The Spiritual Armor

Faith Practices for Inner Strength | Ephesians 6:10-18

OPERATION
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The Invisible Battle

We can face physical, emotional, and spiritual battles that others cannot see.

Reflection: Which invisible struggle is most present for me right now?

[ ] Pain [ ] Fear [ ] Shame [ ] Identity [ ] Exhaustion [ ] Isolation

The Six Pieces of Armor

BELT OF TRUTH
Challenge the lies that shape my identity.

BREASTPLATE OF RIGHTEOUSNESS
Practice integrity, grace, and honest confession.

SHOES OF PEACE
Build steadiness through prayer and grounding.

SHIELD OF FAITH
Name my fears and choose trust amid uncertainty.

HELMET OF SALVATION
Remember my worth beyond my roles or abilities.

SWORD OF THE SPIRIT
Use Scripture for hope, perspective, and direction.

Truth vs. the Lie

A difficult thought I have been believing:

A truthful, compassionate response:

Practice Putting on the Armor

A personal plan for spiritual strength and connection

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My Daily Spiritual Training

Choose a small, sustainable practice. Ten minutes is enough to begin.

2 min | Truth
What remains true about my identity?

2 min | Peace
What helps me feel grounded in this moment?

2 min | Prayer
What do I honestly need to bring to God?

2 min | Scripture
Which verse will I carry this week?

2 min | Purpose
What meaningful action can I take today?

Reflection & Next Steps

One piece of armor I most need to practice this week:

One trusted person I can reach out to for support:

One small action I will take in the next 24 hours:

Remember: Needing rest, care, or support is not a failure of faith.
Spiritual practices can complement medical care and mental health support.