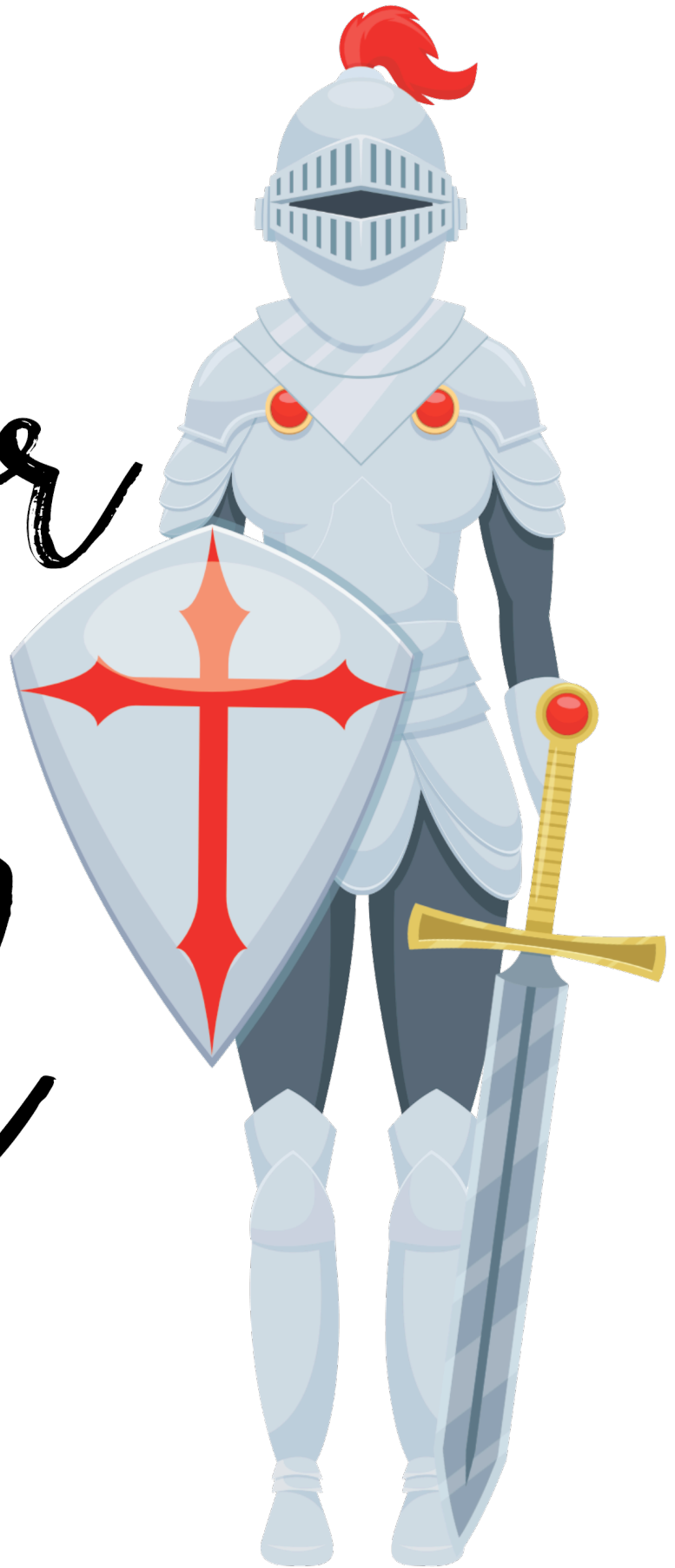


# The Armor of God



*A Bible Journaling Ministries Devotional*

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## Part One – What is the Armor of God?

Verse for today: Ephesians 6:11

Being a child of God doesn't mean that you're exempt from the attacks of the devil. In John 16:33, Jesus says that we will have tribulation in this world. In John 10:10, He says the thief comes only to steal, kill, and destroy. Jesus is not a liar and the devil is not fictional. Although you can't physically see him, the devil manifests his war against God's children both spiritually and physically. He's very persistent and consistent. That's why it's important to know that through your connection with God, you have the power to defend yourself and sometimes reverse the outcome.

According to Ephesians 6:14-17 the full armor of God includes:

- Utility belt of truth - The belt of truth is foundational and is rooted in the truth of God's love and salvation through Jesus Christ.
- Breastplate of righteousness - The breastplate of righteousness is the righteousness of Jesus that covers and protects us.
- Fitted your feet with the preparation of the Good News of peace - Gospel of peace as footwear suggests that we need to be ready to share the good news with others.
- Shield of faith - The shield of faith is faith that takes hold of the power and protection of God, allowing you to quench all the fiery darts of the evil one
- Helmet of salvation - The helmet protects your head and mind allowing you to discern between spiritual truth and spiritual deception.
- The sword of the Spirit - The sword is the Word of God.
- Prayer - Not all commentaries include prayer in the armor, but in Ephesians 6:18 we are told to pray in the Spirit in addition to wearing the full armor of God.

These very short summaries are my interpretation, and I always encourage you to do more in-depth study on your own. Either way, I pray that you'll continue to fight the good fight through prayer and by wearing your armor of God.

### Scripture Journaling Exercise

Write today's verse(s) here.

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### Reflection

1. What component of the armor of God is most important? Why?

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2. Do you think prayer is part of the armor of God? Why or why not?

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