

The Armor of God - Ephesians 6:10-18

Now Paul starts to list the individual elements of this spiritual armor.

Verse 14 – Belt – stand therefore having girded your waist with **truth**

A belt was the first piece of equipment put on, and it secures all the other pieces of our armor. Wearing the belt showed that the soldier was ready for action, since he would only loosen his belt when he went off duty.

Truth should surround us like a belt. Knowing God's truth is the surefire antidote to Satan's lies and deception. And to be truly ready for the battle, we must be completely truthful ourselves in our inner being, like our Creator.

Verse 14 – Breastplate – having put on the breastplate of **righteousness**

Next, Paul tells us to “put on the breastplate of righteousness.”

Without righteousness, we leave ourselves open to Satan's attacks. To be righteous is first of all to repent and be forgiven of our sins, and then to do what is right in God's eyes. Psalm 119:172 tells us that God's commandments are righteousness. So to be righteous is to obey God's laws of love.

Isaiah 59:17 says that God Himself puts on righteousness as a breastplate! This may be part of what inspired Paul to use this analogy. Isaiah 59 starts by explaining that “your iniquities have separated you from your God” (verse 2). Iniquity is the opposite of righteousness, so when we give in to sin without repenting, we are removing our breastplate and leaving ourselves open to more of Satan's attacks.

Verse 15 – Spiritual Footwear – and having shod your feet with the **preparation of the gospel of peace**

Shoes might not be the most exciting piece of armor, but the *Zondervan NIV Bible Commentary* highlights their importance:

“The military successes both of Alexander the Great and of Julius Caesar were due in large measure to their armies being well shod and thus able to undertake long marches at incredible speed over rough terrain.”

The word “preparation,” denoting *readiness*, reminds us that we are to be eager to preach the gospel of peace. The Church of God is sent to announce the good news of God's Kingdom, which will spread His way of peace around the whole world. Having our spiritual shoes on, we will be ready to spread the news to others.

Albert Barnes' Notes on the Bible tells us that the sandals of the Roman soldier “often were fitted with nails, or armed with spikes, to make the hold firm in the ground.” God's good news and our mission—our marching orders—to preach it serve as our firm foundation.

Verse 16 – Shields up – above all, taking the shield of **faith** with which you will be able to quench all the fiery darts of the wicked one

When our faith in God's power and love is strong, it is impossible for Satan to break through our shield and land a blow. Faith means more than just believing that God exists, of course. It includes a firm belief that everything God does is truly for our good. Also, faith is the absolute conviction that God will always do what He has promised (Romans 4:18-21).

Faith protects us in many ways. Think about Daniel in the lion's den. Faith was like a force field to protect Daniel from those vicious teeth! And Shadrach, Meshach and Abed-Nego were protected from the fiery furnace! Faith is powerful and protects us not only from those physical dangers, but from the spiritual temptations and dangers.

The shield of faith is not just for personal protection. The Roman soldiers had a strategy of joining their shields together. If we join *our* shields—that is, strengthen each other with our faith, building up and serving as we are able—we will be able to take on any challenge.

Verse 17 – Helmet – and take the helmet of **salvation**

We can receive tremendous hope and comfort by focusing on the incredible sacrifice Jesus Christ gave to save us and the wonderful Kingdom that is the goal of our salvation. This hope protects our minds from the discouragement and despair in this world.

Verse 17 – Our only offensive weapon – the sword of the spirit, which is the **word of God**

The sword of the Spirit, like the Roman *gladius*, can also help us to conquer all our enemies, including that most difficult one, our entrenched human weaknesses. Hebrews 4:12 explains: “For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.”

Remember how Jesus used the Word of God to defeat Satan (Matthew 4:1-10)? Christ used scripture quotes three times. He brought to mind the scriptures that dealt with the situation, that showed what He should do and that strengthened His resolve. And so should we.

Our sword won't stay sharp on its own. We must continually sharpen it with regular and focused Bible study.

Verse 18 – The power of prayer – praying always with all **prayer** and supplication in the spirit

Paul ends this section encouraging us to pray fervently for ourselves, for each other and for the work of the Church.

“Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak” (Ephesians 6:18-20).

The Church, and each of us individually, moves forward on our knees. Praying reminds us of the battle, reminds us of the source of our strength and defense, and reminds God that we are fully committed to following Him as obedient and faithful soldiers. Prayer and Bible study are the most powerful tools for combating Satan's weapons.

When we put on this whole armor of God, we will be prepared for Satan's attempts to attack us with pride, envy, lust for forbidden pleasures, itching ears, disappointment, discouragement, doubt or division—or any other tricks he may use.

There is so much more we can learn from this powerful list of defenses God makes available to us. Hopefully, this article has whetted your appetite to study this important subject in more detail. Make it a goal to study the armor of God in greater depth.

Remember, we're at war. Let's be alert to Satan's devices, and let's put on the whole armor of God!

Ephesians 6:10-18 New International Version (NIV)

The Armor of God – You can pray this out loud

Now one example may be: In the name of Jesus we put on our armor according to Ephesians 6. We pray for the (family name here or yours) family, and for the (spouses family name) family, as we include them in our prayers. We put on the belt of truth, breastplate of righteousness, shoes of peace, shield of faith, the helmet of salvation, and the sword of the spirit. In Jesus name we believe we receive when we pray according to Mark 11:24. Amen.

So don't get all Traditional about it and make it exactly as this. This will work. You can add to it with the scripture as the base or starting point. God's word will always stand true.

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 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. 13 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. 14 Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, 15 and with your **feet fitted with the readiness that comes from the gospel of peace**. 16 In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. 17 Take the **helmet of salvation** and the **sword of the Spirit**, which is the word of God.

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.