

1. Prepare Your Equipment

When preparing for treatment, I heard a consistent message: **be ready**. Not just mentally, but physically—prepare your body to withstand whatever lies ahead.

Just as soldiers prepare for battle and athletes train for competition, we must prepare our “equipment.” Our bodies must be strengthened, cleansed, and made ready for the fight. In the military, faulty equipment can cost a life. In competition, it can cost the victory.

But when your equipment is prepared—strong, functioning, and reliable—it brings something powerful: **peace and confidence**. It frees your mind from distraction and allows you to focus fully on the battle ahead, knowing you are ready

The apostle Paul the Apostle teaches that believers must rely on God’s strength to stand firm against spiritual attacks. He explains that the real battle is not against people but against spiritual forces of evil. To be prepared, Christians are called to put on the “armor of God,” which includes **truth, righteousness, the gospel of peace, faith, salvation, and the Word of God**, along with constant prayer.

Each piece of armor represents a spiritual quality that protects and strengthens a believer so they can resist temptation, endure trials, and remain faithful.

Ephesians 6: 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of [the] darkness of this age, against spiritual hosts of wickedness in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

#1 Belt of Truth – “Having girded your waist with truth”

Meaning:

- Truth holds everything together.
- Living in God’s truth protects us from deception
- Keeps our life grounded in what is right.
- Our inner system functioning in order rather than confusion.

Protects: Core organs (intestines, digestive system, lower torso)

#2 Breastplate of Righteousness – “Having put on the breastplate of righteousness”

Meaning:

- Righteous living protects the heart.

- Live according to God's standard guards our character and integrity.
- Protects the breath of life itself

Protects: Heart and lungs (vital life organs)

#3 Shoes of the Gospel of Peace – “Having shod your feet with the preparation of the gospel of peace”

Meaning:

- The message of Christ gives stability and readiness.
- Stand firm and move forward confidently- carry the good news of peace with God. Share the Gospel through our own personal testimony.
- Move without fear or anxiety

Protects: Feet, legs, and mobility (supporting the whole body)

#4 Shield of Faith – “Taking the shield of faith... to quench all the fiery darts of the wicked one”

Meaning:

- Faith in God protects against doubt, fear, lies, and spiritual attacks.
- Protects most vulnerable or weak points
- A shield diverts the weapons of the attack before they can cause damage

Protects: Mobile protection moved to reinforce all areas. The Shield can be moved to any position to protect any part of the body

#5 Helmet of Salvation – “Take the helmet of salvation”

Meaning:

- Salvation guards the mind.
- God protects our thoughts from discouragement and confusion.

Protects: Brain, our eyes, ears, and all our senses

#6 Sword of the Spirit (Word of God) – “The sword of the Spirit, which is the word of God”

Meaning:

- The one offensive weapon.
- God's Word reveals truth, defeats lies, and gives power in spiritual battle

Protects:

- It brings life, truth, and power outward
- Fighting on our behalf with knowledge, wisdom and discernment
- Shapes our reality in truth with mercy and kindness

CONCLUSION

Hebrews 11:6 (NKJV) *“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.”*

*“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, **to stand.**” — Ephesians 6:13*

To **stand** is more than a physical act—it is a **spiritual position**. It is choosing to stand for what is right, good, and holy in the face of darkness. It is refusing to yield when the enemy brings attack.

The enemy operates in deception and darkness, but there is boldness in standing in the light. When we stand in righteousness, with God’s truth shining through us, darkness is exposed and loses its power.

God has equipped us with a complete spiritual armor—every piece working together with purpose. Just like a finely crafted suit of armor protects a warrior, God’s armor protects our life, our mind, and our truth.

When we stand fully equipped in Him, we are not just defending—we are **holding ground in victory**.