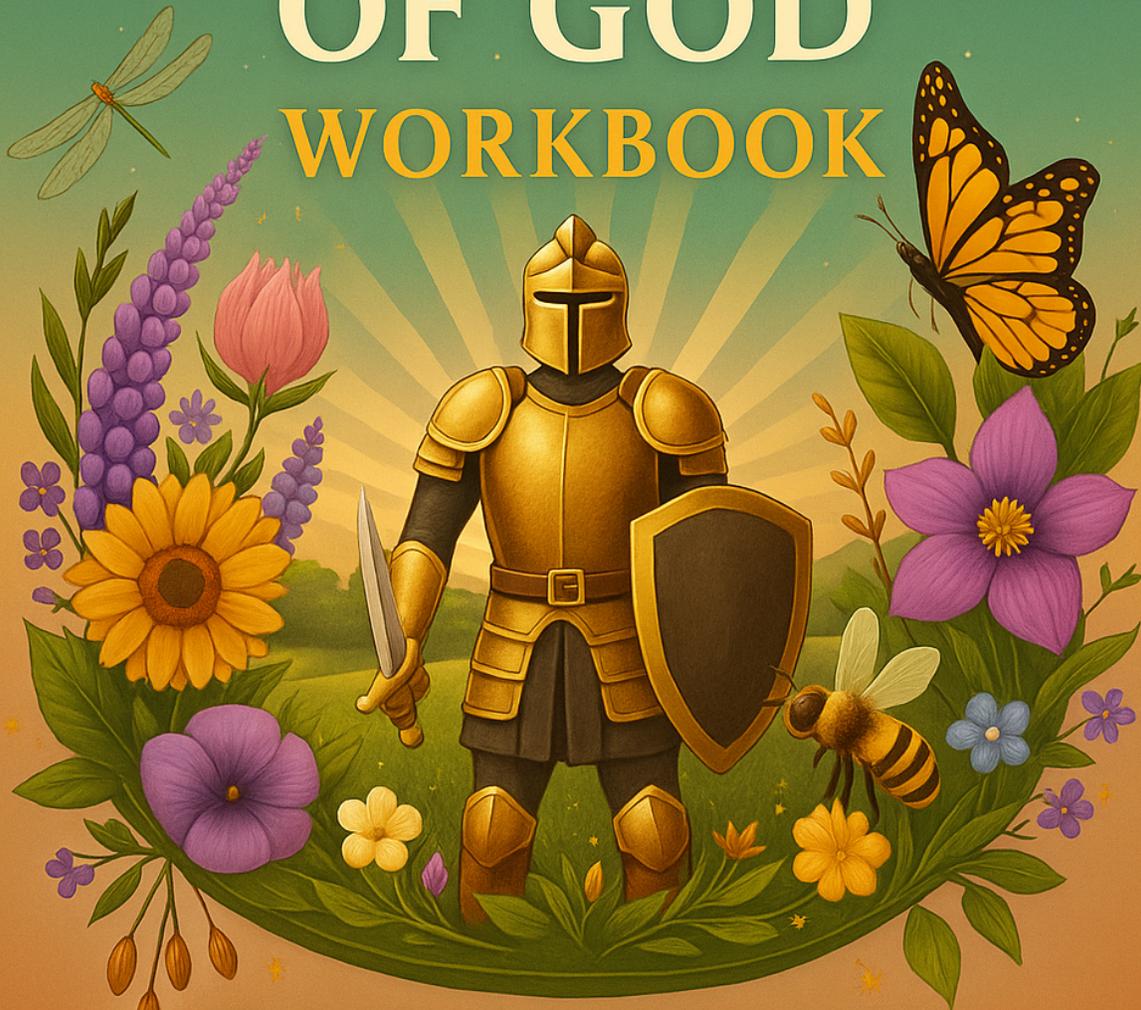


TEACHING THE ARMOR OF GOD WORKBOOK



GOD REVEALS
MINISTRIES

— DEUT. 29:29 —

A Prayer from My Heart to Yours: Putting on the Armor of God

Dear friend, I pray over you today in the mighty name of Jesus Christ. May you be strengthened in the Lord and in the power of His might (Ephesians 6:10). As you rise and walk with the Lord, I speak this over you with love and boldness:

Heavenly Father,

I thank You for this precious one reading these words. You have called them by name, chosen them for this hour, and equipped them for victory. Today, I lift them before You and ask that You clothe them with Your heavenly armor.

Belt of Truth — Lord, wrap them in Your truth. Let it be the foundation of their identity, their decisions, and their discernment. May they reject every lie of the enemy and walk in the light of Your Word (John 17:17).

Breastplate of Righteousness — Cover their heart, Lord. Remind them that they are the righteousness of God in Christ (2 Corinthians 5:21). Guard their emotions and will from shame, condemnation, and compromise.

Shoes of the Gospel of Peace — Father, prepare their feet to move with peace and purpose. Let them carry the good news of Jesus wherever they go today, and stand firm in Your unshakable peace (Isaiah 52:7; Philippians 4:7).

Shield of Faith — Strengthen their faith, Lord. May their trust in You rise like a shield, extinguishing every flaming arrow of fear, doubt, and accusation from the enemy (Ephesians 6:16; Romans 10:17).

Helmet of Salvation — Guard their thoughts and mind. I declare that the mind of Christ is theirs (1 Corinthians 2:16), and every mental stronghold is broken in Jesus' name. Let them be confident in their salvation and secure in their identity.

Sword of the Spirit — Father, place Your Word in their mouth and hand. May they speak and declare Your truth boldly, defeating lies and releasing life with every word (Hebrews 4:12; Isaiah 55:11).

Praying in the Spirit — Holy Spirit, fill them afresh. Help them to pray without ceasing, led by You in power, intercession, and divine insight. Whether with words or groanings too deep for words, let them be sensitive to Your leading (Romans 8:26–27; Ephesians 6:18).

Lord, may this reader walk fully clothed in Your armor, not in fear, but in faith. May they stand firm in the battles of life, knowing that You are their defender, their champion, and their ever-present help (Psalm 46:1). In Jesus' name, I bless them with strength, clarity, discernment, peace, and boldness. **Amen.**

With love and hope,

God Reveals Ministries

The Armor of God: Standing Firm in Battle

Ephesians 6:10–18 (NLT)

Key Verse:

"Put on all of God's armor so that you will be able to stand firm against all strategies of the devil." — *Ephesians 6:11, NLT*

Why We Need God's Armor

Every believer is engaged in **spiritual warfare**, not against people, but against invisible spiritual forces. We are called not to fight in our own strength, but to **stand firm** in God's power. The armor is both **defensive and offensive**, equipping us to **resist the enemy, advance in truth, and remain unmoved** by the storms or accusations of life.

"For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world..." — *Ephesians 6:12*

The Armor, Piece by Piece

1. The Belt of Truth

"Stand your ground, putting on the belt of truth..." — Ephesians 6:14a

- Truth holds everything together.
- It represents **God's Word, integrity, and living authentically.**
- **Application:** Declare truth over lies, refuse deception, and walk in honesty.

Journal Prompt: Where have I believed a lie that God wants to replace with truth?

2. The Body Armor (Breastplate) of God's Righteousness

"...and the body armor of God's righteousness." — Ephesians 6:14b

- Protects the heart, our emotions, identity, and purity.

- Not earned, but **received through faith in Jesus** (Romans 5:1).
- **Application:** Cover your heart in Christ's righteousness, not self-righteousness.

Decree: I am the righteousness of God in Christ (2 Corinthians 5:21).

3. The Shoes of Peace (from the Good News)

"For shoes, put on the peace that comes from the Good News so that you will be fully prepared." — Ephesians 6:15

- Peace gives us **stability and mobility**.
- The Gospel anchors us and prepares us to walk boldly.
- **Application:** Let peace guide your steps and guard your mind.

Reflection: Do I carry peace into situations, or do I react in fear or anxiety?

4. The Shield of Faith

"In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil." — Ephesians 6:16

- Faith extinguishes the enemy's lies, temptations, and fear.
- Your faith is strengthened as you hear and believe the Word of God, and that faith becomes your shield against the enemy's attacks
- **Application:** Speak faith even when you feel fear and stand in your authority in Christ Jesus.

Decree: My faith is my shield. I trust in the One who fights for me (Exodus 14:14).

5. The Helmet of Salvation

"Put on salvation as your helmet..." — Ephesians 6:17a

- Guards the mind, **your thoughts, decisions, and identity**.

- Reminds us of who we are in Christ: redeemed, saved, and sealed.
- **Application:** Cast down every thought that doesn't align with salvation truth (2 Corinthians 10:5).

Reflection: What thought patterns need to be renewed in the truth of my salvation?

6. The Sword of the Spirit the Word of God

"...and take the sword of the Spirit, which is the word of God." — Ephesians 6:17b

- The only **offensive weapon** in the armor.
- Jesus used the Word to silence Satan (Matthew 4).
- **Application:** Speak the Word. Declare it. Fight with it.

Decree: The Word of God is alive in me and silences every enemy voice.

7. Prayer The Activation Weapon

"Pray in the Spirit at all times and on every occasion. Stay alert and be persistent..."
— Ephesians 6:18

- Prayer **activates and reinforces** all the armor.
- Praying in the Spirit strengthens your spirit, aligns you with God's will, and deepens your spiritual discernment and connection to Him.

"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit." — *Jude 1:20 (NKJV)* "Likewise, the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us..." — *Romans 8:26–27 (NKJV)* "For anyone who speaks in a tongue does not speak to people but to God. Indeed, no one understands them; they utter mysteries by the Spirit." — *1 Corinthians 14:2 (NIV)*

- **Application:** Pray with authority, persistence, and in alignment with God's will.

What If I Haven't Received the Gift of Tongues Yet?

Praying in the Spirit is part of our communication with God. **One powerful way** the Holy Spirit empowers believers to pray in the Spirit is through **the gift of tongues**, a spiritual language the enemy cannot understand (1 Corinthians 14:2).

But if you haven't yet received this gift, **you are still deeply loved, accepted, and sealed by the Spirit**. Every believer has the Holy Spirit (Romans 8:9). The gift of tongues is one of many gifts (1 Corinthians 12:4–11), and **you can ask for it**, with childlike faith.

What Is the Gift of Tongues?

The gift of tongues is a supernatural prayer language given by the Holy Spirit that allows believers to:

- Pray mysteries directly to God (1 Corinthians 14:2)
- Build themselves up spiritually (1 Corinthians 14:4)
- Intercede beyond natural understanding (Romans 8:26–27)

It is available, not forced. The Holy Spirit gives as He wills, but we can *ask, seek, and receive* in faith.

A Simple Prayer to Receive:

“Holy Spirit, I want all that You have for me. I desire to pray fully in the Spirit and walk in deeper communion with You. I ask You to baptize me afresh and release the gift of tongues in me. I trust You and receive by faith whatever You choose to pour out. I thank You for growing me in Your gifts, Your fruit, and Your voice. In Jesus' name, amen.”

While You Wait: How to Pray *With* the Spirit

Even without tongues, you can still **pray in the Spirit** through:

- **Praying Scripture** — Speak God's Word back to Him (Hebrews 4:12)
- **Listening prayer** — Write down what you sense the Holy Spirit is whispering (John 10:27)
- **Groanings and sighs** — Sometimes the Holy Spirit intercedes through your tears or wordless prayers (Romans 8:26)
- **Worship** — Singing truth opens the heavens and invites His presence (Psalm 22:3)

Journal Prompt:

“Holy Spirit, I desire to know You more. Show me what’s holding me back from receiving more of You. What do You want me to surrender, believe, or step into?”

Declarations

“I put on the full armor of God today:

- I walk in **truth**.
 - I guard my heart with **righteousness**.
 - I step forward in **peace**.
 - I block lies with **faith**.
 - I protect my mind with **salvation**.
 - I fight back with the **Word**.
 - I stay connected through **prayer**.
In Jesus’ name, I stand victorious.”
-

Activation Prayer: Putting on the Full Armor of God

Father God,

In the name of Jesus, I come boldly before Your throne of grace. I thank You for providing everything I need to stand firm in this spiritual battle. I now put on the full armor of God as written in Ephesians 6.

I fasten the Belt of Truth around my waist.

Let Your truth hold everything in my life together. Expose every lie I've believed, and help me to walk in integrity, not deception.

I put on the Breastplate of Righteousness.

I thank You, Jesus, for making me righteous through Your blood. I cover my heart, my emotions, and my identity with Your righteousness. I will not live in guilt, shame, or condemnation.

I put on the Shoes of the Gospel of Peace.

Guide my steps today. Let me walk in peace, speak peace, and carry peace into every situation. I reject all fear, chaos, and confusion.

I take up the Shield of Faith.

I raise it to block every fiery arrow of fear, accusation, sickness, and doubt. I trust Your promises. Strengthen my faith, and let it grow.

I put on the Helmet of Salvation.

I cover my mind with the blood of Jesus. Let every thought be held captive to Christ. I reject lies, confusion, torment, and double-mindedness. I have the mind of Christ.

I take up the Sword of the Spirit the Word of God.

Let Your Word be alive in me today. I speak it boldly. I decree Your truth over every circumstance. Your Word is my weapon and my authority.

I pray in the Spirit on all occasions.

Holy Spirit, fill me afresh. Lead me. Teach me. Help me pray according to the will of the Father.

I submit every part of my life to Your Kingdom order.

I ask that Heaven's legal covering be sealed over me, my family, my bloodline, and every assignment You've given me. I stand firm, armored, and ready.

Thank You, Father, that I am fully clothed in Christ, empowered by grace, and victorious through Jesus. I go forward in peace, authority, and confidence today.

In Jesus' mighty name,

Amen.

Real-Life Examples of Putting on the Armor of God (Ephesians 6:10–18)

Understanding each piece of the armor through real, everyday situations helps us recognize spiritual warfare and walk in victory.

1. Belt of Truth

Example:

You feel unworthy and like a failure after making a mistake at work. Shame starts to creep in.

Putting it On:

You declare, *“I am chosen, not forsaken. I am who God says I am.”* You meditate on John 8:32 – *“You will know the truth, and the truth will set you free.”*

What it Does:

It exposes the lie and restores your identity in Christ. You are anchored in truth, not emotions.

2. Breastplate of Righteousness

Example:

A past sin is brought to your memory, and you feel condemned.

Putting it On:

You remember that Jesus’ righteousness covers you (2 Corinthians 5:21). You say, *“I am forgiven and made right by the blood of Jesus.”*

What it Does:

It guards your heart from guilt and shame and keeps you in right standing with God.

3. Shoes of the Gospel of Peace

Example:

You walk into a tense family meeting where arguments usually erupt.

Putting it On:

You pray before entering, *“Lord, I walk in peace. I bring the atmosphere of Heaven with me.”*

What it Does:

God gives you calmness, and your peaceful presence shifts the room. Instead of joining the chaos, you carry peace.

4. Shield of Faith

Example:

You're facing unexpected bills, and the enemy whispers, *"You're going to fail. God won't come through."*

Putting it On:

You raise your shield and declare, *"My God shall supply all my needs"* (Philippians 4:19).

What it Does:

It blocks fear and doubt. Faith extinguishes the fiery arrows of anxiety and strengthens your trust.

5. Helmet of Salvation

Example:

You battle intrusive thoughts: *"God isn't with you,"* or *"You're going crazy."*

Putting it On:

You cover your mind in prayer: *"I have the mind of Christ. I cast down every imagination and take every thought captive"* (2 Corinthians 10:5).

What it Does:

It protects your mental clarity and identity. You silence the enemy's lies and walk in soundness.

6. Sword of the Spirit (Word of God)

Example:

You're under spiritual attack in your sleep, nightmares, fear, or heaviness.

Putting it On:

You wake up and say out loud, *"No weapon formed against me shall prosper"* (Isaiah 54:17).
You read Psalm 91 aloud.

What it Does:

The Word drives out darkness and cuts through spiritual opposition. It's your offensive weapon.

7. Praying in the Spirit

Example:

You don't know how to pray for a loved one who's walking in rebellion.

Putting it On:

You begin praying in tongues or asking the Holy Spirit to lead your intercession (Romans 8:26).

What it Does:

It aligns your prayer with Heaven's will. The Spirit prays through you with supernatural accuracy and power.

Final Encouragement:

Every time you put on the armor, you are engaging in divine partnership with God. The armor isn't just protection; it's your Kingdom identity fully activated in battle.

Courts of Heaven Connection

Each piece of armor aligns with a legal posture in the Courts of Heaven:

- **Helmet of Salvation:** Covers your mind when the enemy accuses you with past failures
- **Breastplate of Righteousness:** Affirms your right standing before the Judge
- **Sword of the Spirit:** Your legal testimony and evidence—God's Word
- **Shield of Faith:** Cancels fiery darts (legal accusations, word curses)
- **Shoes of Peace:** Grounds your authority in alignment with Heaven's justice
- **Prayer:** Your petition before the Judge; it activates divine intervention

Journaling Prompt:

Which Piece Do I Struggle With Most?

Take a moment to sit with the Holy Spirit and reflect on each part of the armor. Ask Him to reveal areas where you might be vulnerable or weary.

Questions to journal with:

- Which piece of armor do I struggle to put on daily?
- Do I wrestle with doubt instead of using my Shield of Faith?
- Do I forget who I am in Christ and need to tighten my Helmet of Salvation?
- Am I walking in peace, or do I react from fear and frustration instead of truth and readiness?
- Is my Belt of Truth fastened, or have I believed lies about myself or others?
- Do I stay rooted in righteousness, or is there sin I need to confess and let go of?
- Am I praying and/or praying in the Spirit daily, or relying on my own strength?

Prayer Starter:

“Holy Spirit, show me where I’ve let my armor become loose or forgotten. Strengthen me to stand firm. Help me daily put on every piece You’ve given me so I can live victorious and fully protected. In Jesus’ name, amen.”

Match the Armor – Worksheet

Ephesians 6:10–18 (NLT)

Match each piece of God's armor with the **part of the body it protects** and what it represents spiritually.

Instructions:

Write the letter that matches each armor piece with the correct body part and spiritual function.

◆ Armor Pieces

1. ___ Belt of Truth
 2. ___ Body Armor (Breastplate) of God's Righteousness
 3. ___ Shoes of Peace (from the Good News)
 4. ___ Shield of Faith
 5. ___ Helmet of Salvation
 6. ___ Sword of the Spirit
 7. ___ Prayer in the Spirit
-

◆ Body Part / Spiritual Purpose

- A. Guards your heart and keeps you righteous in God's sight
 - B. Guards your mind and reminds you of your identity in Christ
 - C. Gives you confidence to walk and stand firm in peace
 - D. Wraps around your core, holding everything together in truth
 - E. Deflects the lies and attacks of the enemy with faith
 - F. Offensive weapon, God's Word spoken in battle
 - G. Keeps all the armor activated and keeps you spiritually alert
-

Answer Key (Bolded for reference)

1. **D** – Belt of Truth → *Wraps around your core, holding everything together in truth*
2. **A** – Body Armor of Righteousness → *Guards your heart and keeps you righteous in God's sight*
3. **C** – Shoes of Peace → *Gives you confidence to walk and stand firm in peace*
4. **E** – Shield of Faith → *Deflects the lies and attacks of the enemy with faith*
5. **B** – Helmet of Salvation → *Guards your mind and reminds you of your identity in Christ*
6. **F** – Sword of the Spirit → *Offensive weapon—God's Word spoken in battle*
7. **G** – Prayer in the Spirit → *Keeps all the armor activated and keeps you spiritually alert*

Armor of God – Fill-in-the-Blank Worksheet (NLT)

Read Ephesians 6:10–18 (NLT) and fill in the blanks using your Bible.

1. A final word: Be _____ in the Lord and in his mighty power. (Ephesians 6:10)
2. Put on all of God's _____ so that you will be able to stand firm against all strategies of the devil. (Ephesians 6:11)
3. For we are not fighting against flesh-and-blood enemies, but against evil _____ and authorities of the unseen world. (Ephesians 6:12)
4. Stand your ground, putting on the belt of _____ and the body armor of God's righteousness. (Ephesians 6:14)
5. For shoes, put on the peace that comes from the _____ so that you will be fully prepared. (Ephesians 6:15)
6. In addition to all of these, hold up the shield of _____ to stop the fiery arrows of the devil. (Ephesians 6:16)
7. Put on salvation as your _____, and take the sword of the Spirit, which is the _____ of God. (Ephesians 6:17)
8. Pray in the _____ at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. (Ephesians 6:18)

Answer Key

1. A final word: Be **strong** in the Lord and in his mighty power. (Ephesians 6:10)
2. Put on all of God's **armor** so that you will be able to stand firm against all strategies of the devil. (Ephesians 6:11)
3. For we are not fighting against flesh-and-blood enemies, but against evil **rulers** and authorities of the unseen world. (Ephesians 6:12)
4. Stand your ground, putting on the belt of **truth** and the body armor of God's righteousness. (Ephesians 6:14)
5. For shoes, put on the peace that comes from the **Good News** so that you will be fully prepared. (Ephesians 6:15)
6. In addition to all of these, hold up the shield of **faith** to stop the fiery arrows of the devil. (Ephesians 6:16)
7. Put on salvation as your **helmet**, and take the sword of the Spirit, which is the **word** of God. (Ephesians 6:17)
8. Pray in the **Spirit** at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. (Ephesians 6:18)

Prayer Prompt: Write Your Own Armor of God Prayer

Using **Ephesians 6:10–18 (NLT)** as your foundation, write a prayer that invites God to clothe you in each piece of His armor. You can use this daily or when stepping into spiritual battle, intercession, or your calling.

Here are the 7 pieces to include:

1. **Belt of Truth**
2. **Breastplate of Righteousness**
3. **Shoes of Peace (Readiness from the Gospel)**
4. **Shield of Faith**
5. **Helmet of Salvation**
6. **Sword of the Spirit (Word of God)**
7. **Prayer in the Spirit (Persistent prayer and alertness)**

Sample Prayer:

Heavenly Father,

Today, I put on the full armor You have given me, not in my own strength, but by the power of Your Spirit.

- ◆ I buckle the **Belt of Truth** around my waist. Let Your truth hold me together and expose every lie the enemy tries to send my way. Your Word is truth, and I stand on it. (John 17:17)
- ◆ I put on the **Breastplate of Righteousness** to guard my heart. Thank You, Jesus, that I am made righteous through You. Protect my emotions, my motives, and my desires. (2 Corinthians 5:21)
- ◆ I put on the **Shoes of Peace** so I can walk in Your presence and bring peace everywhere I go. Make me ready to move when You say go, and rooted when You say wait. (Isaiah 52:7)
- ◆ I lift up the **Shield of Faith**, believing that every fiery arrow of fear, doubt, accusation, or shame will be extinguished. I trust You even when I don't see. (Hebrews 11:1)
- ◆ I place on my head the **Helmet of Salvation**, securing my thoughts. I declare I have the mind of Christ. Protect me from confusion, despair, and anxiety. (1 Thessalonians 5:8)

♦ I take up the **Sword of the Spirit**, which is Your Word. Make my mouth a sharp sword that speaks truth and life. Remind me to speak Scripture aloud and war with it. (Hebrews 4:12)

♦ I commit to **praying and/or praying in the Spirit at all times**, staying alert and interceding for others. Holy Spirit, lead my prayers and awaken me when it's time to stand in the gap. (Romans 8:26–27)

I am fully armed and confident in You. I walk in victory, covered by Your blood, and led by Your Spirit. In Jesus' mighty name, **Amen**.

Clothed in Christ's Armor

Heavenly Father,

Thank You for equipping us with Your armor, not just for defense, but for victory. I praise You that we are not left to face life's battles alone. You have clothed us with power from on high, and each piece of this armor is a reflection of Jesus Himself, our truth, our righteousness, our peace, our faith, our salvation, and our sword.

Lord, I pray for the reader of this right now. May they be strengthened in the inner man by Your Spirit (Ephesians 3:16). As they rise each day, help them to put on the full armor of God with intention and faith, not as a ritual but as a response to Your invitation to walk in victory.

I declare that they will stand strong against every scheme of the enemy (Ephesians 6:11). I speak peace over their mind, boldness in their heart, discernment in their spirit, and joy in their journey. May they know the truth and live in it, may righteousness guard their heart, and may their feet be swift to carry good news.

Holy Spirit, teach them how to wield the Sword of the Spirit with wisdom and love. Deepen their prayer life. Lead them into intercession that breaks chains, opens doors, and sets captives free. Let them be a vessel of Your light in a dark world.

Father, seal them with Your presence. May they be hidden in Christ, victorious in battle, and secure in their identity as Your beloved child.

In the mighty name of Jesus, **Amen.**