

## **Spiritual Armor Needed for Battle**

Listen to: [\*Spiritual Armor Needed for Battle\*](#)

### **Key Scriptures**

- **Ephesians 6:10–18**
- **Colossians 2:13–15**
- **Luke 10:17–20**
- **John 17:15–17**
- **1 Samuel 16:6–7**
- **Matthew 5:8**
- **2 Corinthians 5:16–21**
- **Romans 12:2**
- **Hebrews 4:12**
- **Matthew 4:1–11**

*Read this carefully in a few translations if possible.*

### **Additional Scriptures to Meditate On:**

- **James 4:7** – *“Submit yourselves to God. Resist the devil, and he will flee from you.”*
- **1 Peter 5:8–9** – Be sober-minded and alert; the devil seeks to devour
- **Romans 13:12–14** – Clothe yourself with the armor of light
- **Psalms 119:11** – *“I have hidden your word in my heart that I might not sin against you.”*
- **Isaiah 26:3** – God keeps in perfect peace those whose minds are stayed on Him

### **Bible Study Questions:**

1. What piece of the armor of God do you find easiest to put on, and which one is the most challenging?
2. How does understanding spiritual armor change the way you see your daily struggles?
3. In what ways has truth (God’s Word) protected you from lies or confusion?
4. How does peace function as a spiritual weapon in your life?

5. What spiritual or emotional distractions in your life might be subtle tactics of the enemy?

**Journal Prompt:**

Reflect on each piece of the Armor of God (Ephesians 6:10-18).

- Which one do you rely on most during spiritual attacks?
- Which one have you been neglecting or unaware of? Write a prayer asking God to strengthen the areas where you feel spiritually exposed or underprepared. Ask the Holy Spirit to help you develop sacred habits, reinforcing your armor.

**Action Steps:**

Choose one piece of armor this week and focus on building the corresponding sacred habit.

Piece of Armor	Soul Strengtheners	Sacred Habit to Practice
Belt of Truth	Truth	Bible study and biblical meditation
Breastplate of Righteousness	Purity/Holiness	Confession and repentance
Shoes of Peace	Peace	Reconciliation (with God and others)
Shield of Faith	Trust in God	Prayer and Scripture memorization
Helmet of Salvation	Renewed Mind	Daily affirmations of your identity in Christ
Sword of the Spirit	God's Word	Speaking Scripture during trials
Prayer	Daily communication	Ongoing spiritual conversation with God

At the end of the week, journal about how focusing on that one habit shifted your mindset and prepared you for the spiritual battles you faced.

## NOTES

[illegible]

[illegible]

[illegible]