



THE
ARMOUR OF GOD



Belt of Truth



Breastplate of Righteousness



Boots of the Gospel of Peace



Shield of Faith



Helmet of Salvation



Sword of the Spirit



"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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. 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."

- Ephesians 6:10-18 (NIV)





The armour of God is about going to God in prayer and preaching the gospel to our own soul. Paul says that we should put on the full armour of God today, so that we can stand in the battles of tomorrow. Every day we have an opportunity to spiritually dress ourselves in prayer. This can be done in many ways "on all occasions with all kinds of prayers" (Ephesians 6:18).

The following examples are designed to help equip you to put on the armour of God.





BELT OF TRUTH

The belt of truth is about clothing ourselves with the priority of God's truth. In prayer we take the "civilian things" of our lives, our personal desires and dreams, and we surrender them to the priority of seeking first the Kingdom of God. We allow God's truth to speak into the comfort behaviours and personal areas of our lives; our thought lives, our love lives, our dreams, hurts and fears.

Begin a prayer that starts with "God let's be honest... there are a few things I need to be open about." Ask God to speak truth into your life. Don't just study the Bible; let the Bible study you. What does God want to deal with in your life? Are there 'no-go zones' that need to be surrendered to God's grace?

Ask God to direct you back to truth throughout the day ahead. Ask for specific truth guidance for the pressing life issues that you are currently facing.





BREASTPLATE OF RIGHTEOUSNESS

Putting on the breastplate of righteousness is about daily clothing ourselves in the righteousness of God that we receive through the finished work of Christ. This is the source of a thankful heart of worship. Declare that you are righteous through the sacrifice of Jesus! Thank God that your life is now hidden in Christ Jesus. Thank God that we have right standing in his presence because of the Cross. Declare that God is for you and not against you. Thank God for his perfect love that casts out all fear.

This is about abiding more in Christ and striving less in our own efforts and inadequate self-righteousness. God's righteousness is received not achieved. Because of Christ's righteousness given to us, we can come boldly into the presence of God and let our requests and needs be presented to him.

Pray that your heart will be protected and guarded from competing influences, desires, disappointments or issues. Pray that God would set your heart on fire with thankfulness and a desire to live a daily life of worship and joy.





BOOTS OF THE GOSPEL OF PEACE

Having our feet “shod” with the Gospel of peace means praying every day that God would empower our walk of faith with the gospel. The boots provide protection, traction and agility. Pray that God would protect you amidst difficult journeys. Pray that you would walk by faith, without bruising or wounds. Pray that the peace of God would come in the middle of any hard paths you must travel. Pray for traction. Pray that the gospel would help you to stand firm in your faith and to never give up. Pray for the agility to navigate around issues that would normally trip others up. Speak peace into the situations and circumstances you are facing.

The gospel of peace is also about people making peace with God, so pray that you would carry the gospel to a lost world. Pray that God would give you opportunities to share the good news of the gospel with people that you interact with through the day. Pray for divine appointments with restless hearts; that they would have peace with God. Ask God to increase your awareness of eternity, and to give you a greater love for people who are separated from him.





SHIELD OF FAITH

Above all you must take up the shield of faith! In this dimension of prayer, ask God to give you great faith for the day to battle through any life challenges. The shield is not just for you; it is also for the soldiers around you, so take time to pray for others. Pray for unity, forgive others and pray for the needs of the church. Pray for your leaders who are in the front lines of the battle. Pray that as an army, we would follow the strategy that God has given to the church.

In prayer the flaming arrows of the enemy can be extinguished by the shield of faith. Surrender your fears and fiery trials to the grace of God. Ask God to stir your faith. Ask God to help you speak faith language through the day, to speak to those things that are not as though they were. Speak life into dead things.

Faith comes through the Word of God, so ask God to give you Scriptures that you can speak over your circumstances each day. Declare God's word over your challenges. Faith says, "Nothing is impossible for God!"





HELMET OF SALVATION

Next, put on the helmet of salvation as you meditate upon the power of your redemption in Christ. Ask God to garrison your mind so that you will be strong and resolute in your thinking and focus. Ask God to fill your mind with thoughts of salvation; that the plan of God for salvation would be on your mind throughout the day. Ask God to help you live with eternity in mind - the simplicity and wonder of your salvation. Pray that you would live like heaven is your home.

Thank God for the salvation of your past, the forgiveness of past sin. Thank God for his salvation in your present, the process of making you more Christ-like today. Repent of any sin and ask God to empower you to live a life that brings more glory to Christ. Finally, thank God for his salvation future - that we would live in the light of eternity. That one day, there will be no more death, mourning, crying or pain, that we will be with him forever.





SWORD OF THE SPIRIT

Equip yourself with the final element of God's armour, the sword of the spirit, which is the Word of God! At this point in prayer, take some time to read through the Bible, prayerfully meditating on Scripture. You may want to memorise some life verses and declare them every day.

God's word is quick, powerful and "sharper than any two-edged sword" (Hebrews 4:2). By meditating on God's Word we draw divine strength from it! (Matt.4:4, Josh.1:8, Psalm.1:3, Psalm 119:11,15) The power of our relationship with God comes from his Word; his Word is his voice to us.

Ask God to illuminate the Word of God so that it would personally apply to the immediate challenges of life that are before you. Take some time to write out Scripture and journal some thoughts about what God is showing you through the Word of God. We fight with the Word and as we declare the truth of Scripture we are launching powerful attacks against the enemy!



HOW OFTEN SHOULD WE PRAY LIKE THIS?

On ALL occasions, with ALL kinds of prayers, for ALL the Lord's people.

Ephesians 6:18

Anytime is a good time to pray, yet if we take time everyday to intentionally dress ourselves in the armour of God we will begin to live lives of victory despite the battles we face.





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