

THE ARMOR OF GOD

Based on Ephesians 6:10–18

The Bible tells us to wear the full armor of God so that we can be strong in God's power. Just as knights wore armor to keep safe in battle, we can wear God's armor to protect us from the things that would hurt or sadden our spirits.

What is God's armor, and how can we use it?

The **belt of truthfulness** helps us to stay truthful and honest in all we do.

The **breastplate of righteousness** helps us to choose to do what is right.

The **shoes of peace** can help us as we encourage others with God's goodness and love.

The **shield of faith** can protect our spirits and give us confidence and faith in God's promises and teachings.

The **helmet of salvation** is a gift we receive from God so that we can be eternally close to Him.

The **sword of God's Word** gives us power to know right from wrong and to follow God. We can use it to stand up for what is right.

We can ask God to help us use the armor of His Spirit to become more like Him. As we pray and ask God for His guidance, He can show us how to best use each part of this special armor, and in so doing, draw closer to Jesus and be a good follower of Him.

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