

**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 the world's opinions or philosophies. Guide me today with a firm understanding of who You are and who You say I am.

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 Christ in an unrighteous world. Help me honor You as I work, parent, co-parent, and build a life with my spouse and blended family.

Put on the Armor of God Through Prayer

The Gospel of Peace

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 long journey is to have Your peace. You bring good news, and I anchor my peace and hope in Jesus Christ. No matter what happens here on earth, I can have peace because of You.

The Shield of Faith

A Roman soldier's shield stood 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 attacks of Satan. Strengthen my faith. Empower me to deflect doubt and the other arrows of the enemy before they can take hold. I trust You for what lies ahead today.

The Helmet of Salvation

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

To put on the helmet of salvation, pray:

Thank You for the reminder that Satan has no control over my thoughts. Keep my mind centered on what is good, honorable, and pure today. 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

A Roman soldier used his sword to attack the enemy and to defend against attack. 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. Stand behind me. Surround me with Your Spirit. And do the same for the people I love. Fight for my spouse and my child(ren). I declare that the enemy has no hold or power in our blended family.

I do live in the world. But I don't fight my battles the way the people of the world do.

The weapons I fight with are not the weapons the world uses. In fact, it is just the opposite. My weapons have the power of God to destroy the camps of the enemy.

I destroy every claim and every reason that keeps people from knowing God. I keep every thought under control in order to make it obey Christ.

2 Corinthians 10:3-5 (NIRV)