

Sunday
29th March
2026



Re-visited
Explained
Re-



Ephesians 6: 10-20

- ¹⁰ Finally, be strong in the Lord and in his mighty power.**
- ¹¹ Put on the full armour 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.**
- 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.**
- ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel,**
- ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.**

The Belt.

The Belt Of Truth

A Roman soldier's belt wasn't decorative—it was essential.

- **It held the sword and other weapons**
- **Secured the tunic so the soldier could move freely**
- **Fastened the armour together, preventing gaps the enemy could exploit**

Paul deliberately starts with the belt because truth is what keeps the whole Christian life from falling apart.



The Belt.

The Belt (Truth) secures every other piece of armour—without it, the Breastplate (righteousness), the Shield (faith), and the Helmet (salvation) lose their grounding.

Truth protects us from deception, the enemy's primary tactic.

Truth prepares us for battle, keeping us from being “.....no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching” (Eph. 4:14)



The Belt.

The Layers of “Truth” Paul Is Talking About.

Objective Truth — God’s Word is truth (John 17:17).

Personal Truthfulness — integrity, honesty, consistency.

**Christ Himself — “I am the way, the truth, and the life.”
(John 14:6)**

So the belt is both the truth we believe and the truth we live.



The Breastplate

Breastplate of Righteousness

The breastplate protected a soldier's vital organs—especially the heart.

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 CORINTHIANS 5:21 - NIV

For God made the only one who did not know sin to become sin for us, so that we might become the righteousness of God through our union with him.

2 CORINTHIANS 5:21 - TPT



The Breastplate

**Paul says we must put on the armor—
meaning it's an intentional, daily choice:**

Seek God's ways: Delight in His commands, obey His promptings, and let His Spirit shape your character (Psalm 37:4; Isaiah 61:10).

Stay in Christ: Recognize that your identity and protection come from being "in Christ," not from personal perfection (John 15:5).



The Feet.

“the Gospel of Peace”

These sandals:

- **Had iron studs for grip on any terrain**
- **Allowed soldiers to march long distances**
- **Gave stability so they wouldn't slip in battle**
- **Were essential for both defence (standing firm) and offence (advancing)**



The Feet.

Two Purposes of the Gospel Shoes

1. Defensive — Standing Firm

- Peace gives you stability when the enemy attacks with fear, doubt, or accusation.
- You don't slip spiritually because your footing is secure.

2. Offensive — Moving Forward

- Peace frees you to carry the good news into enemy territory.
- You're ready to go wherever God sends you.

This echoes Isaiah 52:7



The Shield.

“The Shield of Faith”

What the Roman Shield Was Like

Paul is referring to the scutum, the same shield illustrated:

- **As large as a door — about 4 feet tall**
- **Curved to cover the whole body**
- **Made of wood, leather, and metal**
- **Soaked in water before battle so flaming arrows would be extinguished**



The Shield.

“The Shield of Faith”

What Are the “Flaming Arrows”?

The sources identify these as the enemy’s spiritual attacks:

- **Accusation (“You’re not forgiven”)**
- **Deception (twisting truth)**
- **Temptation (promising what God forbids)**
- **Doubt (about God’s goodness or presence)**

Faith is what stops these arrows before they lodge in your heart.



The Shield.

“The Shield of Faith”

The Shield Works Best Together

Roman soldiers locked their shields to form the *testudo* (“tortoise”) formation.

**Paul hints at this:
Faith is strengthened in community.**

When believers stand together, their shields overlap, and the enemy’s arrows lose power.



The Helmet.

The helmet of salvation - is the piece that protects the head, the place of -

Thought

Identity (the fact of being who or what a person or thing is)

Perception (the way in which something is regarded, understood, or interpreted)



The Helmet.

I am saved by grace, not performance.

I am forgiven and made new.

God is for me, not against me.

My future is secure in Christ.

**Nothing can separate me from God's
love.**



Think of it as a set of truths you “put on” daily

The Helmet.

In essence, the helmet of salvation means:

Living with a mind that is guarded, shaped, and stabilised by the saving work of Jesus.

**It's not just being saved — it's
thinking like someone who is
saved.**



The Sword.

“The Sword of the Spirit”

**What the Roman Sword Was Like
Paul is referring to the ‘*gladius*’, the same sword
that is illustrated:**

- **Short, double-edged**
- **Designed for close combat**
- **Precise, quick, and deadly**
- **Required training to use effectively**

This is exactly why Paul chose it:

God’s Word is sharp, precise, and powerful when used correctly.



The Sword.

“The Sword of the Spirit”

**What “the Word of God” Means Here
Paul uses the Greek word rhema, meaning
spoken or declared word.**

This is important:

- **It’s not just knowing Scripture**
- **It’s using Scripture — speaking it, praying it, declaring it into real situations**

The sword is God’s written Word, actively spoken into the battle you’re facing.



The Sword.

“The Sword of the Spirit”

Why It’s Both Defensive and Offensive:

Defensive

- **Jesus used Scripture to block Satan’s attacks in the wilderness**
- **The Word exposes lies and temptation**
- **It protects the mind and heart**

Offensive

- **Scripture tears down strongholds of deception**
- **It pushes back darkness**
- **It brings truth into places where lies have taken root**



The Armour

Breastplate of Righteousness

The Belt Of Truth

“The Sword of the Spirit”



The helmet of salvation

The Shield of Faith

the Gospel of Peace

Daily Prayer

Thank you God,

That I am saved by grace, not performance.

That you are for me, not against me. That you have forgiven me and made me new. My future is secure in your hands,

and nothing can separate me from Your love.

Amen.