

PUTTING ON THE ARMOR OF GOD

Cheat Sheet

"Therefore put on the full armor 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the Gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the Word of God."

Ephesians 6:14-17

• THE BELT OF TRUTH

- **Learn the truth about God's nature.** God is loving, merciful, generous, sovereign, omniscient, powerful.
- **Learn the truth about who you are in Christ.** You are chosen, royalty, a masterpiece, loved, God's image-bearer, strong, forgiven, never alone.
- **Speak the truth in love.** This looks like humility, gentleness, patience, unity and peace, kindness, compassion, forgiveness, encouragement.

• THE BREASTPLATE OF RIGHTEOUSNESS

- **Seek the Kingdom of God above all else.** Remember the gift and be humbled. Spend lots of time praying for wisdom and that God's will be done.
- **Do the right thing.** But do it to please God, not for worldly attention or gain.
- **Have faith in God alone.** After all, God alone is worthy of our faith, as He will never let us down.
- **Intervene when God's people go astray.** Be courageous, and stand up for God's priorities, leading His people back to Him.

• SHOES OF PEACE

- **Choose to trust God.** Believe that His way is the best way and that He is for us and not against us, stopping fear in its tracks!
- **Get your mind right.** "Take every thought captive" (2 Cor. 10:5b) and then either affirm it or trash it using what you know from scripture.
- **Live righteously** (see "The Breastplate of Righteousness" above). Live in alignment with God's commands and will.
- **Live at peace with one another.** "Be completely humble and gentle; be patient, bearing with one another in love." Eph. 4:2

• SHIELD OF FAITH

- **Read the Bible and go to church.** Steep yourself in God's truths and promises. Take notice when you see them play out.
- **Fellowship.** Offer and receive encouragement and testimony.
- **Be obedient.** Watch for the blessing that comes from obedience and your faith will grow naturally.
- **Pray.** Having a close relationship with God makes it easier to know what He wants you to do.
- **Ask God for a faith booster.** God is happy to provide everything we need to be good children!
- **Move from "what if" to "even if" thinking.** This gives God the power and takes the pressure off us mere humans.

• HELMET OF SALVATION

- **Make sure you are indeed saved.** Doubts? Get in touch with a local pastor, friend/family member, or mentor, (or even me), and be sure today!
- **Recall regularly what salvation means.** If you're saved it means that you are also loved, accepted, forgiven, victorious, meant to do good.
- **Keep a close watch on how you live.** Lift one another up. Don't cause others to stumble. Mind your own business.

• SWORD OF THE SPIRIT

- **Hear the Word of God.** Go to church. Listen to podcasts. Listen to the Bible read to you on the Bible App.
- **Read the Word of God every day.** Pick a time of day and make it a habit. Find an accountability partner to help you stick with it.
- **Study the Word of God.** Google "ways to study the Bible" and see all of the amazing options out there! There's bound to be one you connect with.
- **Memorize the Word of God.** There are so many great strategies out there for memorizing scripture, and, again, Google is happy to fill you in.
- **Meditate on the Word of God.** Meditate = speak, imagine, study, talk, pray, declare (blueletterBible.org). Now you know, so do it!

Just
get
this
You