

[Ephesians 6:13-17]

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. Stand therefore, having **girded your waist with truth**, having put on the **breastplate of righteousness**, and having **shod your feet with the preparation of the gospel of peace**; above all, taking the **shield of faith** with which you will be able to quench all the fiery darts of the wicked one. And take the **helmet of salvation**, and the **sword of the Spirit**, which is the word of God;

Helmet of Salvation

We must put on the helmet of salvation by knowing that Jesus Christ has died to cover our sins and make us righteous in the eyes of God. By doing this, we will be protected from Satan's attack on our mind with thoughts of doubt and discouragement.



Breastplate of Righteousness

We must cover our heart with love, humility, patience, compassion, and honesty. Walking in the Spirit and obeying God shines like light on non-believers and keeps Satan from getting into our hearts.



Sword of the Spirit

This is the only offensive part of the armor. It is the Word of God. It is critical that we read the entire bible and are familiar with important verses and passages. By using God's Word, the Holy Spirit can convict people of their sin and bring them to repentance and salvation.



Shield of Faith

We must protect ourselves from the negative thoughts and anxieties (fiery darts) Satan tries to use against us by having faith in the love and goodness of God.

Preparation of the Gospel of Peace

We must be prepared to share the "Good News" of peace that has been proclaimed by Jesus Christ. We must always try to strive for peace through patience and love. This allows believers to stand firm in the truth of Jesus Christ.



Belt of Truth

We must wrap our body with the truth of God so that we will not be deceived by the world. Jesus is the way, the truth, and the life.