

WOMEN WARRIORS



"The battle is the Lord's"

1 Samuel 17:47

"Victory Through Faith: A Study of Women Warriors in the Bible

Lesson One: Called To Battle

Part 2

Women Armed and Ready in the Spirit Ministry, Inc.

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Lesson One: Called To Battle - Part 2

D. The Full Armor of God (Ephesians 6:13-17)

📖 *"Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand."*

❖ The Belt of Truth (Ephesians 6:14a)

📖 *"Stand therefore, having girded your waist with truth."*

In ancient times, a soldier's belt secured his tunic and provided a place to fasten his weapons. Without it, he would be unprepared for battle.

Likewise, as believers, we must gird ourselves with truth—God's truth. The enemy, Satan, is the father of lies (John 8:44). He seeks to deceive, distract, and discourage us.

But when we cling to the truth of God's Word, we stand firm. Truth strengthens us, holds everything together, and keeps us from being tossed by every wind of doctrine (Ephesians 4:14).

◇ **Key Truth:** Truth holds everything together. Knowing God's truth protects us from lies and deception.

12. In ancient times, what was the primary function of a soldier's belt?

- a) To provide protection for the legs
- b) To secure his tunic and hold his weapons
- c) To display his rank in the army
- d) To keep him warm during battle

13. What does "girding your waist with truth" symbolize for believers?

- a) Physical preparation for battle
- b) Clinging to God's truth to stand firm against lies and deception
- c) A metaphor for gathering worldly possessions
- d) Avoiding conflict through silence

14. According to John 8:44, who is described as the father of lies?

15. How does truth help believers in their spiritual walk?

- a) It makes them immune to temptation
- b) It strengthens them and keeps everything together
- c) It eliminates all struggles
- d) It guarantees material blessings

16. What happens when we don't gird ourselves with truth?

- a) We become physically weak
- b) We are tossed by every wind of doctrine and vulnerable to deception
- c) We lose all sense of identity
- d) We become overly confident in ourselves

17. Why is truth considered an essential part of the "armor of God"?

- a) It is a symbolic accessory for mature believers
- b) It prepares believers to stand firm against the enemy's schemes
- c) It guarantees instant victory over all challenges
- d) It replaces the need for other parts of the armor

❖ **The Breastplate of Righteousness (Ephesians 6:14b)**

📖 *"Having put on the breastplate of righteousness."*

In the battle of life, righteousness serves as our spiritual protection, just like the breastplate protects the vital organs of a soldier in combat. Paul, in his letter to the Ephesians, urges us to put on the *breastplate of righteousness* as part of the whole armor of God.

This piece of armor is critical in defending against the attacks of the enemy, as it guards our hearts—the very center of our lives.

◇ **Key Truth:** The Breastplate of Righteousness is a powerful symbol of God's protection over our lives. It reminds us of the righteousness we receive from Christ and the call to live out that righteousness daily.

18. What does the breastplate of righteousness symbolize in a Christian's spiritual life?

- a) Wealth and prosperity
- b) Physical health
- c) God's protection and righteousness through Christ
- d) Social status

19. What does the breastplate protect in a soldier's armor?

- a) The feet
- b) The head
- c) The vital organs, especially the heart
- d) The hands

20. Which of the following is a way to "put on" the Breastplate of Righteousness?

- a) Trusting in our own good works
- b) Living according to God's Word and walking in obedience
- c) Ignoring sin in our lives
- d) Depending solely on emotions for guidance

21. According to Scripture, whose righteousness are we clothed in?

- a) Our own righteousness
- b) The righteousness of Christ
- c) The righteousness of angels
- d) The righteousness of the law

22. What is one of the enemy's tactics against a believer's righteousness?

- a) Encouraging them to read more Scripture
- b) Accusing them and leading them into condemnation
- c) Strengthening their faith
- d) Protecting them from trials

❖ **The Shoes of the Gospel of Peace (Ephesians 6:15)**

📖 *"And having shod your feet with the preparation of the gospel of peace."*

Shodding your feet with the preparation of the gospel of peace means being spiritually ready to stand firm, walk in peace, and share the message of reconciliation with others through the gospel. It's about being grounded in the peace that Jesus offers, which strengthens us in our faith and in our mission to spread His truth.

Just as soldiers wear sturdy footwear to ensure they can stand firm and move effectively in battle, believers are called to be prepared with the gospel. The **gospel of peace** gives us the spiritual stability and readiness to face trials, temptation, and spiritual warfare with confidence. It's a firm foundation that keeps us steady when life gets difficult.

◇ **Key Truth:** The gospel gives us firm footing to stand strong and move forward in faith.

23. What does it mean to shod your feet with the preparation of the gospel of peace?

- a) To be physically prepared for battle
- b) To be spiritually ready to stand firm and share the gospel
- c) To walk barefoot as a sign of humility
- d) To avoid difficult conversations

24. How does the gospel of peace help believers face trials and temptations?

- a) It makes problems disappear
- b) It provides inner peace, stability, and confidence in Christ
- c) It gives supernatural strength to fight physically
- d) It prevents difficulties from happening

25. What is a key aspect of being prepared with the gospel of peace?

- a) Knowing how to argue effectively
- b) Memorizing every Bible verse
- c) Trusting in God's peace and being ready to share His message
- d) Avoiding spiritual battles altogether

26. How can we actively "shod our feet" with the gospel of peace in daily life?

- a) By being intentional in studying and applying God's Word
- b) By isolating ourselves to avoid conflict
- c) By relying only on our feelings
- d) By ignoring spiritual warfare

27. What should be our response to the gospel of peace?

- a) Keep it to ourselves
- b) Share it boldly with others and live it out daily
- c) Only talk about it in church
- d) Wait for others to ask before mentioning it

❖ **The Shield of Faith (Ephesians 6:16)**

📖 *"Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one."*

The phrase "above all" emphasizes the supreme importance of the shield of faith in our spiritual armor.

It's not that the shield of faith is more important than the other pieces of armor, but rather that it is foundational and essential to our ability to stand firm against the attacks of the enemy.

The shield of faith is described as being able to *"quench all the fiery darts of the wicked one."* The "above all" suggests that faith is the most powerful defense we have to protect us from the enemy's attacks—whether those attacks are temptations, doubts, or fears.

It's faith that extinguishes the lies and deceptions of the enemy.

◇ **Key Truth:** Faith blocks the enemy's attacks of doubt, fear, and discouragement.

28. What does the phrase "above all" in Ephesians 6:16 emphasize about the shield of faith?

- a) It is the most important piece of armor
- b) It is foundational and essential in standing firm
- c) It is only needed in certain battles
- d) It is optional for believers

29. What does the shield of faith do against the attacks of the enemy?

- a) Absorbs them but does not stop them
- b) Reflects them back at the enemy
- c) Quenches all the fiery darts of the wicked one
- d) Makes the believer immune to struggles

30. True/False: The shield of faith only protects us from physical injuries.

❖ **The Helmet of Salvation (Ephesians 6:17a)**

📖 "And take the helmet of salvation."

The *helmet of salvation* stands as a powerful symbol of protection for our minds and hearts. The helmet is the final defense, guarding the most vulnerable part of our bodies: our heads.

Just as a helmet protects a soldier in battle, the helmet of salvation shields our thoughts and the core of our identity in Christ.

◇ **Key Truth:** Salvation guards our minds against fear, lies, and condemnation.

31. What does the Helmet of Salvation primarily protect?

- e) Our hands and feet
- b) Our hearts and emotions
- c) Our minds and identity in Christ
- d) Our ability to serve others

32. The enemy often attacks our minds with: (Choose the best answer)

- a) Encouragement and truth
- b) Fear, doubt, and deception
- c) Peace and assurance
- d) Wisdom and knowledge

33. Why is the helmet referred to as the "final defense"?

- a) It is the heaviest piece of armor
- b) It guards the most vulnerable part of our bodies
- c) It signifies the end of the battle
- d) It is the most decorative part of the armor

34. True/False: Without the helmet of salvation, fear and lies can infiltrate our hearts and minds.

35. Fill in the Blank: The helmet of salvation is a symbol of _____ for our minds and hearts.

❖ **The Sword of the Spirit—The Word of God (Ephesians 6:17b)**

📖 *"And the sword of the Spirit, which is the word of God."*

The Sword of the Spirit serves several purposes:

- a. **Defensive Weapon:** When the enemy attacks us with lies or temptation, the truth of God's Word can protect us and help us stand firm in our faith.
- b. **Offensive Weapon:** We can also use Scripture to advance God's Kingdom, sharing His truth with others, and spreading the Gospel.
- c. **Discernment:** The Word helps us discern what is true and what is false. It cuts through confusion and guides our decisions.

◇ **Key Truth:** To be effective in this warfare, we must be grounded in God's Word and actively use it to combat the enemy and advance God's Kingdom.

36. What is the Sword of the Spirit?

- a) Faith
- b) The Word of God
- c) Prayer
- d) Righteousness

37. How does the Sword of the Spirit serve as a defensive weapon?

- a) It physically shields us from harm
- b) It helps us hide from the enemy
- c) It protects us from lies and temptation with God's truth
- d) It allows us to escape spiritual battle

38. In what way is the Word of God an offensive weapon?

- a) It destroys our enemies physically
- b) It allows us to win arguments
- c) It advances God's Kingdom and spreads the Gospel
- d) It guarantees an easy life

39. How does the Sword of the Spirit help with discernment?

- a) It reveals what is true and what is false
- b) It gives us dreams and visions
- c) It eliminates all problems in life
- d) It ensures everyone will agree with us

IV. The Power of Prayer And The Word (Ephesians 6:18)

📖 *"Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."*



"Praying Always"

To pray always means we're staying connected to God throughout the day, regardless of what we're doing. It's not just about setting aside time for prayer, but living in a state of prayerfulness—constantly aware of God's presence and seeking His guidance in all circumstances.

- **"With All Prayer and Supplication"**

This phrase encompasses all kinds of prayer—praise, thanksgiving, petition, intercession, and surrender. "Supplication" implies earnest, humble requests, acknowledging God as the one who provides for our needs and

- **"In the Spirit"**

Praying in the Spirit means aligning our prayers with the Holy Spirit's guidance. The Spirit helps us in our weakness and intercedes for us when we don't know how to pray (Romans 8:26). It's a partnership—our spirit with His, bringing our concerns to the Father.

- 1. What does it mean to "pray without ceasing"?**

- a) Praying at scheduled times only
- b) Living in a state of constant awareness of God's presence
- c) Only praying when facing difficulties
- d) Reciting prayers all day without stopping

2. According to Ephesians 6:18, how should we pray?

- a) Only when in trouble
- b) With all kinds of prayers and requests, staying alert and persistent
- c) Only in the morning and before meals
- d) Using scripted prayers only

3. In Luke 18:1, Jesus told a parable to teach that we should always pray and not...

- a) Doubt
- b) Sleep
- c) Complain
- d) Give up

4. What role does the Holy Spirit play in our prayers? (Romans 8:26)

- a) He corrects our prayers if we say the wrong words
- b) He intercedes for us when we don't know what to pray
- c) He ensures our prayers are answered immediately
- d) He prevents us from making mistakes in prayer

▪ **"Being Watchful"**

Prayer isn't just about asking for things; it's about being vigilant, discerning what is happening around us, and being alert to the enemy's attacks. Watchfulness involves guarding our hearts, minds, and relationships as we stand firm in prayer.

▪ **"With All Perseverance"**

Perseverance in prayer reflects our trust in God's timing and faithfulness. There will be times when prayers are not immediately answered, but we are encouraged to keep praying, confident that God hears and will respond according to His will.

▪ **"For All the Saints"**

Our prayers are not only for ourselves but also for the entire body of Christ. Interceding for others, especially our fellow believers, strengthens the unity of the church and empowers us all to stand firm against spiritual attacks.

◇ **Key Truth:** Prayer is essential in spiritual warfare. It connects us with God's power and helps us stay vigilant.

5. What does being watchful in prayer involve?

- a) Simply reciting memorized prayers
- b) Guarding our hearts, minds, and relationships while staying alert to the enemy's attacks
- c) Only praying when we need something from God
- d) Avoiding prayer unless we are in a crisis

6. Why is perseverance important in prayer?

- a) Because God only hears us if we pray long enough
- b) It reflects our trust in God's timing and faithfulness
- c) It forces God to act according to our desires
- d) Praying once is enough for all situations

7. According to Ephesians 6:18, who should we be praying for?

- a) Only ourselves
- b) Only our family and friends
- c) All the saints (fellow believers)
- d) Only pastors and church leaders

8. What is one reason prayers might not be answered immediately?

- a) God is testing our patience and doesn't want to respond
- b) Spiritual warfare and God's perfect timing are at work
- c) We need to pray in a specific way to be heard
- d) God does not care about every prayer

9. How does interceding for others in prayer impact the church?

- a) It strengthens unity and helps believers stand firm
- b) It replaces personal prayer time
- c) It is only necessary when someone asks for prayer
- d) It has no real effect on spiritual warfare

10. What is a key truth about prayer in spiritual warfare?

- a) It connects us with God's power and helps us stay vigilant
- b) It is only useful when facing major challenges
- c) It is optional for believers
- d) It should be a last resort when all else fails

11. How can we practice being watchful in our daily prayer life?

- a) By staying alert to spiritual attacks and seeking discernment
- b) By praying only at set times each day
- c) By focusing only on our personal needs in prayer
- d) By relying on others to pray for us

A Morning Prayer for the Woman Warrior



Father God, I rise this morning with a heart full of gratitude, knowing that Your mercies are new every morning (Lamentations 3:22-23). Thank You for waking me up with breath in my lungs and strength in my body. I dedicate this day to You, Lord, and ask that You guide my steps according to Your will (Proverbs 3:5-6).

Strengthen me for the battles ahead, and give me discernment to recognize the schemes of the adversary. Let my prayers be powerful and effective, tearing down strongholds and advancing Your kingdom (2 Corinthians 10:4). Let my

words carry life and my prayers bring breakthrough. Teach my hands to war and my fingers to fight in the spirit (Psalm 144:1).

Use me today, Lord, as a vessel of Your power, love, and truth. Let my faith not waver but be steadfast, knowing that greater is He who is in me than he who is in the world (1 John 4:4). May I walk in victory, bringing light to the darkness and hope to the weary.

I declare that this is the day You have made, and I will rejoice and be glad in it (Psalm 118:24). In Jesus' mighty name, I pray, Amen.

Characteristics Of A Woman Warrior

Faithful

She trusts God wholeheartedly, even in adversity.

Courageous

She faces trials with boldness, knowing God fights for her.

Prayerful

She understands the power of intercession
and spiritual warfare.

Obedient

She follows God's calling, even when it requires
great sacrifice.

Resilient

She does not give up, knowing that her strength
comes from the Lord.

