

PUT ON THE FULL ARMOR OF GOD

Daily Meditation – Monday December 1, 2025

The Bible says, “Finally, be strong in the Lord and in the strength of His might. Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God” (Eph. 6:10-17).¹

Once you receive Jesus, as your Lord and Savior, you enter into a spiritual war. If we were not in a spiritual war God would not inform us to put on spiritual armor every day.

God is a spirit. The Bible says, “God is spirit, and those who worship Him must worship in spirit and truth” (Jn. 4:24). God is a spirit and we were born in His image (see Gen. 1:1:26). Therefore, we are a spirit; we have a soul (mind, will, emotions) and we live in a body.

Demonic spirits attack our spirit, soul, and body. Some are listed below. When we come under attack we must bind those spirits in Jesus name!

Spirit – spirit of anti-Christ
Soul – spirit of fear
Body - spirit of infirmity

The Apostle Paul, wrote, “Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ” (1 Thess. 5:23).

¹ All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.

PRAYER FOR SALVATION – Father God, I repent of all my sins, and I believe You raised Jesus from the dead. I confess that Jesus Christ is the Lord of my life. Jesus, wash me with your holy blood. Holy Spirit fill me so I can be a mighty witness for King Jesus!