



The pattern for this Armor of God was created by BearyAnn of BearWitness Ministries and is made to fit this 9" bear. It can be modified to fit your favorite bear of similar size.



**Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes. 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. 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. Eph 6:10-18**



***SUPPLIES:***

*2 sheets of 7 mesh canvas*

*Scissors*

*Yarn Needle*

*Small amounts of elastic*

*yarn the color of your choice*

**Use the pattern to create your own Armor Bearer.**

**Send a picture of your completed project, your thoughts about the pattern and any modification ideas to [bearyann@bearwitness.org](mailto:bearyann@bearwitness.org)**

To Begin:

Gather your materials: 2 pieces of 7 Mesh canvas, yarn, needle, scissors and pattern.

Trace the pattern onto the canvas. Cut all pieces now OR cut each piece as needed.

This project is started with a plain piece of canvas. Our lives are like this empty canvas. As we grow stitches are made into our lives that help create the person we become. Just as you are creating this project, God created us. Eph 2:10 We are His workmanship 2:20 being built upon the foundation...Jesus Christ himself.. 2:22 ...for a habitation of God in the Spirit.

You will begin this project with a pattern directing you in the proper stitch placement. God has given you a pattern for your life. His name is Jesus Christ. He has shown us how to live. "I command you to love each other in the same way that I love you". John 15:12 "Love the Lord your God with all your heart, with all your soul, with all your mind; and your neighbor as yourself." Luke 10:27

Sometimes we mess up and have to start over; sometimes there are scars from stitches that don't match the others around it.

While you work on this project you will make mistakes, that's OK, you can pull out the stitches and start over, redo a section. You have a second chance. Our God is a God of second chances.

From this canvas you will cut out and shape the pieces. You will fill in the blanks and stitch to create each piece of armor. You will even make a few mistakes; a series of stitches may have to be removed or once complete you will see there is one stitch you missed. Don't fret, each of these just make the project more warm and personal.

As you work through God's armor think about yourself as you dress each morning. Don't face the world undressed (2Cor 5:3...having been clothed we shall not be found naked.) Remember to put on your "armor of God". You dress to protect your body from the elements. Don't forget to protect it from the attacks of the world. We live in a corrupt world and must protect ourselves from the evil which is around us. Dress appropriately and ....refuse to let the world corrupt you (James 1:27).

Prepare your canvas, gather your materials, let's begin.



17 ..... and the sword of the Spirit, which is the word of God



Cut out the SWORD pattern and trim edges. Following the pattern, use the Continental Stitch, then Overcast Stitch along outer edge. If you wish, attach a small piece of elastic or Velcro to attach the sword to the bears paw.



#### Life Preparation:

"In the beginning was the Word, and the Word was with God, and the Word was God." John 1:1

The Lord thundered from heaven..He shot his arrows and scattered the enemies.  
Psalm 18:13-14

"So then faith comes by hearing..the word of God." Romans 10:17

Did you receive the Spirit by the works of the law or by the hearing with faith?  
Galatians 3:2

"We have righteousness as a weapon both to attack and to defend ourselves" 2  
Corinthians 6:7

#### Life Application:

The sword is the only defensive weapon in the suit of armor. It gives the believer the authority and power to fight.

Speak aloud God's truth!! That is your sword.

Can you wield the sword (Word of God) when attacked ?

How will you arm yourself? Begin daily Bible reading and memorize a verse a week.



<sup>14</sup>Stand firm then, with the belt of truth buckled around your waist...

Cut the belt from the canvas, trimming edges. Carefully cut the blacked out area. Cut also the small piece. Following the pattern, use the Continental Stitch, then Overcast Stitch outer edges and inner edge of belt loop opening. Attach Belt Buckle (small piece) to opposite end of belt hole with a piece of yarn leaving it loose enough to allow it to fit through belt loop hole.



Life Preparation:

Mark 12:14 "They said to Him 'Teacher, we know that You are truthful....you teach the way of God in truth.'"

Luke 1:4 "so that you may know the exact truth about the things you have been taught"

John 8:32 "you will know the truth and truth will set you free"

Life Application:

Truth accurately describes what is real; but if we are not equipped with the real truth we are not fully equipped and can be swayed in the wrong direction. As defense against these lies we must first put on the truth. Like a belt, hold the truth tightly to your body.

We learn truth from God and His Word. Satan is the father of lies and we must know what is true before we can do battle against the lies.

If we allow lies to penetrate we become an easy target. Add the belt of truth to your wardrobe.

The next time someone tells you "the Bible says such and such" go check it out. Learn and know the truth.



<sup>14</sup>Stand firm then, ..... with the breastplate of righteousness in place

Cut the breastplate from the canvas, trimming edges. Following the pattern, use the Continental Stitch along shoulders, outer edges and to create the center cross.

Fill in the remaining area with Long Stitch. (see picture for further clarification). Add a length of elastic and secure to each side to secure the breastplate to the bear's upper torso.



Life Preparation:

"Guard your heart for it affects everything you do" Proverbs 4:23

"For with the heart one believes unto righteousness" Romans 10:10

Psalm 24:5 "He will receive blessings from the Lord and righteousness from the God of his salvation"

"The righteous live by faith" Romans 1:17

"Blessed are those who hunger and thirst for righteousness for they shall be satisfied" Matthew 5:6

Life Application:

The breastplate covers the heart and other vital organs; it protects it from attack. Righteousness is the right standing of God. Protect yourself by standing right with God. We live righteously through His direction.

We are protected by the righteousness given to us through Christ. Righteousness is not yours, it is Christ's.  
(See I Corinthians 1:30 and Philippians 3:8,9)

Do you remember watching Superman as a child? Bullets would bounce off him. When we protect ourselves with God's righteousness sin bounces off us in the same manner.

Read I John 1:9. Confess your sins today and be purified.



<sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of peace



Cut the sandals from the canvas, trimming the edges. Following the pattern, use the Continental Stitch. Bring the front extended piece toward the top of the shoe. Bring sides up and attach to top piece with whipstitch.



Life Application:

“The things you learned and received and heard, these do and the God of peace will be with you” Philippians 4:9

“We have peace with God through Jesus Christ” Romans 5:1

Let us make every effort to do what leads to peace. Romans 14:19

Let the peace of Christ rule your heart. Col. 3:15

Life Application:

Stu Weber, in Spirit Soldiers comments “Historically, far more soldiers have been immobilized by foot problems than have gone down from bullets.”

My daughter was trying to get her son ready to leave. “Put your shoes on” she would tell him. “We can’t leave until your shoes are on.” Putting on shoes is a symbol of readiness, you are ready to go. The feet signify the direction you are going.

What would happen if you have the wrong shoes on for a task? Would you wear high heels to play ball with your children? Spiked golf shoes to shop? Flip flops to formal dinner?

Check your direction. Are your feet properly shod? Make a list of things you do that cause you to feel uneasy. Make a list of things you do that create a sense of peace in your heart. Consider the lists and seek God’s guidance in your walk.



<sup>16</sup>...take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.



Carefully cut the shield from canvas and trim edges. Following the pattern, use the Continental Stitch to create the cross in the center. With Slanted Stitch moving diagonally from cross to outer edge, fill in the open area of the shield. Finish the shield by whipstitching the outer edges. Attach a piece of Velcro or elastic loop to back to attach to paw of teddy bear.



Life Preparation:

You, O Lord, are a shield around me. Psalm 3:3

Faith comes by hearing the Word of God. Romans 10:17

God is not a God of confusion, but of peace. I Corinthians 14:23

Life Application:

Each year I go in for a mammogram. While I stand at the x-ray machine the technician steps behind a screen to shield herself from the radiation that pierces my body. When attacked we need to have our shield ready for protection.

Notice the verse about the shield. It says with the shield you can extinguish all the flaming arrows of the evil one. It does not say we won't get shot at. We must be armed *before* the attack.

To protect yourself with a larger shield, you will need to increase your faith. If you do not already belong to a Bible teaching church find one and seek out other believers to learn more of God. Hear His Word and study it. Enlarge your shield.



<sup>17</sup>Take the helmet of salvation .....



This is probably the most complicated item of the set. Begin by carefully cutting the 2 helmet pieces from the canvas and trim the edges. Working with the helmet side, fill in all areas using Continental Stitch. Do not finish outer edges yet. Complete the top piece by working the continental stitch around outer row and fill in the remaining area with diagonal Slanted Stitch.

To assemble the helmet, position the back side of the top piece evenly in center of one edge of helmet side. Using a whip stitch, carefully stitch around to attach top. When you reach the place where you began stitching, join the sides together and complete the outer edges with the Overcast Stitch.



#### Life Preparation:

“Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and the perfect will of God”. Romans 12:2

Seek ye first the kingdom of God (Matt 6:33), you cannot serve two masters (Matt 6:24) so with your mind serve the law of God (Romans 7:25).

“Keep a clear mind in every situation.....complete the ministry God has give you”. 2Timothy 4:5

#### Life Application:

When football players head out onto the field they strap on their helmets. They wear them to protect their heads and also to signify whose side they are on. Their team insignia is imprinted on the helmet. As Christians we have a helmet of salvation to protect our minds from attack. This declares whose team we are on.

Daily we are bombarded by thoughts and ideas of what is perfect. Use this toothpaste and you will be the center of attention at any party; follow this diet and have you will be a supermodel; get a degree from this school and you will have a mansion for a house and the most luxurious car made. These things cannot bring you peace and contentment

*That which fills our minds can control our daily thoughts and actions.* . Renew your mind! A friend recently pointed out to me a verse I had read several times but I was renewed when she called it the “Winnie-the-Pooh” verse: do not think of

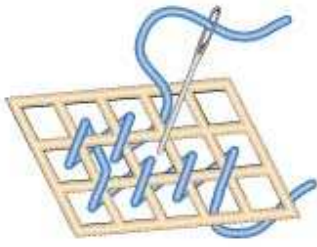
[www.BearWitness.org](http://www.BearWitness.org)

yourself more highly than you ought to think but think soberly Romans 12:3.  
(notice THINK THINK THINK)

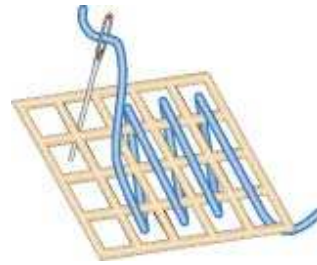
It is in the mind where the spiritual battle is fought. We will make mistakes, we will sin, we will fail. Salvation is not dependent on winning or losing the battle. Salvation is an eternal gift. Romans 8:35 tells us "you are a child of God, nothing can separate you from the love of Christ."

How about you? What are you thinking about? What are you filling your mind with? Keep a journal and become aware of your thoughts and what triggers your battles. Ask God to help direct you in the battle and to remind you whose team you are on.

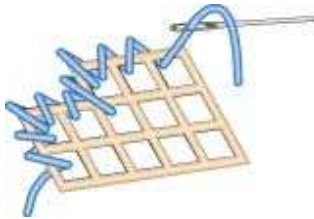
## Stitching Diagrams:



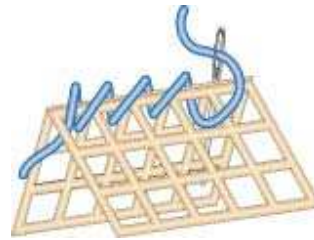
Continental Stitch



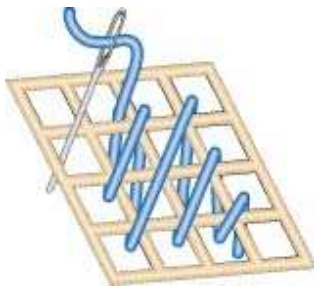
Long Stitch



Overcast Stitch



Whip Stitch



Slanted Stitch

## Online resources for stitching:

Here is a list of websites I have found that may assist you further in stitching this project.

[http://www.stitchguide.com/stitches/plastic\\_canvas/index.html](http://www.stitchguide.com/stitches/plastic_canvas/index.html)

<http://www.beadiefriends.com/PlasticCanvas.htm>

<http://www.craftdesigns4you.com/learntostitchpc.htm>

<http://www.needlepointnow.com/OnLineClassroom/ACSK-4/Stitches.htm>

