

THE ARMOR OF GOD



Type of Armor	Roman Usage	Christian Usage	Bible Verse
Belt of Truth – Ephesians 6:14	The Roman belt held all the armor solidly in place. Without the belt, the Roman soldier's armor would be loose and interfere with his ability to effectively fight and defeat his enemy.	The word of God is our belt of truth to combat the lies of the devil. It holds our lives together in spite of the most difficult circumstances.	"Teach me Your way, LORD, and I will live by Your truth. Give me an undivided mind to fear Your name." (Psalm 86:11)
Breastplate of Righteousness – Ephesians 6:14	The Roman soldier's breastplate protected the heart and other vital organs in the chest and abdominal area.	Our hearts are likely to be tempted, and our spiritual lives can deaden if our hearts are not right with God. We are righteous in God's sight because of what Jesus has done for us; not because of what we have done for ourselves.	"He made the One who did not know sin to be sin for us, so that we might become the righteousness of God in Him." (2 Corinthians 5:21; 2 Thessalonians 3:3)
Shoes of Peace – Ephesians 6:15	The Roman soldier's sandals were equipped with spikes which provided him with solid footing on the hills, valleys, and uneven ground when in battle. The enemy was unable to stand against him because his feet were firmly planted in the ground.	We firmly stand on the word of God, unmoved by the enemy's lies and threats. Our enemy is defeated and unable to stand against us, and we are to carry the good news of the Gospel of the glory of Christ into enemy territory so that others may be saved through Him. Keep your enemy the devil where he belongs – under your feet.	"All this is from God. Through Christ, God made peace between us and himself, and God gave us the work of telling everyone about the peace we can have with him." (2 Corinthians 5:18-19; Philippians 4:6-7; see also Romans 16:20)
Shield of Faith – Ephesians 6:16	The Roman soldier's shield protected him from the enemy's flaming arrows; and swords, and javelins.	Almighty God is the shield that surrounds us. He goes before us, He stands behind us, and He walks beside us in the field of battle. His victory is ours through Jesus Christ.	"The Lord is my strength and my shield; my heart trusts in Him, and I am helped." (Psalm 28:7; 2 Samuel 22:31)
Helmet of Salvation – Ephesians 6:17	The Roman soldier's helmet protected him from severe blows to the head and neck from various angles of attack.	The greatest battle is for our minds, and it is the area most attacked by our enemy. We must be on guard on what we allow to freely run through our minds.	"Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things." (Philippians 4:8; see also 2 Corinthians 10:3-5; James 1:13-15)
Sword of the Spirit – Ephesians 6:17	The Roman soldier's sword gave him an advantage over his enemies, because it was a double-edged sword which allowed him to cut in two directions.	Our sword is the word of God. When we quote the applying Scripture to our situation, the enemy flees from us.	"For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the ideas and thoughts of the heart." (Hebrews 4:12; see also Matthew 4:1-11)
Prayer – Ephesians 6:18-20	While the Roman soldier believed in many gods, and their main god was Caesar himself, there is no doubt that they prayed to their gods for their personal safety.	When the Christian soldier prays to the One true God in the Spirit he gains assurance, confidence, courage, peace, and protection. The Christian soldier must be alert and persevere in prayer for himself, his leaders, and comrades.	"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God." (Philippians 4:6)