

**ARMOUR**  
of  
**GOD**



# Ephesians 6: 10-13

<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armour of God, so that you can take your stand against the devil's schemes. <sup>12</sup> 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. <sup>13</sup> Therefore put on the full armour 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.

NIV Version



# Ephesians 6: 14-18

<sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> 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.

# **Put on The Full Armour of God**

**Why ?**

So that we can take a stand against the enemy's schemes.

**What ?**

Not against flesh and blood.

**When ?**

Finally implies not "in conclusion," but rather "insofar as the rest of life and its challenges are concerned."

## **6:13 Stand your ground**

### **Anthistemi (Against – to cause to Stand)**

**The verb suggests vigorously opposing, bravely resisting, standing face-to-face against an adversary, standing your ground.**

**Anthistemi tells us that with the authority and spiritual weapons granted to us we can withstand evil forces.**



**Belt of Truth v14**

**Breastplate of Righteousness v14**

**Feet of Peace v15**

**Shield of Faith v16**

**Helmet of Salvation v17**

**Sword of the Spirit v17**

# Belt of Truth

Just as a belt is worn close to the body, we should hold God's truth close to us and allow it to surround us. When we remain in His Word, we can distinguish what is true from what is untrue. We are encouraged to apply the concept of the belt of truth to our lives and hold onto God's truth.



# Belt of Truth

## What is God's Truth ?

God's Truth is reality based on His wisdom and knowledge, not on our own opinions and feelings.

“When the Spirit of truth comes, He will guide you into all truth.” – John 16:13.

God teaches us His Truth through the Holy Spirit. His indwelling Spirit guides us, counsels us and leads us in the Truth.

Ephesians 1: 17-18





# Breastplate of Righteousness

So, why does Paul call it the breastplate of righteousness? If we do not protect ourselves with righteousness, we open ourselves up to attack from the enemy and can fall into sin. To be righteous means to obey God's commandments and live in a way that is honourable to Him.



# Breastplate of Righteousness

## Righteousness

**Dikaiosune, or righteousness, means living in right relationship with God, other people, and all creation. We act with righteousness when we live justly, honestly, and faithfully according to God's instruction.**





# The Ten Commandments.

## Exodus 20:3-17

- 'You shall have no other gods before me.
- You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.
- You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.
- Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore, the Lord blessed the Sabbath day and made it holy.
- Honour your father and your mother, so that you may live long in the land the Lord your God is giving you.
- You shall not murder.
- You shall not commit adultery.
- You shall not steal.
- You shall not give false testimony against your neighbour.
- You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbour.'

# Feet of Peace

To put on the shoes of the gospel of peace means being able to stand firm ... and, ready and eager to find opportunities to share the good news of Jesus Christ with others! “ Always be prepared to give an answer to everyone who asks you to give.





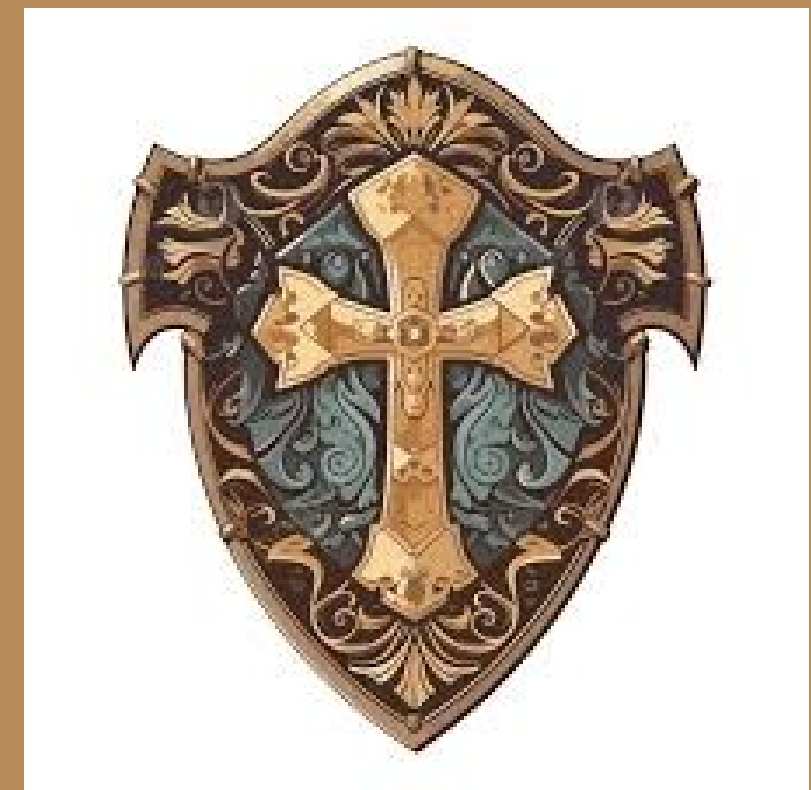
# Feet of Peace

Like the shoes of the Roman soldier Paul was chained to, the shoes of peace give us secure footing and allow us to stand firm during trials and sorrows, grounded, not likely to waver. “I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows.



# Shield of Faith

If we have faith in Christ, this will influence the way we live. Our faith can guard us during trials in the same way a shield would during battle. For example, when doubt creeps in and our beliefs are questioned, our faith in Christ will protect us. We can stand firm in knowing what we believe.





# Sword of the Spirit

The sword of the Spirit is how Paul describes the word of God and its role in spiritual warfare. While truth, salvation, faith, and righteousness are also depicted as essential pieces of armour, the Word of God is depicted as the offensive weapon used in spiritual warfare against the devil, demons, and their schemes.



# Sword of the Spirit

**Spiritual warfare refers to the battle in the spiritual realm between God's kingdom and Satan's kingdom. It refers to the conflict between light and darkness and good and evil.**





# Helmet of Salvation

**As we wear the helmet of salvation every day, our minds become more insulated against the suggestions, desires, and traps the enemy lays for us. We choose to guard our minds from excessive worldly influence and instead think on things that honour Christ**

## [Philippians 4:8](#)

*- Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*



# Helmet of Salvation

In doing so, we wear our salvation as a protective helmet that will “guard our hearts and minds in Christ Jesus”

**Philippians 4:7**

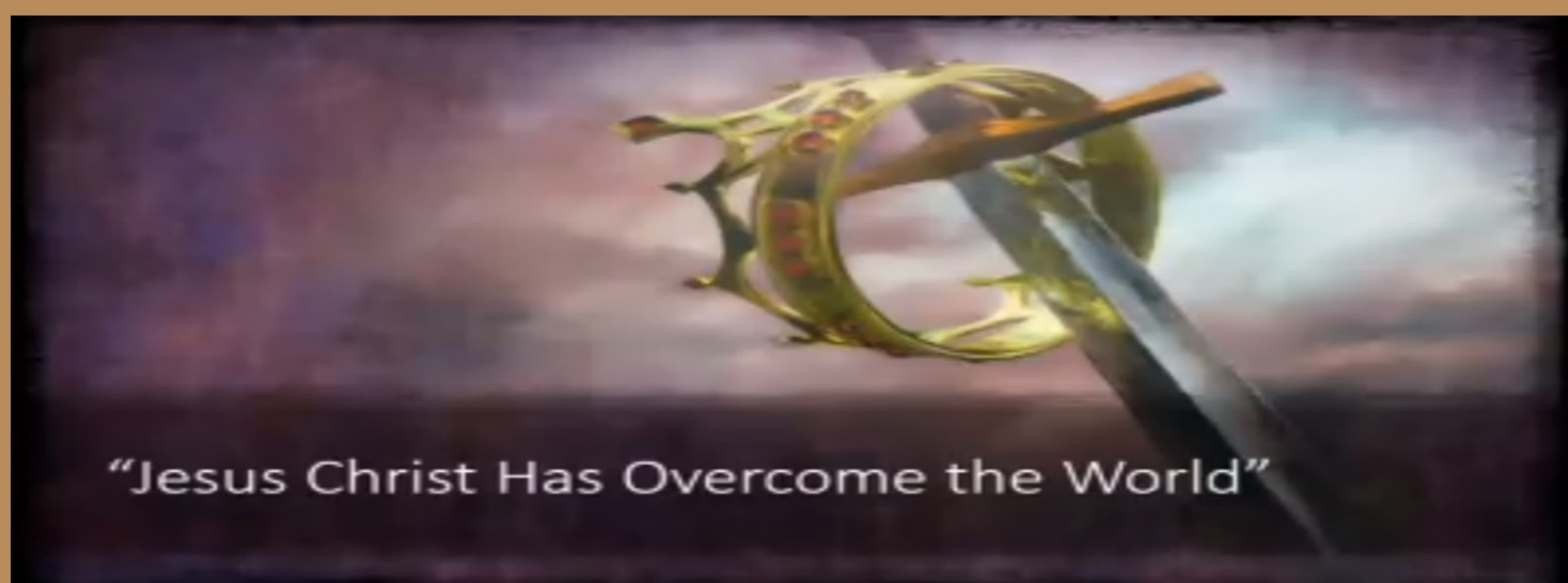
*- And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*





**John 16: 33**

**“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”**



# To Finish – Make God Our Focus



I CAN DO ALL THINGS  
IN HIM WHO  
STRENGTHENS ME

PHILIPPIANS 4:13