

Are You Wearing Your Armor?

When I read the Bible, I am always fascinated by how many times the Lord tells us to “put on” or “put off” different things. Ephesians 6 is a perfect example—and it’s one of the most well-known passages in the New Testament.

Ephesians 6:11 (AMPC) tells us to “Put on God’s whole armor [the armor of a heavy-armed soldier which God supplies], that you be able successfully to stand up against [all] the strategies *and* the deceits of the devil.”

The words “put on” are very important. I have never walked into my closet and had my clothes or shoes jump onto my body. I have always had to put them on—it’s a choice. So what does God tell us to put on?

The Belt of Truth: Ephesians 6:14a says, “Stand therefore [hold your ground], having tightened the belt of truth.”

The belt of truth is the Word of God. And just like a physical belt holds everything together, God’s Word is our support and foundation. This means when trouble comes and you’re tempted to give up or blow up—that’s when you want to tighten your belt and trust the Word of God more than ever!

The Breastplate of Righteousness: Ephesians 6:14b (NKJV) says to “put on the breastplate of righteousness.”

It’s sad how many Christians walk around feeling as though something is wrong with them. For years, I was one of them. If I sinned, I would torment myself by allowing myself to feel guilty and condemned.

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However, the Bible says we have been made right with God through Jesus’ death on the cross (2 Cor. 5:21). This means we

can have the mindset that says, “I am a child of God—He loves me, and I am forgiven.”

This doesn’t mean we can just sin and do whatever we want. But it means when we make mistakes, we can go to God, sincerely confess our sins, then receive His gift of forgiveness—no strings attached (1 John 1:9).

Shoes of Peace: Ephesians 6:15 (NLT) says, “For shoes, put on the peace that comes from the Good News so that you will be fully prepared.”

As a believer, one of the most important things you can do is stay in peace. Peace is your position of power! I encourage you to keep your peace at any cost. If someone upsets you, take a few moments to walk away and ask God for His help. Talk to Him and say, “Help me to stay calm, Lord. Help me to keep the peace.” In your battles against the enemy, peace is power.

Shield of Faith: Ephesians 6:16 (AMPC) says, “Lift up over all the [covering] shield of saving faith, upon which you can quench all the flaming missiles of the wicked [one].”

Faith is something God has given us, but it must be released in our lives—through *praying*, through *saying* and through *doing*.

During a crisis, it’s easy to run to a friend for help, and sometimes we need to talk to other people. However, our first reaction to a problem should be to run to God and *pray* for His strength, guidance and deliverance.

Our words are also extremely powerful. In fact, the Bible says, “The tongue has the power of life and death” (Prov. 18:21a, NIV). When we line up what we say with the Word of God and declare His promises over our lives, we are speaking faith-filled words that improve our situation.

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Finally, what we do makes all the difference. Sometimes our circumstances can feel pretty scary. But those are the times when it's most important to step out in faith and do what God has placed in our heart to do.

Helmet of Salvation: Ephesians 6:17 tells us to put on "the helmet of salvation." I believe God is saying we should think like children of God.

First Corinthians 2:16 (AMPC) says "we have the mind of Christ." This means we can line up our thoughts with God's Word and think like God thinks—good, positive, hopeful, believing thoughts.

Don't be a garbage dump for the enemy's thoughts. Keep your helmet on—and keep believing!

Sword of the Spirit: The sword of the Spirit (Eph. 6:17) is the Word of God, and it's our primary offensive weapon against the enemy. As I mentioned, our words carry tremendous power, and when we speak God's words out of our mouths, we are combating the enemy and helping to bring to pass God's good plan for our lives.

When you're under attack, speak out God's Word. When you're overwhelmed and feel like giving up, declare, "I can do all things through Christ who strengthens me" (Phil. 4:13, NKJV).

When it looks like things aren't going well, purposely choose to say what God says about you—things like, "God has a good plan for my life—plans for me to prosper—plans to give me hope and a great future!" (see Jer. 29:11.)

As you do, you will be clothed and ready to meet every single battle that comes your way. You will go out with God's full armor and be dressed for battle.

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