

# PUTTING ON THE ARMOR

A TRAINING CAMP



# TRAINING CAMP



Vince Lombardi, the Green Bay Packers legendary football coach, had an interesting way to begin pre-season training camp. Football in hand, Lombardi walked to the front of the room, held out the pigskin in front of him and said, “Gentlemen, this is a football.”

In only five words, Lombardi communicated his point: We’re going to start with the basics and make sure we’re executing all the fundamentals.<sup>1</sup> Why in the world would a seasoned coach talk to professional athletes like that? Lombardi operated on a simple philosophy. He believed that excellence could be best achieved by perfecting the basics of the sport.<sup>2</sup>

These Training Camps bring together “pros” and “rookies” to learn from and sharpen each other. It is a concentrated time of learning new skills and sharpening old ones. Michael Jordan said, “You have to monitor your fundamentals constantly. The minute you get away from fundamentals, the bottom can fall out of your game, your schoolwork, your job, whatever you’re doing. Get the fundamentals down and the level of everything you do will rise.” We must keep our fundamentals sharp at all times. The Training Camps are a means of ensuring that we are constantly raising the level of everything we do for God’s Kingdom.

**“Gentlemen,  
this is a football”**

Professional and amateur athletes, as well as performing artists, and even sales people have coaches. Often when a professional’s performance is slipping, the first thing a coach will do is take them back to the fundamentals. No matter what level they’re at, rehearsing the fundamentals is... well, fundamental. We never get too good at what we do that we have no need to brush up on the basics.



1 <http://packerville.blogspot.com/2010/05/gentlemen-this-is-football.html>, May 30, 2010

2 <http://www.insight.org/resources/articles/church/back-to-the-basics.html#sthash.Oq4ItCNe.dpuf>

NAME & DATE

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# Put on all the **ARMOR** of God

The topic for this study in the “Training Camp” series is “Armor.” The focus will be on the book of Ephesians, particularly chapter 6. But we’ll start with an overview of the book. Ephesians 5:18 says, “be filled with the Spirit.” It’s the only place in Scripture you’ll find that command. It’s clear from the rest of Ephesians that being a Spirit-filled Christian is about taking back the territory that we may have inadvertently yielded to Satan.



We know we’re supposed to put on the whole armor provided by God. But how do we do that? We need to not only understand what the armor is, but HOW to put it on, and maintain it. Once we know what the armor is, we’ll dig deeper to know what we need to DO to put it on. Then, as you complete the daily exercises you will be LITERALLY putting on the armor of God, exercise by exercise.

The exercises consist of SOAKing in scriptures about spiritual warfare, and practicing habits that ensure that you are wearing and using all the armor. **The first 2 weeks’ exercises are very much like those of the previous training camps. But, in weeks 3-8, they are much more geared to practicing living out what we’re learning, rather than just writing assignments.** They are a way we can begin to “live up to whatever truth we have attained.”



## WARFARE

### I. HIGHLIGHTS OF EPHESIANS

- A. "Spirit" used \_\_\_\_\_ times in Ephesians.
1. Acts 1:4, the disciples were told to wait for the " \_\_\_\_\_ " of the Spirit. Then Acts 2:4 says they were " \_\_\_\_\_ with the Holy Spirit."
  2. Eph 5:18 "...be filled by the Spirit" ( \_\_\_\_\_ filled).
  3. Wilmington's Bible Handbook compares the book of \_\_\_\_\_ to Ephesians. *Joshua deals with the conquest and possession of the Promised Land, the "earthly realms"; Ephesians deals with our taking possession of our promised "heavenly realms."*
  4. Leading up to this instruction to "keep being filled" are many mentions of power.
    - a. Power: *dunamis* used \_\_\_\_\_ times in Ephesians, 1:19, 21; 3:7, 16, 20, Strong's definition is (miraculous) power, might, strength.
    - b. 1:18-21, \_\_\_\_\_ power.
    - c. 3:7, Jesus' power at work in \_\_\_\_\_.
    - d. 3:16, Paul prays for \_\_\_\_\_ to have that power.
    - e. 3:20, Paul declares that power \_\_\_\_\_ at work in his readers, and is the power through which Jesus does more amazing things than we can even imagine.

B. Why do we need to be Spirit filled? What are we supposed to be doing with this power?

1. Follow the "power" thread in Ephesians.

a. 1:17-19, \_\_\_\_\_.

b. 2:8-10, \_\_\_\_\_.

c. 3:10, \_\_\_\_\_.

d. 3:16-21, \_\_\_\_ \_\_\_\_\_.

e. 4:27, \_\_\_\_ \_\_\_\_\_.

f. 5:18, \_\_\_\_\_ be filled.

g. 6:18-20, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

C. After command to "be being" filled: speaking, singing, giving thanks, submitting.

1. Much elaboration on \_\_\_\_\_.

2. "FINALLY..." Put on the \_\_\_\_\_ \_\_\_\_\_ of God.

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## LESSON 1 EXERCISES

A key part of all the Training Camps are exercises that we do to gain or hone spiritual "skills". As part of the weekly meetings, your group leader will guide you through doing the exercises together. Then I ask you to do them on your own through the week, so that these skills will become part of your life.

In the first and second Training Camps of this series, we've identified 3 main ways that we come into God's presence, and hone our ability to hear Him speak. Since the key to all power is to hear and obey God, it's critical that we continue these practices.

The first practice is to soak in the Scripture (read and reflect on it). Another is to pray in the Spirit, and the third is to praise God. These are the building blocks for everything else we'll need to do to put on the whole armor of God and be prepared for battle, so we'll continue practicing those skills in all the camps.

1: PRAISE: with a listening ear.

2: PRAY: in the Spirit, listening.

3: SOAK: Read the scripture, listening.

The focus for this week's scripture readings is our power in Christ. SOAK in the scripture passages to allow God to speak truth to you about our interaction with the heavenly realm.

Soaking in the scripture is very simple once you're used to it. For those who have gone through the Bible Training Camp, it's second nature. But for any of you who haven't, here is the very short version of soaking.

- 1: Pray for God to speak to you through His Word.
- 2: Read the scripture, highlighting or underlining anything that stands out to you.
- 3: Write down any thoughts you have about it.

Trust that as you go through this process, God will speak.

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## **TODAY, Exercise Together:**

**Day 1: PRAISE. PRAY. SOAK in** Ephesians 1:1-14 (focus on 3-10).

<sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavens, in Christ; <sup>4</sup>for He chose us in Him, before the foundation of the world, to be holy and blameless in His sight. In love <sup>5</sup>He predestined us to be adopted through Jesus Christ for Himself, according to His favor and will, <sup>6</sup>to the praise of His glorious grace that He favored us with in the Beloved.

<sup>7</sup>In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace <sup>8</sup>that He lavished on us with all wisdom and understanding. <sup>9</sup>He made known to us the mystery of His will, according to His good pleasure that He planned in Him <sup>10</sup>for the administration of the days of fulfillment — to bring everything together in the Messiah, both things in heaven and things on earth in Him.

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## **THIS WEEK, Days 2-7, Exercises On Your Own:**

Each day, continue to practice on your own what we did together.

- 1: PRAISE.
- 2: PRAY in the Spirit.
- 3: SOAK.

**Day 2: PRAISE. PRAY. SOAK in** Ephesians 1:15-23.

**Day 3: PRAISE. PRAY. SOAK in** Ephesians 2, (focus on vss 1-10).

**Day 4: PRAISE. PRAY. SOAK in** Ephesians 3, (focus on vss 7-21).

**Day 5: PRAISE. PRAY. SOAK in** Ephesians 4, (focus on vss 7-16).

**Day 6: PRAISE. PRAY. SOAK in** Ephesians 5.

**Day 7: PRAISE. PRAY. SOAK in** Ephesians 6, (focus on vss 10-20).



## Life Training Center

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### Other Training Camps:

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