

## **Suited Up**

### **Ready:**

“Therefore, put on every piece of God’s armor so that you will be able to resist the enemy in the time of evil. Then after the battle you will be standing firm.” - Ephesians 6:13

### **Set**

As athletes and coaches, we know that having the right equipment is vital to growth, excellent performance and strength for any practice, game or training we need to endure. Having what you need helps you concentrate on your goals and the task at hand. This is simple. It would be completely foolish for a lacrosse player to show up to a game without their stick, and silly for a surfer to go the beach without their board, or for a soccer player to come to practice without their cleats, right? And if there was something that your coach or teammate told you about, something specific you’d need to be prepared for, as an athlete you would do what you could to get it. Why? Because being prepared makes you stronger and better your performance.

God is clear in His Word when He tells us that the enemy, Satan, is very much real; he has plotted against us and a war has been waged. There is a battle going on around us that we cannot always see, but God as the Ultimate Coach has told us exactly how to be prepared for the battle. He tells us that by putting on the belt of truth, the breastplate of righteousness, the shield of faith, the helmet of salvation, and the sword of the spirit, we will be able to stand up against Satan’s efforts and come out standing strong on the other side.

Just as it would be foolish as an athlete to come unprepared with the necessary equipment needed to play and win, it would be equally foolish for us as Christians not to prepare ourselves for the battle God has warned us about. So, don’t go out without the armor God has given with you--He’s the best Coach! Then, when you are all suited up, you’ll be able to stand strong.

### **Go**

1. Have you ever been extremely unprepared for a game or a practice?
2. How can you take up the armor of God daily?
3. In what ways can you encourage others to join you in being prepared for battle?

### **Workout**

1 Peter 5:8; Ephesians 6:10-18; James 4:7

### **Overtime**

“Heavenly Father, thank You for being the best Coach and preparing me for what is up ahead. Help me to put on Your armor in strength every single day, and encourage others around me to do the same. In Jesus' name, I pray, Amen.”

**Bible Reference:**

1 Peter 6:13

Ephesians 6:10-18

James 4:7



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