

# THE ARMOR OF GOD



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## Foreword.

The Christian life is not a comfortable trip to heaven, but a spiritual battle on the way to eternal victory. Since the beginning of the church, believers have discovered that they are not simply struggling against people or worldly structures, but against invisible forces that seek to destroy the work of God and discourage the Lord's children. The apostle Paul brought to light the spiritual truth clearly and distinctly in Ephesians 6: we do not have the strength in ourselves to stand. We are dependent on the Lord and on the armor He provides. This armor is not physical, but spiritual -**and yet it is more powerful than any earthly weapon.**

This book was written with the purpose of equipping believers with a deeper understanding of the armor of God, so that they can live steadfastly in the midst of temptations, trials, and spiritual attacks. It is my prayer that every reader will realize:**Our struggle is great, but our victory in Christ is greater.**

May these pages help you to put on your spiritual armor, day by day, and to walk in the power of the Lord until you see Him face to face.

With love in Christ,  
Pastor Francois Joubert.

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## Introduction: The Struggle of the Christian.

Every soldier who goes into battle must be prepared. No general sends his army without weapons, protection, and strategy. Likewise, God would not leave His children in the world without equipment to fight the spiritual battle. The Bible is very clear that the Christian is engaged in a battle.

### EPHESIANS 6:12 says:

"For we wrestle not against flesh and blood, but against principalities, against powers, against the world rulers of the darkness of this age, against spiritual wickedness in the heavenly places."

The believer's enemy is therefore not the neighbor, the colleague or the government - it is the devil and his evil forces who work in the invisible sphere. They use people, circumstances and temptations, but behind the scenes it is always a spiritual war.

**That is why Paul gives us the call:**

### EPHESIANS 6:10.

"Be strong in the Lord and in the power of His might"

We cannot stand on our own. We must put on the full armor of God every day. This armor enables us to resist the enemy's attacks and to stand firm in faith. In this book we will discover the meaning of each piece of the armor.

We are going to learn why it is essential, how it is applied in daily life, and how it helps us not only survive, but to overcome in Christ. So the question is not *you are not in a fight - but how you are going to fight*. The Lord is calling you not to be a victim, but a conqueror.

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### 3. The Invisible War: A reality for every Christian.

#### **The Life Truth of the Struggle.**

When a person comes to faith in Jesus Christ, they become part of God's kingdom. They receive forgiveness, new life, and eternal hope. But you must also realize: **You have an enemy.** This enemy has no mercy and no rest. He hates God, and because you now belong to God, he hates you too.

The Bible teaches us that the devil walks around "like a roaring lion, seeking whom he may devour" (1 Peter 5:8).

He uses lies, temptations, fear and persecution to cause the believer to stumble. The Christian therefore immediately becomes part of a spiritual war the day he accepts the Lord Jesus Christ as Savior.

#### **The Enemy is Invisible.**

Our greatest enemy is not people, but invisible forces.

**Paul says:**

#### **EPHESIANS 6:12.**

"We wrestle not against flesh and blood, but against principalities, against powers, against the world rulers of the darkness of this age, against spiritual wickedness in the heavenly places."

**The devil and his demons work behind the scenes, and yet we see their effects in the world.**

- 1. Ruined families and marriages.**
- 2. Addictions that destroy people's lives.**
- 3. Persecution of Christians in many countries.**
- 4. Injustice, corruption and bloodshed.**

These things are not just coincidences - they are the strategy of the enemy who wants to keep the world in darkness.

### ***The Christian's Call to Vigilance.***

*Because the war is invisible, we must be vigilant.*

**Jesus said:**

### **EPHESIANS 6:12**

*"Watch and pray, that you may not enter into temptation"*

Vigilance means that we live aware of the reality of spiritual attacks. We cannot be naive. The moment a Christian thinks: **"I don't have a problem with the devil"**, is he already in danger?

### ***The Spiritual Battle is Universal.***

Every Christian -**young and old, strong or weak**- is part of this battle. There are no exceptions. The enemy does not just choose ministers or missionaries as his targets; he also targets ordinary believers in their homes, at their workplaces, and in their communities. Even Paul, the great apostle, had to constantly resist the enemy's attacks. He writes in 2 Corinthians 12:7 that there was a **"thorn in the flesh"** was given - a messenger of Satan to strike him with the fist.

### ***The Hope of Victory.***

*Although this struggle is serious and real, we need not fear.*

**Jesus said:**

### **JOHN 16:33**

*"In the world you will have tribulation, but be of good cheer; I have overcome the world"*

The victory is already secured in Christ. Our battle is not to be seen or we are not going to win, but to learn to stand in victory what Jesus has already achieved. So we do not fight for victory, but out of victory.

### **Summary.**

The invisible war is a daily reality for every Christian. Our enemy is the devil and his evil forces. Our battle is not against people, but against spiritual forces in the invisible world. Yet we are not without hope - **for in Christ we are armed and already conquerors.**

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## 4. Our Enemy: The Devil and his Strategies.

### **The Reality of Satan.**

The Bible makes it clear: The devil is a real personal being, not a myth or mere symbol of evil.

**He is described in Scripture by several names:**

1. **Satan**- means "adversary" (Job 1:6; Rev. 12:9).
2. **The Devil**- means "slanderer" or "prosecutor" (Matt. 4:1).
3. **The old snake**- reminiscent of the tempter in the Garden of Eden (Gen. 3:1; Rev. 12:9).
4. **The god of this world**- he exercises influence over the world system (2 Cor. 4:4).
5. **The father of lies** (John 8:44).

He is a fallen angel who was cast out of heaven along with a third of the angels.

### **REVELATION 12:4.**

"and his tail drew the third part of the stars of heaven, and did cast them to the earth. And the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as she was delivered."

These fallen angels are known as demons.

### **Satan's Goal.**

**Jesus says.**

### **JOHN 10:10:**

"The thief comes only to steal, kill, and destroy; I have come that they may have life and have it abundantly."

**Satan's goal is simple:**

1. To steal what God has done in your life.
2. To see your faith and testimony destroyed.
3. To turn your soul away from God, if possible.
4. He wants to distort and destroy the image of God in man.

**Satan's Strategies.**

The Bible warns that we should not be ignorant of his plans.

**2 CORINTHIANS 2:11.**

"For we are not ignorant of his plans."

**He uses various tactics.**

**1. Lies and deception.** He is the "**father of lies**" (John 8:44). He distorts the truth and sows doubt. He asked Eve in the Garden of Eden: "**Did God really say...?**" (Gen. 3:1) His greatest weapon is deception.

**2. Temptation.** He tempts man to sin, as he did with Jesus in the wilderness (Matt. 4:1-11). He always offers a shortcut, an easy way, but the end result is destruction.

**3. Charges.** Revelation 12:10 calls him "**the accuser of the brethren**". He reminds believers of their sins and failures to bring guilt and fear, even if they have been forgiven.

**4. Fear and discouragement.** He uses fear to weaken the faith of God's children.

**That is why Paul says:**

**2 TIMOTHY 1:7.**

"God did not give us a spirit of fear, but of power and love and self-control"

**5. Oppression and persecution.** He uses people and structures to try to destroy the church. From the first century to today, Christians are persecuted because the devil wants to extinguish the light of Christ.

**6. False teachings.** He disguises himself as "an angel of light"

### 2 CORINTHIANS 11:14.

"And no wonder! For Satan himself transforms himself into an angel of light."

He brings false teachings that seem close to the truth, but which lead people away from the gospel.

### **The Limitations of Satan.**

**Although Satan is powerful, we must remember that he is limited.**

**1. He is not omniscient**- he doesn't know everything.

**2. He is not almighty**- he can only do what God allows (Job 1:12).

**3. He is not omnipresent** - he can only be in one place at a time. His power is great, but he is a defeated enemy. At the cross, Christ conquered him.

### COLOSSIANS 2:15.

"having disarmed the principalities and powers, he made a public spectacle of them, triumphing over them in it."

### **How the Christian Resists Him.**

**JAMES 4:7** give the key.

"Resist the devil, and he will flee from you."

**We resist by:**

- 1. The truth of God's Word.**
- 2. a Life of righteousness and obedience.**
- 3. Faith that repels the enemy's arrows.**
- 4. Prayer in the Spirit.**
- 5. The power of Christ's blood.**

**Summary.**

The devil is a real enemy, full of cunning schemes. He is the father of lies, the great tempter and accuser. Yet his power is limited and his fate is sealed. Through the armor of God, every believer can resist him and live in victory.

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## 5. The Call to Steadfastness.

### A call to Strength in the Lord.

Paul begins the section on the armor of God with a clear command:

### EPHESIANS 6:10.

"Furthermore, be strong in the Lord and in the power of His might"

**Please note:** he doesn't say "**become strong in yourselves**" no, but "**in the Lord**". Our own strength is insufficient to withstand the devil's attacks. Just as David could not fight Goliath in his own strength, we cannot conquer the spiritual giant of evil in our own strength. We must find our strength in the Lord - **He is our source of victory.**

### The Full Weapons Equipment.

**Paul further says:**

### EPHESIANS 6:11.

"Put on the whole armor of God, that you may be able to stand against the wiles of the devil"

He emphasizes **complete**- not just a part, but the whole equipment. A soldier who wears only a helmet without a shield or a sword is still vulnerable. Similarly, the Christian cannot rely on just one aspect of his spiritual life -**he must be fully equipped.**

**The Goal: To Stand Firm.**

**Three times in Ephesians 6:11-14 Paul repeats the words "stand" or "stay standing":**

**1. Verse 11:** "...so that you can stay standing against the wiles of the devil."

**2. Verse 13:** "... that you may be able to withstand in the evil day, and having done all, can stay standing."

**3. Verse 14:** "Then stand still..."

**This is the key idea of the entire passage:** The Christian's calling is not to run away in panic, but to stand firm. We do not fight in our own victory, but we hold our position in Christ, the already victorious Lord.

**The Day of Calamity.**

**Paul warns that there is a "day of calamity" come.**

**EPHESIANS 6:13.**

**"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."**

*It indicates times of particular temptation, trial, or spiritual attack. Every Christian experiences such days - when it feels like all hell has broken loose. For one, it can be a day of serious temptation. For another a time of great trial or suffering. For another, a time of spiritual drought or discouragement. The purpose of the armor is that in such times we do not fall, but remain standing.*

***Steadfastness: A Fruit of Perseverance.***

*Steadfastness is not something that comes naturally - it is a fruit of faith and perseverance.*

**JAMES 1:12 says:**

"Blessed is the man who endures temptation, for when he has stood the test, he will receive the crown of life, which the Lord has promised to those who love Him."

**To stand firm means:**

1. To you **faith** to hold on, even if you feel weak.
2. To you **testimony** to maintain, even if you are ridiculed.
3. To you **peace** to preserve, even if the enemy rushes against you.
4. To you **trust in Christ** not to give up, even if the battle is fierce.

**The Example of Biblical Believers.**

**The Bible is full of examples of people who remained steadfast:**

1. **Daniel** refused to obey the king's command and continued to pray to God, even when it put his life in danger (Dan. 6).
2. **Stephen** remained steadfast in his testimony of Christ, even while being stoned (Acts 7).
3. **Paul** persevered in his missionary work despite persecution, imprisonment and hardship.

**2 CORINTHIANS 11:23-28.**

"Are they servants of Christ?—I speak in madness—I more so: in labors more abundantly, in stripes above measure, in imprisonments more abundantly, in danger of death often. Five times I received from the Jews forty lashes to the one. Three times I was beaten with rods, once I was stoned, three times I suffered shipwreck, a night and a day I have been in the deep—on journeys often, in dangers from rivers, in dangers from robbers, in dangers from my own people, in dangers from the

Gentiles, in "In dangers in the city, in dangers in the wilderness, in dangers at sea, in dangers among false brothers; in labor and toil, in sleepless nights often, in hunger and thirst, often without food, in cold and nakedness. Besides all this, my daily anxiety is the care for all the churches."

They stood firm, not because they were stronger than other people, but because they found their strength in the Lord.

### **Summary.**

The call to steadfastness is central to spiritual warfare. We are not called to conquer the enemy ourselves, but to hold our position in Christ. By putting on the full armor of God, we can resist in the evil day and stand firm until victory is fully revealed.

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## 6. The Belt of Truth.

### The Symbol of the Belt.

Paul writes:

#### EPHESIANS 6:14.

"Stand firm, then, with your loins girded with truth..."

In the Roman army was the belt (orlanyard) an important part of the soldier's equipment. It was not just an accessory, but an essential piece. It keep the other parts of the armor together. It give support for the back and loins. The sword and sometimes even other weapons were attached to the belt. Without the belt, the soldier's clothes would hang loose and hinder his movement.

**The image is clear:** Without the belt, the soldier is disorganized, unprepared, and vulnerable.

### The Belt as Truth.

Paul says this spiritual belt is truth.

**This means two things:**

1. **God's truth** - the objective truth of God's Word. In a world full of lies and deception, the Bible is our only firm standard.
2. **Truthfulness in the life of the believer** - sincerity, honesty and integrity. A Christian who lives with falsehood or compromise cannot stand firm. The belt of truth is therefore both the content of God's truth and the practical living of the truth.

### **The Enemy's Target: Lies.**

Because the belt represents truth, it is logical that Satan attacks with lies.

**Jesus calls him the "father of lies"**

### **JOHN 8:44.**

"You are of your father the devil, and the desires of your father you will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaks a lie, he speaks of his own, for he is a liar and the father of it."

**He whispers lies like:**

1. "God doesn't really care about you."
2. "You will never truly change."
3. "This sin will make you happy."
4. "The Bible is not reliable."

When the believer is not firmly rooted in the truth, he is easily deceived. But when he is girded with the truth, he can expose every lie.

### **The Truth Liberates.**

**Jesus said:**

### **JOHN 8:32.**

"And you will know the truth, and the truth will set you free."

**Truth is not just an idea; it is a power that frees people from the devil's slavery.** When the belt of truth is fastened, the Christian lives in freedom - no longer bound by the devil's chains of lies.

## Truth and Spiritual Stability.

A soldier's belt gave stability. Likewise, truth gives spiritual stability. A Christian who stands on the Word of God and lives in integrity is not easily tossed about by false doctrines, cults, or popular ideas.

Paul warns in **Ephesians 4:14** that we should not be like children, "tossed to and fro and carried hither and thither by every wind of doctrine" The belt of truth protects us from spiritual instability.

### How do we put on the Belt of Truth?

**1. By knowing the Word of God**- study the Scriptures, for they are the foundation of truth.

**2. By believing and applying the truth**- accept God's Word as the final authority in your life.

**3. By walking in honesty**- live in sincerity, keep nothing in the dark, be straightforward with God and people.

**4. By knowing Jesus**- He says, "*I am the way, the truth, and the life*" (John 14:6). To put on the truth is to put on Christ himself.

### Summary.

The belt of truth is the first piece of the armor, because it holds everything together. Without truth, the Christian is vulnerable and unstable. But with the belt of truth, we can resist the enemy's lies, live in freedom, and persevere in spiritual stability.

## 7. The Breastplate of Righteousness.

**The Symbol of the Breastplate.**

**Paul writes:**

### EPHESIANS 6:14.

"Stand firm, therefore, having your loins girt about with truth, and having on the breastplate of righteousness,"

The breastplate was a metal or leather covering that covered the Roman soldier's chest and heart. It protected the most important organs, such as the heart and lungs, from deadly attacks. Without the breastplate, a soldier was almost defenseless against a sword or spear.

**The spiritual meaning is clear:** the breastplate of righteousness protect the heart of the believer - the center of his inner life, his thoughts, his emotions.

**What does Justice mean?**

**The Bible uses "righteousness" in two ways:**

**1. Imposed justice** - It is the righteousness of Christ that is imputed to us when we believe in Him (2 Corinthians 5:21). This means we are declared righteous in God's eyes, not on the basis of our own works, but on the basis of Christ's sacrifice.

**2. Practical justice** - This is the right, holy lifestyle that results from our new position in Christ. It means we do what is right in God's eyes and avoid sin.

The breastplate of righteousness is therefore both the security of Christ's righteousness and the practical living of holiness.

### The Enemy's Target: The Heart.

**Satan aims his attacks at the believer's heart:**

He is trying to **condemn** us and reminds us of our sins. He sows **guilt and shame** to weaken our faith. He tries to **seduce** to sin and harden our hearts against God. But the breastplate of righteousness protects us: Christ's righteousness covers us and removes the accusations of the enemy. A life of obedience and holiness gives no place to the devil.

### EPHESIANS 4:27.

"and give no place to the devil."

### **Justice and Spiritual Power.**

An unholy life makes a Christian weak. Sin steals the power of prayer, destroys peace, and gives the enemy a foothold. But when we walk in righteousness, we have spiritual strength and boldness.

### PROVERBS 28:1 says:

"The wicked flee when no one pursues, but the righteous are as bold as a lion."

### **Examples from Scripture.**

**1. Job:** He was "and this man was devout and upright, and one who feared God, and one who turned away from evil." (Job 1:1). His righteousness was his protection against the devil's accusations.

**2. Joseph:** He refused to give in to the sinful temptations of Potiphar's wife, and his righteousness protected him.

"He is not greater in this house than I am, and he has not remembered anything from me except you, because you are his wife; how then can I do this great wickedness and sin against God?" (Gen. 39:9).

**3. Paul:** He could testify that his conscience was clear before God and man. **“Therefore I also exercise myself to always have a clear conscience before God and men.” (Acts 24:16).**  
It was his breastplate.

### How Do We Put on the Breastplate of Righteousness?

- 1. Accept Christ's righteousness** - Believe that you are declared righteous in Him.
- 2. Live in obedience** - Let your daily life be in line with God's standards.
- 3. Guard your heart** - Proverbs 4:23 says: "Above all else, guard your heart, for it is the wellspring of life."
- 4. Resist temptation** - Just as a breastplate repels a spear, so obedience repels the attack of sin.

### Summary.

The breastplate of righteousness protects the heart of the believer from accusations, guilt, and temptations. Through Christ's righteousness we are declared righteous, and through a life of holiness we become spiritually strong. A soldier without a breastplate is an easy target. Likewise, a Christian without righteousness is vulnerable. But with the breastplate of righteousness we can stand firm against the enemy's deadly arrows.

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## 8. The Shoes of Readiness of the Gospel of Peace.

### EPHESIANS 6:15.

"and as shoes for your feet the preparation of the gospel of peace."

#### **The Symbolism of the Shoes.**

In the Roman army, shoes were no small part of the soldier's equipment. The caligae, Roman military sandals, were made of strong leather and reinforced with metal pieces or nails on the soles. These shoes gave the soldier mobility, stability, and traction. Without sturdy shoes, a army does not march, attack or stand.

In the same way, Paul uses the image of shoes to describe the spiritual reality of the Gospel. A Christian without the "shoes of the Gospel" cannot stand upright, cannot move in obedience, and cannot sustain the struggle. The Gospel of peace is the foundation on which we stand and the driving force with which we move forward.

#### **The Gospel of Peace.**

**The Bible clearly states: without Christ, man is at enmity with God.**

### ROMANS 5:10.

"For if, while we were enemies, we were reconciled to God through the death of his Son, much more, now that we have been reconciled, we shall be saved by his life."

But through the cross, Christ made peace - peace between God and man, and also peace between people.

**EPHESIANS 2:14-17.**

"For he himself is our peace, who has made both one and has broken down the middle wall of partition, having abolished in his flesh the enmity, that is, the law of commandments contained in ordinances; so that he might create in himself one new man from the two, thus making peace, and might reconcile both to God in one body through the cross, having put to death the enmity. And he came and preached the gospel of peace to you who were far off and to those who were near;"

This peace is not simply a feeling or a state of stillness, it is a restored relationship with God that influences all other relationships. When Paul speaks of the "**readiness of the gospel of peace,**" He means that the Christian must always be ready to act, respond and move out with the message of reconciliation. This peace gives peace in the heart, but also courage to bring it to others.

***Willingness as a Life of Commitment.***

The key word in Ephesians 6:15 is willingness. This means a constant state of alertness and readiness to act. A Christian who wears the shoes lives in a constant state of spiritual readiness -**like a soldier who is ready day and night.**

**1. Preparation against attacks** - The enemy brings doubt, fear and temptation, but the Gospel repeatedly reminds us of God's promises and the peace we have in Christ.

**2. Willingness to testify** - The Christian does not just stand still to repel the enemy; he also steps forward to make the Gospel known to others.

**3. Willingness to bear suffering** - The path of the Gospel is not always comfortable, but the shoes give strength to endure hardship without losing traction.

### **Peace in the Struggle.**

It almost sounds contradictory to speak of peace in the context of war. Yet this is precisely the wonder of the Gospel. In the midst of battle, the Christian carries inner peace. This peace is not dependent on circumstances, but on Christ himself.

**Jesus says:**

### **JOHN 14:27.**

*"Peace I leave with you, my peace I give to you; not as the world gives, give I to you. Let not your heart be troubled, neither let it be afraid."*

This peace keeps the Christian from wavering when the enemy attacks. It is a peace that brings stability and enables the believer to stand firm and move forward.

### **Practical Application.**

**How do we put on these shoes in our daily lives?**

**1. By knowing the Gospel** - Study the Word and understand the fullness of Christ's work. A superficial knowledge of the Gospel will not carry you.

**2. By seeking peace** - Live in reconciliation with God and others. Unforgiveness and bitterness steal your spiritual traction.

**3. By always being ready to testify** - Like 1 Peter 3:15 says: "But sanctify the Lord God in your hearts; and always be ready to give an answer to everyone who asks you a reason for the hope that is in you."

**4. By holding on to the promises of God** - In the storms of life, the Gospel gives us security and direction.

**Final thought.**

The shoes of readiness of the Gospel of peace reminds us that we cannot be passive in this world. A Christian is called to stand in the peace of Christ, but also to be walking in obedience and faithfulness. With these shoes on our feet we can be sure that we will not slip or stumble in the spiritual battle.

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## 9. The Shield of Faith.

### EPHESIANS 6:16.

"Above all, take up the shield of faith, with which you will be able to quench all the fiery darts of the evil one."

#### **The Roman Shield as Image.**

The Greek word Paul uses here is *thureos*, which refers to a large rectangular shield that could protect the entire body. These shields were made of wood, covered with leather, and often soaked in water before battle, so that it could extinguish the burning arrows of the enemy. A soldier behind such a shield was safe from direct attacks. For the Christian, faith is our shield - a protection against the fiery arrows of the Evil One. Without faith, the Christian is defenseless, but with faith he can ward off every attack and render it harmless.

#### **The Enemy's Fiery Arrows.**

**Satan doesn't always use physical weapons; his arrows are spiritual and emotional, but just as deadly:**

**1. Doubt** - "Did God really say that?" (Genesis 3:1).

**2. Fear** - The fear that you won't last or are not enough.

**3. Request** - The lusts of the flesh, the eyes, and the pride of life (1 John 2:16).

**4. Charges and debts** - The enemy reminds you of your past and whispers that you are unworthy.

**5. Despondency** - The feeling that your prayers mean nothing and that your labor is in vain.

These arrows are described as fire because they spread quickly, hurt, and destroy - unless they are quenched by faith.

### What is the Shield of Faith?

Faith is not a vague optimism or self-confidence. It is a firm trust in God, his character, and his promises.

As Hebrews 11:1 says: "Now faith is the assurance of things hoped for, the evidence of things not seen."

#### The shield of faith means:

1. Trust in God's Word above my own feelings or circumstances.
2. Hold on to God's promises even though everything around me seems to be collapsing.
3. Live in obedience because I believe God's way is better than mine.

#### "Above all this".

Paul says: "Above all, take up the shield of faith." This does not mean that faith is more important than the other weapons, but that the shield protects the whole. Just as the Roman shield could cover the whole body, faith protects all other parts of the spiritual life. Without faith the belt of truth becomes loose, the breastplate of righteousness useless, and the shoes of the Gospel unworn. Faith is the link that holds everything together.

### Faith that Quenches Fiery Arrows.

#### How does faith quench the enemy's arrows?

1. Against doubt -I answer: "God is not a man that He should lie" (Numbers 23:19).
2. Against fear -I hold on: "I will never leave you nor forsake you" (Hebrews 13:5).

**3. Against temptation** - **I stand firm:** "No temptation has overtaken you except such as is common to man; but God is faithful" (1 Corinthians 10:13).

**4. Against debt** - **I declare:** "There is therefore now no condemnation for those who are in Christ Jesus" (Romans 8:1).

**5. Against discouragement** - **I remember:** "Your labor is not in vain in the Lord" (1 Corinthians 15:58).

### Practical Application.

**How do we take up this shield?**

**1. By knowing the Word of God** - Faith comes by hearing the Word (Romans 10:17).

**2. Through prayer** - In prayer, faith is strengthened and focused on God's power.

**3. Through exercise** - Faith grows stronger the more we use it. Like a soldier carrying his shield, we learn through experience to trust in God.

**4. Through community** - Roman soldiers often locked their shields together to form a wall. In the same way, believers strengthen each other's faith.

### Final thought.

The shield of faith is not a small, decorative item; it is our primary protection against the enemy's deadly attacks. With faith as our shield, we can be sure that no arrow of the evil one can destroy us. Victory lies not in our own strength, but in an unwavering trust in God's faithfulness.

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## 10. The Helmet of Salvation.

### EPHESIANS 6:17.

"And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

#### **The Helmet as Protection.**

In the Roman army, the helmet was one of the most important pieces of equipment. It protects the head- the part of the body that is the center of observation and life. Without a helmet, a soldier could be fatally injured by a blow to the head. In the spirit. In the actual battle, the helmet of salvation symbolizes the protection of the spiritual mind and thought of the believer. It keeps the enemy's attacks at your self-image, your thoughts and your hope from the Lord.

#### **What is Salvation?**

Salvation means deliverance from the power of sin and the devil. Paul uses the term to indicate the full salvation of the believer in Christ: We are deliverance from the punishment of sin through Christ's blood. We are deliverance from the power of sin by the Holy Spirit who lives in us. We are redeemed for an eternal relationship with God- not just for this life. The helmet constantly reminds us of our identity in Christ: we are saved, safe and unshakable in Him.

#### **The Enemy's Target: Your Thoughts.**

**Satan often targets the thoughts of the believer:**

1. He makes you doubt your salvation: "**Are you really saved?**"
2. He sows fear: "**What if you fail or fall?**"
3. He tries to remind you of your past sins and guilt.

The helmet of salvation protects you from these mental attacks. When you keep your mind focused on Christ and his work for you, the enemy cannot intimidate or discourage you.

### **Salvation and Hope.**

The helmet not only provides protection; it also direction and hope. When you entrust your mind, your thoughts, and your inner attitude to Christ, you gain a solid hope for the future. **Romans 8:38-39** reminds us: **nothing can separate us from the love of God** - this is the essence of our salvation.

This hope protects you from despair, depression, and discouragement. It gives you the courage to persevere, even when the struggle sometimes feels overwhelming.

### **Practical Application.**

**How do we put on the helmet of salvation in our daily lives?**

**1. Realize your identity in Christ** - Believe that you are saved and that your salvation is secure.

**2. Resist doubt and guilt** - Know that you are forgiven and that God accepts you.

**3. Focus on the future** - Live in the hope of eternal life and the promises of God.

**4. Strengthen your mind through the Word** - Meditate on Scripture verses that affirm your identity and salvation (e.g. **Ephesians 1:7, 2 Corinthians 5:17**).

### **Examples from Scripture.**

**1. David:** He trusted in God's deliverance even when he was being chased by Saul. His thoughts were focused on God and not on his dangers (**Psalm 27:1**).

**2. Paul:** He pinned his hope on salvation in Christ, even in prison and persecution (**Philippians 1:6**).

## 7. Summary.

The helmet of salvation protects the center of man - your thoughts, thinking and identity. It reminds us that we do not fight our battles in our own strength, but in the full knowledge that we are saved, safe and invincible in Christ. Without this helmet, the believer becomes vulnerable to fear, doubt and despair. With the helmet on, we can wage spiritual warfare steadfastly and with hope.

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## 11. The Sword of the Spirit.

### EPHESIANS 6:17.

"And the sword of the Spirit, which is the Word of God."

#### **The Sword as a Weapon.**

In the Roman army, the sword was a offensive and defensive weapon. The soldier could not only attack, but also defend himself against enemies. The sword was the only part of the armor actively used in battle, while the other parts mainly provided protection.

Paul uses the image of the sword to show that the Word of God not only protects, but also a powerful tool for spiritual warfare. While the belt, breastplate, shoes, shield and helmet give you stability and defense, the sword is your weapon for action and victory.

#### **The Word of God as The Sword.**

The sword of the Spirit is the Bible, God's inspired Word (2 Timothy 3:16-17).

**It is unique among the weapons of the armory because it not only protects, but actively acts against the enemy.**

1. It resists temptation (Matt. 4:1-11)
2. It resists lies (John 17:17)
3. It defeats the enemy's claims (Heb. 4:12)
4. It provides guidance and wisdom in all situations (Psalm 119:105)

Without the Word of God, a Christian is like a soldier without a sword - defensive, but unable to stop the enemy.

## The Enemy's Target: Ignorance.

Satan uses darkness and ignorance to tempt and deceive people.

**When believers do not know the Scriptures, they can easily fall into the trap of:**

1. They believe false doctrines
2. They are deceived by lies
3. They become discouraged and doubt God's promises.

The sword of the Spirit pierces the darkness. It opens up unhealthy areas of faith and places the believer in a position of victory.

## How Do We Use the Sword?

Jesus demonstrates this perfectly in the temptation in the wilderness (**Matt. 4:1-11**). He uses the Word of God as a sword against the enemy's attacks.

**Just as a soldier practices with his sword, the believer must:**

1. **Know the Word** - Read, memorize, and study the Scriptures.
2. **Speak the Word** - Jesus resisted every temptation with "It is written."
3. **Apply it** - It is not enough to just know it; it must guide your thinking and actions.
4. **Resist lies and attacks** - Use specific verses against specific spiritual attacks.

## The Sword and Prayer.

**Ephesians 6:18-17** Connect the sword of the Spirit to prayer:

**"Pray always in the Spirit...and take the sword of the Spirit."**

Prayer and the Word work together: prayer focuses your soul and strengthens your faith, while the Word is your weapon that causes the enemy's attacks to fail.

### Examples from Scripture.

**1. Jesus:** He resisted Satan's temptations in the wilderness with the Word of God. (**Matt. 4:4,7,10**).

**2. Paul:** He used scriptural truth to resist false teachings in the early church. (**Acts 20:27**).

**3. James and Peter:** They used the Word to teach the congregation and protect it from evil attacks.

(**James 4:7; 1 Peter 1:23-25**).

### Summary.

The sword of the Spirit is the only part of the armor that actively attacks. It is not just a weapon, but a means of piercing the enemy's lies, temptations, and deceptions. Just as a soldier must practice his sword, the believer must know, use, and apply the Word of God. Without this sword, we are defensive; with the sword, we are conquerors in Christ.

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## 12. Prayer: The Connection of the Armor.

### EPHESIANS 6:18.

"praying at all times in the Spirit with all prayer and supplication, and watching thereunto with all perseverance and supplication for all the saints"

#### **The Role of Prayer in Spiritual Warfare.**

Prayer is the unifying force of the Christian's armor. All the other weapons—the belt of truth, the breastplate of righteousness, the shoes of the gospel, the shield of faith, the helmet of salvation, and the sword of the Spirit—function optimally when coupled with prayer.

**Paul says "Pray always in the Spirit."** which means that prayer must be continuous and dependent on the Holy Spirit. Prayer is not just a solemn ritual; it is the active, spiritual communication that keeps us in touch with God and gives us strength to endure.

#### **Prayer as Defense and Attack.**

**Prayer serves both defensive and offensive functions:**

**1. Defensive:** Prayer strengthens our shield of faith, protects our heart and mind, and helps us resist temptation and attacks.

**2. Offensive:** Prayer activates the sword of the Spirit; it uses God's power to neutralize the enemy's plans, to expose false doctrines, and to gain victory for others and for ourselves.

In **Ephesians 6:18** we are called upon to "**all the saints**" engaging in prayer, which shows that prayer also strengthens the spiritual struggle of others.

### Types of Prayer in Spiritual Warfare.

**1. Supplication:** Sincere requests to God for help and protection against the enemy's attacks.

**2. Thanksgiving:** Remind God of His promises and show gratitude for what He has already done, which strengthens faith.

**3. Intercession:** Prayer for others, so that they too may be protected and strengthened in the struggle.

**4. Worship:** Recognize God's greatness and authority, which diminishes the enemy's power.

Prayer is not a separate weapon; it connects all the other parts of the armor and makes them effective.

### Prayer and Perseverance.

Paul says "pray at all times," indicating that steadfastness comes through persistent prayer. The battle is not a short fight; it is a continuous, spiritual war against temptation, sin, and evil.

### Prayer develops perseverance:

1. It keeps us focused on Christ.
2. This strengthens our faith and hope.
3. It binds us to the power of the Holy Spirit.

### Practical Application.

#### To use prayer as a weapon, a Christian can:

**1. Establish a daily prayer routine-** Start and end the day in contact with God.

**2. Make his prayers specific and intentional-** Direct your requests and supplications specifically against temptation, attacks, or needs.

**3. Using the Word of God in prayer** - Pray with Scripture verses to resist the enemy's lies.

**4. Persevere in prayer** - Even when no immediate change is visible.

### **Examples from Scripture.**

**1. Daniel:** His persistent prayers protected him from danger and worked for the salvation of his people (**Daniel 6:10**).

**2. Jesus:** He prayed in the Garden of Gethsemane, and through prayer strengthened his Spirit against the ordeal of the cross (**Luke 22:42-44**).

**3. Paul:** He often prayed for the congregations and strengthened their spiritual victory (**Ephesians 1:16-18**).

### **Summary.**

Prayer is the power line that keeps the armor of the Christian active and effective. Without prayer the other weapons cannot function fully; with persistent, dependent prayer we can withstand all spiritual attacks and gain victory. Prayer connects us to God, strengthens our faith, and leads us in the battle until victory is fully revealed.

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## 13. Summary and Application of the Weapon Equipment.

### The Complete Weapons Equipment.

Paul's instructions in Ephesians 6:10-18 for my complete spiritual armor:

1. **Belt of Truth**- keeps everything together and protects against lies.
2. **Breastplate of Righteousness**- protects the heart from sin, guilt and accusations.
3. **Shoes of the Readiness of the Gospel of Peace**- gives mobility and steadfastness to preach the message of reconciliation.
4. **Shield of Faith** - defend against fiery darts of the Evil One, such as doubt, fear and temptation.
5. **Helmet of Salvation**- protects the thoughts and hope through the certainty of salvation.
6. **Sword of the Spirit**- the Word of God, active against lies and temptation.
7. **Prayer**- connects all the weapons and keeps them operating effectively.

This armor is not symbolic of physical warfare; it is spiritual, but it works in the realm of daily life, relationships, temptations, and spiritual attacks.

### The Necessity of Perseverance.

A soldier cannot fight half-heartedly. To use the armor effectively:

1. Should we **be steadfast in truth and righteousness**.
2. Should we **be ready to walk and share the Gospel**.
3. Should we **unwavering faith and hope**.

4. Should we **using the Word of God daily**.
5. Should we **persevere in prayer**, even though the struggle feels heavy.

Persistence ensures that the armor does not just remain a concept, but becomes an active force in your life.

### **Spiritual Battle and Victory.**

Paul warns that our struggle is not against flesh and blood, but against spiritual forces of evil.

#### **The armor gives the believer:**

1. **Defense** against attacks from Satan and his arrows.
2. **Powerful attack capabilities** through the Word and prayer.
3. **Peace of mind and hope** because we know we are safe in Christ.

The battle is not only an encounter with danger; it is also an arena of victory. The believer can, through faith, obedience, and be overcome in every situation.

### **Practical Application in Daily Life.**

1. **Start every day with prayer and the Word** - put on your spiritual armor before the day begins.
2. **Be vigilant against temptation** - recognize the arrows of doubt, fear and deception.
3. **Use faith and the Gospel** - stand firm and move forward in the power of the Gospel.
4. **Remind yourself of your salvation** - your identity in Christ protects your thoughts and hope.
5. **Pray constantly** - connect everything through communication with God and receive power from the Spirit.

### **The Consequence of an Empowered Christian.**

A Christian who puts on this armor and perseveres becomes:

- 1. Unwavering in faith.**
- 2. Fortification against attacks from the Evil One.**
- 3. An instrument of peace and testimony in the world.**
- 4. Victorious in every spiritual battle.**

**Paul** concludes with a call for steadfastness and prayer:

**"Stand firm then...and pray at all times in the Spirit."**

**The message is clear:** the armor is for practical use, and every believer can put it on and live sustainably to stand firm in a world full of spiritual challenges.

### **Final thought.**

The armor of the Christian is not just a metaphor; it is a living reality that can be put into action every day. Through the truth, righteousness, the Gospel, faith, salvation, the Word of God, and persistent prayer, the believer can:

- 1. Be steadfast against the Evil One.**
- 2. Spiritually overcome in all situations.**
- 3. To be a light and witness of Christ in the world.**

Just as a soldier wears his equipment and is ready for battle, so the believer is called to put on the armor of the Spirit and achieve victory in every aspect of life.

### **Closure.**

The image of the armor reminds us that the Christian is not called to passivity or ease, but to active participation in God's fight against darkness. Yet it is not our own strength or skill that brings victory. The strength lies in Christ alone - He who has already defeated the Evil One on the cross.

When we have the belt of truth, the breastplate of righteousness, the shoes of the Gospel of peace, the shield of faith, the helmet of salvation, the sword of the Spirit, and the power of prayer apply, we do not stand alone, but in the full armor of God himself.

**The call is clear:**

- 1.Put on the full armor.**
- 2.Stand firm.**
- 3.Pray without ceasing.**

In this way, we will not only stand firm against the attacks of the enemy, but also live a victorious and fruitful life to the glory of Christ.

May this message encourage you to put on your spiritual armor every day, strengthen your faith, keep your hope alive, and let your testimony shine brightly in a world that so desperately needs the light of Christ.

**ROMANS 8:37.**

**"But in all these things we are more than conquerors through Him who loved us."**

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