

# Devotions on **The Christian Armour**

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## Ephesians 6:10-18

***[10] Finally, my brethren, be strong in the Lord, and in the power of his might.***

***[11] Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.***

***[12] For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.***

***[13] Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.***

***[14] Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;***

***[15] And your feet shod with the preparation of the gospel of peace;***

***[16] Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.***

***[17] And take the helmet of salvation, and the sword of the Spirit, which is the word of God:***

***[18] Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;***

**Disclaimer:** Although I have written this, they are as much a reminder to myself as they are to anyone else. While I know the importance of standing firm in God's armour, I often fall short in applying it correctly. These reflections are not written from a place of spiritual achievement but as encouragement for us all to depend on His strength and grace in the battles we face each day.



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## Be Strong in the Lord

### ***Ephesians 6:10-11 KJV***

***[10] Finally, my brethren, be strong in the Lord, and in the power of his might.***

***[11] Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.***

Before Paul describes the armour of God, he gives a clear command: "Be strong in the Lord, and in the power of his might." This strength can not, and is not found in our own abilities, but in the Lord Himself. Spiritual battles cannot be fought with our own effort or determination. They require divine strength, which comes only from the Lord Jesus Christ and His power.

Paul also reminds us that we must put on the whole armour of God. Partial preparation leaves us vulnerable, just like a soldier who goes into battle without his essential protection. The enemy, the Devil, uses deception, temptations, and even just discouragement to weaken believers. If we do not take up the full armour, we will not be able to stand against him.

The Christian life is not about running away from spiritual conflict but standing firm in God's power. We are not called to retreat in fear but to stand against the enemy, relying on the strength of the One who has already won the victory. James 4:7 reinforces this truth: "Submit yourselves therefore to God. Resist the devil, and he will flee from you."

This introduction to the armour of God reminds us that spiritual strength comes from the Lord, not ourselves. Moving forward in this series, we must remember that each piece of the armour is only effective when we stand in His power, trusting Him completely.

## The Belt of Truth

***Ephesians 6:14 KJV***

***[14] Stand therefore, having your loins girt about with truth ...***

When Paul describes the armour of God, the first piece he mentions is the belt of truth. In these times a soldier's belt was far more than just an accessory, it was a foundational part of his equipment. It secured his tunic in place, supported his weapons, and provided stability for the rest of his armour. Without his belt he would be unprepared for battle, unable to move properly or fight effectively. Similarly in our Christian life, truth is not an optional addition, it is a necessity. It holds everything together, ensuring that we can stand firm against the enemy's deception and remain steadfast in our faith.

Truth is always under attack in our world today. Deception, half truths, moral relativism have all led people astray. The Devil's main tactic is to distort the truth of God's Word. From the very beginning, the Garden of Eden, he cast doubt on what God had spoken: "Yea, hath God said...?" (Genesis 3:1). That same strategy is at use today as he twists the Scriptures, planting seeds of uncertainty, and tempting us to compromises. If we do not ground ourselves using the absolute truth of God's Word, we are left vulnerable to his attacks. Jesus declared, "I am the way, the truth, and the life" (John 14:6). Truth is not subjective, it is not based on human opinion, it is found in the person of Christ and the unchanging Word of God.

To "gird" ourselves with truth means more than just having knowledge of doctrine, it also means living with integrity, with sincerity, with commitment to God's standards. A soldier does not loosely tie his belt, he secures it firmly so that everything else is properly supported. In the same way, our lives must be firmly anchored in truth through how we live. A Christian who walks in truth is not easily swayed by falsehoods, or the ever changing values of the world. He will instead stand firm, unwavering in his convictions, and prepared for the spiritual battles that lie ahead.

Without the Belt of Truth the rest of our spiritual armour loses its effectiveness. A breastplate is useless if it is not properly secured, and a sword will have nowhere to rest. But when we embrace and apply the truth of God's Word, we gain stability and discernment. Truth must spread throughout our thoughts, words, and even actions.

As we prepare for the battles of life, let us fasten the belt of truth securely. Let us grab hold of the unshakable foundation that is God's Word, knowing that only through His truth can we stand firm against the lies of the enemy. Truth is not an optional piece of equipment, it is the very thing that holds everything together.



## The Breastplate of Righteousness

***Ephesians 6:14 KJV***

***[14] ... and having on the breastplate of righteousness;***

The breastplate was one of the most important pieces of a Roman soldier's armour. It protects the heart and other vital organs from attacks. In our spiritual warfare, righteousness serves a similar function. It guards our hearts against the enemy's temptations, and deceptions. Without it we are left exposed and vulnerable.

There are two aspects of righteousness in the life of a believer. First, there is situational righteousness, which is given to us through Jesus Christ. When we trust in Him, we are then clothed in His perfect righteousness, not of our own. "For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him" (2 Corinthians 5:21). This righteousness cannot be earned, it is of the gift of grace. It assures us of our standing before God, silencing the Devil's accusations that we are unworthy.

Secondly, there is practical righteousness, which is our daily walk, our obedience to God. While Jesus Christ's righteousness is our covering, we also are called to live righteously. Paul tells us, "Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead" (Romans 6:13). When we pursue godliness and walk in obedience, we are strengthening our defenses against the attacks of the enemy.

A soldier without his breastplate is an easy target. Likewise, a believer who neglects righteousness, either by doubting their standing in Jesus Christ or by their living in disobedience, leaves their heart unprotected. But when we take up and put on the breastplate of righteousness, we can stand firm, not in our own strength, but in the righteousness of Jesus Christ. With our hearts guarded, we can move forward in faith, confident in the security He provides.

## The Shoes of the Gospel of Peace

***Ephesians 6:15 KJV***

***[15] And your feet shod with the preparation of the gospel of peace;***

A soldier's footwear is essential for battle. Roman soldiers wore sandals with thick soles and had studded bottoms, giving them stability and a firm footing. Without the proper footwear, they would slip or stumble, and would lack the endurance needed to stand their ground. In a similar way, the Believers' stability comes from the gospel of peace, from the good news of salvation through Jesus Christ, which stabilizes us and prepares us for any spiritual challenge.

The peace of the Gospel has two effects. Firstly it provides peace with God. Before salvation, we were enemies of God, but through Christ, we are reconciled to Him. "Therefore being justified by faith, we have peace with God through our Lord Jesus Christ" (Romans 5:1). This assurance of salvation keeps us from being shaken by doubts and fear. When the enemy tries to undermine our faith, we can stand firm, knowing we belong to the Lord.

Secondly the Gospel also produces the peace of God, which sustains us through the trials of our life. Jesus promised, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27). This peace is not an absence of conflict, but is a confidence in God's sovereignty, which allows us to move forward without fear.

To have our feet "shod with the preparation of the gospel of peace" means we can always be ready to stand firm and to share the good news with others. Just as a soldier is prepared for battle, we must be prepared for life's battle and to proclaim Christ. "Be ready always to give an answer to every man that asketh you a reason of the hope that is in you" (1 Peter 3:15). The Gospel is our foundation, our stability, but also our mission. If our feet are firmly planted in it, we will not be easily moved.



## The Shield of Faith

### ***Ephesians 6:16 KJV***

***[16] Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.***

In ancient warfare, soldiers would carry large shields to protect themselves from arrows and enemy attacks. These shields were often covered in leather and soaked in water to help extinguish flaming arrows. Paul uses this imagery to show how faith serves as our protection against the enemy's relentless assaults, the doubts, temptations, and even discouragements, that seek to weaken our trust in God.

Faith is more than just belief, it is complete reliance on the Lord. Hebrews 11:1 defines it as "the substance of things hoped for, the evidence of things not seen." It is not based on emotions or circumstances but on the unchanging truth that is God's Word. When we are attacked with lies like "God has forgotten you," "You are not forgiven," "Your situation is hopeless", faith responds with the promises of Scripture: "I will never leave thee, nor forsake thee" (Hebrews 13:5), "If we confess our sins, he is faithful and just to forgive us our sins" (1 John 1:9), and "With God all things are possible" (Matthew 19:26).

Notice that Paul says, "Above all, taking the shield of faith." This indicates its importance. Without faith, we are left open and exposed to the enemy's attacks. Faith shields us when trials come, when prayers seem unanswered, and when the path ahead is not clear. Like a soldier holding his shield firmly, we must actively take up faith and trust in God's character, resting in His promises, and firm in His truth.

The enemy's fiery darts are meant to wound, and to destroy. But when we lift the shield of faith, we are not only protected, we can extinguish those attacks entirely. Faith is not passive, it is a weapon that overcomes. "For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith" (1 John 5:4).





## The Helmet of Salvation

***Ephesians 6:17 KJV***

***[17] And take the helmet of salvation ...***

A soldier's helmet was essential for survival, protecting his head from fatal blows. Likewise, the helmet of salvation is crucial in the believer's spiritual Armour, guarding the mind against doubt, fear, and deception. Our thoughts if left unprotected will allow the enemy the ability to undermine our confidence in Christ, and fill our minds with uncertainty and discouragement.

Salvation is the foundation of our security in Christ. Paul reminds us, "For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ" (1 Thessalonians 5:9). Knowing that we are saved protects us from the enemy's lies. Satan loves to attack the mind, whispering doubts like "Did God really forgive you?" or "Are you truly saved?" But Scripture assures us, "There is therefore now no condemnation to them which are in Christ Jesus" (Romans 8:1). Our salvation is not based on feelings but on the finished work of Christ.

Beyond our eternal security, the helmet of salvation also influences how we should think and live. When our minds are filled with God's truth, we are less likely to be swayed by the world's philosophies. "And be not conformed to this world: but be ye transformed by the renewing of your mind" (Romans 12:2). Wearing the helmet means daily aligning our thoughts with God's word, the Bible, resisting fear, and standing firm in the assurance of God's promises.

A soldier would never enter battle without his helmet, knowing it was vital for protection. We also must never go a day without the assurance and confidence that salvation brings. When we take up the helmet of salvation, we guard our minds with truth, find security in Christ, and stand firm against every attack the enemy throws our way.

## The Sword of the Spirit

### ***Ephesians 6:17 KJV***

***[17] ... and the sword of the Spirit, which is the word of God:***

Unlike the other pieces of Armour, which are primarily for defense, the sword of the Spirit is both a defensive and offensive weapon. The Word of God is not just our protection against deception, it is also our strongest weapon against the lies of the enemy. When Jesus was tempted in the wilderness, He did not argue with Satan or rely on His own reasoning, He responded with Scripture: "It is written..." (Matthew 4:4, 7, 10). This is the example we must strive to follow, wielding the Word to resist temptations and to overcome spiritual attacks.

The Bible is not just some passive book of religious teachings; it is alive and powerful. Hebrews 4:12 declares, "For the word of God is quick, and powerful, and sharper than any twoedged sword." It convicts, instructs, and it cuts through deceptions. The enemy thrives on lies, but God's Word will expose and defeat them. When Satan tries to plant fear, Scripture reminds us, "God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7). When doubt arises we are to stand on the truth, "Thy word is true from the beginning" (Psalm 119:160).

To use the sword of the Spirit effectively we must know it well. A soldier would not enter battle unfamiliar with his weapon, nor should we be careless with Scripture. This means we should be studying the Bible, and applying it. "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (2 Timothy 2:15). The more we immerse ourselves in God's Word, the more skillfully we will be able to use it in spiritual warfare.

The enemy cannot stand against the authority of God's Word. We take up the sword of the Spirit, so we can stand in victory, equipped to fight the battles to come. Let us hold fast to the Scriptures, speaking them in faith, applying them in obedience, knowing that God's truth will always prevail.

## Praying Always: The Overarching Strategy

### ***Ephesians 6:18 KJV***

***[18] Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;***

After describing the full Armour of God, Paul finishes with a crucial command: "Praying always." Though prayer is not listed as a piece of Armour, it is what empowers every part of it. A soldier may be fully equipped, but without communication with his commander, he will lack direction, strength, and support. Prayer is our direct line to God, the means by which we receive wisdom, strength, and the endurance for spiritual battle.

Paul emphasizes that we are to pray "in the Spirit", meaning our prayers should be guided by God's will rather than our own desires. True prayer is not a mechanical ritual, but a Spirit-led dependence on the Lord. Romans 8:26 reminds us, "The Spirit also helpeth our infirmities: for we know not what we should pray for as we ought." When we feel weak or uncertain, the Spirit intercedes for us, strengthening us in ways we may not fully comprehend.

Prayer is also to be persistent, Paul urges us to pray "with all perseverance." Spiritual battles are not won through occasional prayers but through unwavering communion with God. Jesus illustrated this in Luke 18:1 when He said, "Men ought always to pray, and not to faint." Victory comes not to those who fight in their own strength but to those who remain in constant, dependent prayer.

Prayer is not just for ourselves, but for "all saints." We are called to lift up our fellow believers, interceding for their spiritual strength and protection. A soldier does not fight alone, and neither do we. As we stand in battle, let us remain steadfast in prayer, drawing near to the Lord, seeking His guidance, and standing united with one another in faith. "The effectual fervent prayer of a righteous man availeth much" (James 5:16).

## In Closing

As we conclude this reflection on the Armour of God, let us remember that spiritual battles are not won by human strength but by standing firm in the Lord. The belt of truth, the breastplate of righteousness, the shoes of the Gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit are not just illustrations but essential defenses for every believer. Without them, we are vulnerable, with them, we are prepared to stand against the enemy's attacks.

This Armour is not something we put on once and forget, it is a daily commitment. Each morning, we must clothe ourselves in truth, righteousness, and faith, remembering that our strength comes from Christ alone. Prayer must cover every piece, keeping us connected to the One who fights for us.

The battle may be fierce, but victory is sure. "Thanks be to God, which giveth us the victory through our Lord Jesus Christ" (1 Corinthians 15:57). As we press forward, may we walk boldly in His power, knowing that with His Armour, we can stand firm until the day we see Him face to face.

### ***The Warrior's Stand***

***With girded waist in truth we stand,  
Clothed in righteousness by His hand.  
With Gospel shoes, we walk His way,  
Through trials dark and battle's fray.***

***The shield of faith, held firm and high,  
Extinguishes the tempter's lie.  
Salvation's helm, our minds secure,  
God's promises are forever sure.***

***The Spirit's sword, so sharp and true,  
A light to guide, a weapon too.  
With prayer our Armour is made whole,  
For He gives strength to heart and soul.***

***Stand firm, press on, and do not yield,  
For Christ Himself has won the field.***