veiled in allegory, symbols and metaphors. *The heart never lies.*

The shield of faith:

The shield was used by a Roman soldier primarily to defend themselves and to attack in some cases. It was the primary deflection device of anything that would penetrate the soldier's vital organs, (the heart and the lungs). Here again the writer uses his talents as an artist and as a writer to show the connection between protecting our heart with a weapon. The shield is designed to cover the majority of area that the attacking soldier could project or force they're way into close proximity of his body.

The shield is a metaphor for an invisible force field that is always present to prevent the temptations, the fears, the accusations, the depression, the guilt, the shame, the doubt of who we are as Christians, etc. The plate of armor that was held up by the soldier was his first defense against a frontal attack by his enemy.

Conversely, and figuratively speaking the shield is also to be leveraged as our first defense against the wiles of the devil, as Paul puts it. In other words, we have this invisible yet accessible supernatural mechanism for defending ourselves against the weapons of warfare, that aren't visible. We have a high priest that is our advocate, that provisions for us a spiritual conduit to the throne of grace and mercy.

The channel or stream as a I like to refer to it, is a very present help, in the time of trouble. **“Now, faith is”**. In the moment when are presented with unrelenting and unyielding pain and grief, and the fear of the unknown, we are reminded of our faith. Faith to overcome. Faith to persevere. Faith to believe beyond belief. Faith, to make us whole. Faith to heal our diseases. Faith to love again, after being heart broken.

“Now faith is the substance of things, hoped for. The evidence of things, not seen.”

So, what is faith? And how can it be a tangible? And how can it be leveraged, when it's invisible? We'll discuss these questions, later in the lesson. I reference the faith that the early Christians maintained, in their salvation in Christ. They were called the way, because they acted the way that Jesus Christ acted.

How did they sustain their faith, while faced with being thrown into a Lions den? How did slaves making the middle passage maintain their faith, in a God that they didn't even know? How did our forefathers find the faith to walk across Pettus bridge? And how do we keep the faith, in the face of the pandemic?

The thing is, faith is relevant to the believer, themselves. Jesus would often respond to the person who'd been healed, “your faith hath made the whole.” There is an exchange, that Jesus is denoting. He isn't at all implying that he alone didn't have the power to heal the person, obviously. There are many instances where he did, without the person's interaction.

However, Jesus is clearly stating that the persons faith is an enzyme for the miraculous to happen. Furthermore, without the necessity, there is no need for faith. We don't hope for a glass that is right in front of us. **“The evidence of things, not seen.”** Jesus is telling us that what we

believe is commensurate to what we receive. Tough pill to swallow, but our faith combined with what the world says we have and are, is what triggers the manifestation of the miracle.

The kind of faith that got a black man into the white house. The kind of faith took my daughter from being in a wheel chair until she was 3 years old, to become an athlete, a ballerina, and a kid that slapped her brother's basketball shot down and into Alabama. The kind of faith, that keeps our children covered. The kind of faith that restores relationships.

The kind of faith that can heal marriages. When the wife is in her war room, advocating for her family. The kind of faith that make a man a millionaire, after he's lost all. The kind of faith that can restore families. The kind of faith that can penetrate and soften the heart of my love, to bring her back to me. Despite all that's happened.

I've seen faith in action. I know the power of faith, when we use it as an engine to accommodate miracles. But, faith without works, is irrelevant. Again, we don't hope for the glass the we see, right in front of us. We pray and believe beyond belief. "Now faith is, the substance of things hoped for."

The fact that we have this supernatural belief is the reality that we must step into and embrace it, and actually become the thing that we are believing for. We have to see it, before we receive it. Furthermore, we have to act as though the thing that we are believing for, is already done. Because, it is already done, in the supernatural.

Remember, God operates in the realm of thoughts and ideas. Ideas that can become reality, in our physical realm, when we connect with God's intention and his will for it be done. The same thoughts that the children of God used to trigger the civil rights movement, are the same kind of thoughts that led to the kind of faith that we need to do greater works, than those. And we can, by our faith in action.

So, call me a fool. Call me a dreamer. I believe beyond belief and I wait for the manifestation of what is coming by faith. And that is, family restoration and my loves, head on my chest. I've switched onto the frequency of reception. Just as the soldier would hold up his shield against all odds; I believe in the miracle and I also believe that my faith will bring it to pass.

Loins Girdled with Truth:

The text here isn't just describing the necessity to cover and to protect the bowels and the reproductive organs of the soldier. But it also alludes to a deeper meaning. Paul uses the girdle as a symbol, and as per usual to depict the areas of the human body as being targets for hosting potential inordinate and or uncontrolled passions.

King David demonstrates what happens when we haven't learned to control and to manage our sexual appetites, gluttony and greed. Unbridled excessive compulsiveness can lead us into a path of unimaginable challenges. In David's case, it nearly led to the demise of the kingdom of Israel. Had God not intervened through his servant Nathan, David would have continued down a path of greed, lust and murder.

By the grace and the mercy of God, David's life was spared, and his Kingdom was fortified also. David's house suffered forever, as a result but his life and his legacy were spared. In this instance we see how folly and the lack of self-control, can lead to the destruction of a family and even a nation. And also, how God would not allow the sins of one man to derail his intentions for his people.

It's clear to see why Paul encourages us to attend our low chakras and to abstain from sexual immorality, greed and excess. Because the influence of lust and desires can seep into our subconscious and then result in hardships and suffering, that could've been avoided. Sexually transmitted diseases and unwanted pregnancies, are the obvious reasons for abstinence. Not to mention the perversions and emotional imbalances that lead to heinous crimes and other abuses.

Paul is aware of the temptations that the Lord Jesus faced, that are common to all humankind. They are the lusts of the flesh, lust of the eyes, and the pride of life. Paul knew that Jesus had been tempted with the same attachments and vices that all of humankind could be, and so he uses Jesus as the example, when he says, "looking unto Jesus, who is the author and the finisher of our faith."

In the final analogy of how to combat and to protect ourselves from sexual sins and promiscuity, Paul encourages us to marry. As a result, we circumvent being overtaken by our lusts for sexual intimacy and moral decay. Not the best solution for some, but for me, it's practical and all part of Gods plan. That we marry and procreate.

Feet Shod with the Preparation of the Gospel:

"Be ready, in season and out of season." Our word is our bond, they used to say when I was a kid. A person's testimony meant everything back then; your word was your bond. Another saying that I don't hear very much any more is, you talk about the things that you love.

Each of those old school saying has its place in our culture and the world at large, no matter what language it's spoken in. People talk about the things that they love and enjoy. Such as our children, our work, our experiences, or the fun that they had last night.

The excitement, the contentment, the emotions that are evoked at the name of your lover can trigger a world of feelings that cannot be contained or described with mere words. Sometimes, when I think of how my love made me feel, I would feel a warm sensation coming over me. The times when she'd lay her head on my chest, and I'd breathe in her breath, the way that I used to with my very mother.

Some things cannot be uttered; but the good news of the Gospel should always be vocalized and shared with the lost and the down trodden. The message of good news, ought to be shouted from the roof tops. GOOD NEWS!! Today is the day of your salvation. GOOD NEWS!! Our King lives and he loves us so.

We proclaim with ease and with zeal when our team wins. We leap for joy when we get a promotion, and rightly so. We shout hallelujah at the birth of a new child, as it should be. We give praise and thanks to everything under the sun that turns us on. Paul is saying in the text, that we should be willing and ready to give an account for what we believe and testify to as well.

We should not be ashamed of the Gospel, as Paul says. Because it is a message of hope and deliverance from the bondage of sin and eternal death. The same vigor and persistence that was used to get our lovers, should be employed when delivering the Gospel. Because it is good news.

The other dynamic that Paul admonishes us to cling to, is that we should also bring the spirit of peace with us and to those that we minister to. We are inspired to offer the spirit of joy, which travels with peace. They are both spirits that bring harmony and happiness with them.

I'll make the comparison to a man coming home to his wife, with love and with warm embraces. His heart has burned all day, and he's longed to hold her and to kiss her sweet lips. He sees her after being gone all day, and finally he's ready to reconnect with her. He has GOOD NEWS!!

I am in love with you my dear! I am still in love with you! I want you my love, and I want to make love to you too! He exclaims. The couple is swept away in bliss and in the beauty of love and harmony. They are immersed in the emotions and the flow of love. They are caught up in the excitement of being together again.

This is how my love makes me feel. This is the excitement and the newness that I feel whenever, we touch. Her hands and her neck are so lovely, I want to kiss them over and over again. I want to hold her, and I want to be as close to her as possible.

This is the kind of elation that I feel when I'm with her. And I have faith that one day, we will be reunited. And I have faith, that one day, my Lord will return as well.

This is the kind of overflowing emotion that we are encouraged to bring to those that need to hear the message of peace and of restoration. It is a love story, after all.

So, when we encounter someone who needs to be ministered to, we need to be ready to profess the truth of the Gospel, to them. To do this effectively, it is incumbent that we have spent the necessary time in preparation for delivering such precious jewels.

The Sword. The word of truth:

Finally, and arguably the most important piece of armor. **The sword**, which is referred to in the bible as the word. As Christians, we believe that the word of God, is actually Jesus in the physical manifestation.

We believe that in the beginning was the word, and that the word was with God. We believe that we can do all things through Christ, also. I am reminded of a time when I was relatively unlearned and didn't have a working knowledge of the bible. I remember how my wife at the time would always tell me what she knew about it, and I'd pick her brain for information, all of the time. One day, she said to me, "what if I need a word from the Lord, can you give it to me?"

It hit me like a ton of bricks. I was no more prepared to teach the word, than I was to ready lead a lecture on quantum physics. That fall I went on a deployment to Sicily, and I made it my business to study, study, study the word of God. I ingested it. I inhaled it. I consumed it. And then I went back and home and taught it, with zeal and with vigor.

I believed the truth of the word. I knew that I'd found the rock of my salvation. And I knew that I could call on the name of the Lord, for anything and see it manifested, in seven days. Because I had invested the time alone and with others, in study, prayer and in meditation, the Gospel message became clear to me. And the truth of it all, was reasonable and I accepted it as truth.

The point I'm making here is that the truth of the gospels became more and obvious to me, over time. In my case it was something like 6 months, or so. But it's different for each person. We each have to study the scriptures daily, as Paul says. To become able to properly discern and to teach it.

This is same example that I intend to present to my love, when we are together again. I'll be the example of the believer, because now I've been through enough to know how to effectively apply the truths of the Gospel of Jesus Christ. Not that there won't be challenges that will occur.

However, I feel equipped this time to be able to lead her as the priest of our home and to be able to show her the love that God had imparted to me. The truth always comes out; the heart doesn't lie, and the heart wants what it wants. I know that I can use the word of God as weapon that cuts through the trials and the tribulations that we may face, as a two-edged sword. I know now that our love has been forged in fire. And I know that no weapon shall prosper against us. As long as we stand on the truths of the Gospel.

Questions: A

1. When you pray, how long is it before you feel peace about the matter?
2. Have you prayed recently, over a broken love relationship?
3. What does forgiveness mean to you?
4. Who is righteous, in the eyes of God?
5. What is the difference between Science and Faith?
6. Is it foolish to believe for something that seems, impossible?
7. What is meant by, "the just shall live by faith?"
8. What is meant by, "we walk by faith, not by sight?"
9. What is meant by, "faith the size of a mustard seed?"
10. How long should we wait, in faith for a miracle to manifest?
11. Is love stranger than circumstances?
12. What is meant by the scripture, Romans. 8:28?

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