



PUT ON THE  
ARMOR  
OF GOD  
THROUGH  
PRAYER





# The Helmet of Salvation

## The Breastplate of Righteousness

**The Belt of Truth**

**The Sword of The Spirit**

**The Gospel of Peace**



**The Shield of Faith**

# PUT ON THE ARMOR OF GOD THROUGH PRAYER

*Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 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 firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God.*

Ephesians 6:10-18

## THE BELT OF TRUTH

A Roman soldier's belt held vital weapons and instruments. Without this crucial piece of equipment, he could not carry the other items he needed in battle.

### To put on the belt of truth, pray:

*Lord, I need Your wisdom to separate what is true from what is untrue. Help me build my life, words, and actions upon Truth and not what the world says is right or important. Help me remember who You are and who You say I am. Give me the courage to be truthful, even when it's not easy.*

## THE BREASTPLATE OF RIGHTEOUSNESS

The breastplate guarded a soldier's heart—the most important organ to protect if he hoped to survive any battle.

### To put on the breastplate of righteousness, pray:

*Thank you for calling me your child. Guard my heart against anger, guilt, and doubt, and allow me to imitate You in my words and actions. Help me honor You and do what is right, even when everyone else is going a different direction.*

# PUT ON THE ARMOR OF GOD, CONTINUED

## THE GOSPEL OF PEACE

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The shoes worn by Roman soldiers look like a sandaled version of today's hiking boots, made for walking many miles over diverse and treacherous terrain.

### To put on the shoes of peace, pray:

*God, I know the only way I can make it through this day is to have Your peace. You bring good news for my life, and I want to anchor my peace and life in Jesus Christ. No matter what happens today, I can have peace because You are with me and You want what is best for me.*

## THE SHIELD OF FAITH

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A Roman soldier's shield was sturdy and tall, constructed of wood and strengthened by leather. It blocked his body from actual fiery darts launched by the enemy.

### To put on the shield of faith, pray:

*Lord, I believe in You, but sometimes I feel overwhelmed by the devil's attacks. Strengthen my faith. Give me more faith. Empower me to deflect doubt and the other arrows of the enemy before they can take hold in my heart. I trust You for what lies ahead today.*

## THE HELMET OF SALVATION

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The helmet covered a soldier's head and kept his mind safe from physical destruction.

### To put on the helmet of salvation, pray:

*Thank You for the victory you give me over sin. Thank you that Satan has no control over my thoughts. Keep my mind centered on what is good, honorable, and pure. Help me take every thought captive by replacing anxious, hurtful, or self-defeating ideas with the truth of Your Word.*

## THE SWORD OF THE SPIRIT

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A Roman soldier used his sword to attack the enemy and to defend against attacks. The swords were relatively short, which made fighting an up-close and personal battle.

### To put on the sword of the Spirit, pray:

*Holy Spirit, help me live by Your Word. Go before me. Surround me with Your Spirit. Protect the people I love. I declare that the enemy has no hold or power over me. Today and every day, I surrender my life to You.*



For though we **live in the *WORLD*,**  
we do not ***WAGE WAR*** as the **world** does.  
The weapons we **fight with** are not the  
***WEAPONS*** of the world.  
On the contrary, they have  
divine **power** to demolish strongholds.  
We **DEMOLISH** arguments and  
every **pretension** that sets itself up  
against the **knowledge** of God,  
and we **TAKE CAPTIVE** every **thought**  
to make it **OBEDIENT** to Christ.

**2 Corinthians 10:3-5**