



## *Ephesians 6:13-17*

*Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.*



YOU DON'T PUT ON THE ARMOR  
OF GOD AFTER THE ATTACK.

YOU PUT IT ON BEFORE YOUR  
FEET HIT THE FLOOR.

# THE BELT OF TRUTH

*Ephesians 6:14*

*Stand your ground, putting on  
the belt of truth*

# HOW DO WE DO THIS?

## I AM LOVED

*Romans 8:38-39*

*And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*

# HOW DO WE DO THIS?

## I AM FORGIVEN

*1 John 1:9*

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*

@JERRYGODESY

#ANACONDASQUEEZE

HOW DO WE DO THIS?

I AM VICTORIOUS THROUGH CHRIST

*Romans 8:37*

*No, despite all these things, overwhelming victory is ours through Christ, who loved us.*



TRUTH ISN'T JUST SOMETHING  
YOU BELIEVE—IT'S SOMETHING  
YOU WEAR.

# THE BODY ARMOR OF RIGHTEOUSNESS

*Ephesians 6:14*

*Stand your ground, putting on  
the belt of truth and the body  
armor of God's righteousness.*

@JERRYGODSEY

#ANACONDASQUEEZE



WHEN YOU LIVE COMPROMISED,  
YOU LEAVE YOUR HEART  
EXPOSED.

WHEN YOU LIVE GOD'S WAY, THE  
ENEMY'S ARROWS BOUNCE OFF.



RIGHTEOUSNESS GUARDS YOUR  
HEART FROM SPIRITUAL  
BULLETS—GUILT, SHAME,  
COMPROMISE, BITTERNESS.

**HOW DO WE DO THIS?**

**WHEN SOMEONE WRONGS YOU, RIGHTEOUSNESS HELPS YOU RESPOND WITH  
GRACE INSTEAD OF REVENGE.**

**WHEN TEMPTATION KNOCKS, RIGHTEOUSNESS STRENGTHENS YOUR “NO.”**

**WHEN THE ENEMY ACCUSES YOU, RIGHTEOUSNESS REMINDS YOU THAT CHRIST  
ALREADY PAID THE PRICE.**

# THE SHOES OF THE GOSPEL OF PEACE

*Ephesians 6:15*

*For shoes, put on the peace that comes from the Good News so that you will be fully prepared.*



PEACE GIVES YOU GRIP IN A  
ROCKY WORLD.

HOW DO WE DO THIS?

BEGIN EACH DAY REMINDING YOURSELF OF THE PEACE YOU HAVE  
THROUGH JESUS

*Romans 5:1*

*Therefore, since we have been made right in God's sight  
by faith, we have peace with God because of what Jesus  
Christ our Lord has done for us.*

HOW DO WE DO THIS?

LOOK FOR OPPORTUNITIES TO SHARE THAT PEACE — A KIND WORD,  
FORGIVENESS OFFERED, LISTENING TO SOMEONE HURTING.

**1 Thessalonians 5:11**

*So encourage each other and build each other up, just as you are already doing.*

HOW DO WE DO THIS?

WHEN ANXIETY ATTACKS, PLANT YOUR FEET IN THE GOSPEL

*Romans 8:39*

*No power in the sky above or in the earth below—  
indeed, nothing in all creation will ever be able to  
separate us from the love of God that is revealed in  
Christ Jesus our Lord.*



PEACE ISN'T THE ABSENCE OF  
TROUBLE—IT'S THE PRESENCE OF  
GOD IN THE MIDDLE OF IT.

# THE SHIELD OF FAITH

*Ephesians 6:16*

*In addition to all of these, hold up  
the shield of faith to stop the fiery  
arrows of the devil.*



FAITH ISN'T A FEELING; IT'S A  
SHIELD YOU TAKE UP. IT IS THE  
ACTIVE CHOICE TO TRUST GOD'S  
CHARACTER WHEN THE  
CIRCUMSTANCES LOOK BLEAK.



FAITH DOESN'T PREVENT ARROWS  
— IT EXTINGUISHES THEM BEFORE  
THEY CAN BURN.

**HOW DO WE DO THIS?**

**WHEN FEAR SAYS, “THIS WILL NEVER WORK,” FAITH SAYS, “WITH GOD ALL THINGS ARE POSSIBLE.”**

**WHEN DISCOURAGEMENT HITS, FAITH SAYS, “GOD IS STILL WORKING.”**

**WHEN THE ENEMY WHISPERS, “GIVE UP,” FAITH SAYS, “STAND FIRM.”**



FAITH DOESN'T REMOVE THE  
FIRE—IT KEEPS IT FROM  
CONSUMING YOU.

# THE HELMET OF SALVATION

*Ephesians 6:17*

*Put on salvation as your helmet,  
and take the sword of the Spirit,  
which is the word of God.*



WHEN YOUR MIND STARTS TO  
SPIRAL INTO "WHAT-IFS," PULL  
THAT HELMET DOWN TIGHT.

**HOW DO WE DO THIS?**

**WHEN YOUR MIND SPIRALS, SALVATION REMINDS YOU WHO YOU BELONG TO.**

**WHEN THE ENEMY SAYS, "YOU'RE A FAILURE," SALVATION SAYS, "YOU'RE  
REDEEMED."**

**WHEN DOUBT ATTACKS, SALVATION SAYS, "YOU ARE SECURE IN CHRIST."**

# THE SWORD OF THE SPIRIT

*Ephesians 6:17*

*Put on salvation as your helmet,  
and take the sword of the Spirit,  
which is the word of God.*



HE USED SCRIPTURE AS A  
SWORD.

HOW DO WE DO THIS?

WHEN TEMPTATION COMES, SPEAK THE WORD.

*James 4:7*

*So humble yourselves before God. Resist the devil, and he will flee from you.*

HOW DO WE DO THIS?

WHEN FEAR RISES, SPEAK THE WORD.

*Psalms 46:1*

*God is our refuge and strength, always ready to help in times of trouble.*

HOW DO WE DO THIS?

WHEN DISCOURAGEMENT HITS, SPEAK THE WORD.

*Romans 8:37*

*No, despite all these things, overwhelming  
victory is ours through Christ, who loved  
us.*



THE WORD DOESN'T JUST  
COMFORT YOU—IT CUTS THE  
ENEMY'S LIES TO PIECES.

# WHEN YOU WEAR THE ARMOR:

TRUTH HOLDS YOU TOGETHER  
RIGHTEOUSNESS GUARDS YOUR  
HEART  
PEACE STEADIES YOUR STEPS

FAITH SHIELDS YOU  
SALVATION PROTECTS YOUR  
MIND  
THE WORD EMPOWERS YOU TO  
FIGHT



**YOU ARE NOT WALKING INTO BATTLE  
UNPREPARED.**

**YOU ARE WALKING IN FULLY EQUIPPED,  
FULLY COVERED, AND FULLY  
VICTORIOUS THROUGH CHRIST.**