



# SUMMER *strong*

*Weekly devotions and prayers  
to guide you in putting on  
God's spiritual armor.*



# Introduction

Ephesians 6:10-13: “A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh and blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God’s armor so you will be able to resist the enemy in a time of evil. Then after the battle, you will still be standing firm.”

The Christian life is not a playground; it’s a battleground. God wants us to be victorious and not defeated in this spiritual war zone that we find ourselves in. He has provided armor for the conflict. It has to be appropriate for the fight. If you use fleshly armor in a spiritual battle, then you’re going to lose, because it won’t be appropriate for the enemy that you are fighting. Satan, the demonic world, and the realm of evil are the sources of attack. Everything physical and visible is preceded by something invisible and spiritual.

So, if you want to be victorious over your struggles in the physical world, you have to learn to fight against these spiritual invisible forces coming against you, and that is why it is absolutely critical that you know, understand and utilize the armor of God, so that you do not fight in defeat but in expectation of victory.

Each piece of the armor of God can be found by having a relationship with Jesus. When you give your life to Jesus you are clothed in the whole armor of God, but we need to keep intentionally putting our armor on to protect us from Satan’s schemes. You can pray on the armor of God daily. If you are feeling tempted, weak, afraid, alone, or discouraged, then that is when you need to put on the armor of God immediately.



## Week 1: July 3, 2022

### The Belt of Truth

Ephesians 6:14: "Stand firm then, with the belt of truth buckled around your waist..."

We need to know God's truth. By putting on the belt of truth, all other pieces of armor can be connected.

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Truth is the absolute standard by which reality is measured. Let me say it another way; truth is God's view on any subject. He is a God of truth. John 14:16-17 says; "And I will ask the Father, and he will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads into all truth. The world cannot receive him because it isn't looking for him and doesn't recognize him. But you know him because he lives with you now and later will be in you."

God only functions in a realm of truth, whereas the evil one is the father of lies. The spiritual battle in which we are engaged is a battle between lies and the truth. In John 14:6 we read "Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me."

If you want to see victory in your spiritual life, you're going to have to start with God's view of a matter. Many times in our spiritual war, we get everybody else's view on a matter, including our own. We may even have the facts, but you can have the facts and still not know the truth. Jesus tells us in John 8:32,34; "And you will know the truth, and the truth will set you free." Jesus replied, "I tell you the truth, everyone who sins is a slave of sin."

You can have information and not have the truth. You can have emotions and not be responding to the truth. If you and I want to have spiritual victory in this spiritual war, that means we have to identify the issue—the subject at hand, the attack that we are experiencing, the evil day that seems to be coming against us. Then we're going to have to rush to find out what God says about that matter.

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Once you know that, His truth will inform the facts, and then you will know how to feel about it. When you start operating on God's view of the matter truthfully because you are operating on the truth, you will begin to see the supernatural enter into the circumstances of your conflict and of your battle.

Go to war with the truth, the whole truth, and nothing but the truth, knowing that God is with you and has equipped you with his real, undeniable truth. Our scope of knowledge is very limited. If all we see is what we see, we really don't see all there is to be seen, since it is a spiritual and invisible battle. Focus on the truth and watch God use it to bring you victory. John 16:13 states; "When the Spirit of truth comes, he will guide you into all truth. He will not speak on his own but will tell you what he has heard. He will tell you about the future."

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### Prayers:

1. Pray that you would be guided by God's ways and His truths. "Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you." Psalm 25:5
2. Pray that you would live and believe in God's truths. "Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings." John 8:31
3. Pray that God's truth would help you live in freedom and light. "Jesus spoke to the people once more and said, 'I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life.'" John 8:12



## Week 2: July 10, 2022

### The Breastplate of Righteousness

Ephesians 6:14 “Stand your ground, putting on...the body armor (breastplate) of God’s righteousness.”

The breastplate covers our most precious, vulnerable areas—the heart, lungs, and gut. And because of Jesus’ sacrifice on the cross, we can walk in righteousness. Righteousness is upright living that aligns with God’s expectations. If you are living according to how God wants us to live, then you are walking in righteousness.

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Righteousness is the standard that pleases God. You and I are righteous when our actions seek to conform to the truth. Coming from a place of truth, we’re told to have on our heart righteousness, i.e., a set of actions that are implementing what God has revealed to be true. When we act right based on the truth, we protect our hearts from being captured by the enemy. A blow to the heart is deadly because the heart pumps blood throughout our body.

What the physical heart is to the bloodstream, bringing oxygen and life to the body, our spiritual heart is the pump bringing the life of God throughout the soul because we are living in relationship with Him, i.e., we are seeking to please Him with our decision making.

As truth-bearers, we then seek to please God in our actions based on that truth. Think of your spiritual heart as the guidance of God, the will of God, the presence of God, and the power of God pumping inside the believer’s soul. The body only does what the soul dictates to it. You need a good pump, delivering the right nutrients through the spiritual bloodstream.

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The breastplate of righteousness is critical because demons are drawn to unrighteousness. So, when unrighteousness prevails in our lives, we not only have the problem with the issue, we have the problem with the demonic influence we've invited. Therefore, guard your heart, act on the truth, and clean up the environment by the Spirit, so that God's victory can be yours. Matthew 6:33 instructs us; "Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."

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### Prayers:

1. Pray that you would live in the righteousness that is available to us. "throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes." Ephesians 4:22-23
2. Pray that you would guard your heart so you can live in righteousness. "Guard your heart above all else, for it determines the course of your life." Proverbs 4:23
3. Pray that you would live in faith and obedience. "And Abram believed the LORD, and the LORD counted him as righteous because of his faith." Genesis 15:6

## Week 3: July 17, 2022

### Shoes of Peace

Ephesians 6:15 “For shoes, put on the peace that comes from the Good News so that you will be fully prepared.”

The sandals that soldiers wore protected their feet as they traveled and gave them security. In the same way, the Good News of the Gospel gives us peace and security and helps us move forward in faith.

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When you're in a war, movement is critical. You've got to dodge some things to stay mobile. How do you know that you are moving tactfully? How do you know that your direction is exact? God has given us a spiritual radar by which we can know that our movements are in sync with His directives. It's called the footsteps of peace. This is not the gospel that takes you to heaven, but rather the one that guides your footsteps, your movement, and your mobility on earth.

The Bible is clear that the peace of God shall guard your hearts. After righteousness, our movement is confirmed by peace. Scripture does not give the specific steps to take in every possible scenario. It does provide the precepts, principles, and guidelines. However, the application of those is not always spelled out in Scripture. The Holy Spirit has given to every believer an alarm. “No, don't go any further. Yes, move further. Go right, move left, back up a little bit.”

It's called the Gospel of Peace because when you are saved, you do not only get peace with God, but you also have radar control, guidance for your movements, and directions in life. The Bible is clear that God wants us to know what His will is. It's a will that will remain true to His principles, but the specific steps are confirmed by His peace. He will show you how to move and maneuver in life's circumstances so that you can avoid or overcome or steer around the attacks of the evil one. We read in Philippians 4:7, “Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”



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### Prayers:

1. Pray that the gospel would bring peace to your own heart and mind. "Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7
2. Pray that you would be able to boldly share the Gospel. "And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike." Ephesians 6:19
3. Pray that God would use whatever your situation or 'mountain' is to share the gospel with those in a similar situation. "Look! A messenger is coming over the mountains with good news. He is bringing a message of peace. Celebrate your festivals, O people of Judah, and fulfill all your vows, for your wicked enemies will never invade your land again. They will be completely destroyed!" Nahum 1:15

## Week 4: July 24, 2022

### 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.”

When Satan lies to us or makes us feel weary, fearful, and discouraged, it is our faith and God's truths that have the power to stop Satan's lies in their tracks.

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In an ancient battle, it was common for a soldier to have a shield. He used it to block or thwart the weapons that the enemy was using, lest he gets hit. We have a shield that is designed to block what Satan is shooting at us. We don't get to stop him from shooting, but we do get to stop him from reaching his desired goal. The Bible calls it the shield of faith. The Roman soldier's shield was so big that his entire body could hide behind it. God has given us such a shield, so big that it can cover all of your life.

The Bible also refers to the “fiery darts” of Satan. They're not just arrows; these are arrows that have been dipped in oil and set aflame. It's like in ancient times when the arrows being shot at the soldiers would hit their shields and burn them down. That would leave the soldier exposed to the enemy. What Satan wants to do is create a spiritual distraction. A fiery dart, to expose us to his frontal assault and frontal attacks. Fortunately, we have the shield of faith.

Faith is acting on God's truth, even when you do not fully understand, in order that it might be so, simply because God said so. When you act in faith based on what God has said, trumping your feelings and even trumping fact, then you have erected a shield of faith, and the Bible says, “we will overcome the evil one” by our faith.

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1 John 2:13-14 reads; "I am writing to you who are mature in the faith because you know Christ, who existed from the beginning. I am writing to you who are young in the faith because you have won your battle with the evil one. I have written to you who are God's children because you know the Father. I have written to you who are mature in the faith because you know Christ, who existed from the beginning. I have written to you who are young in the faith because you are strong. God's word lives in your hearts, and you have won your battle with the evil one."

When God sees that you believe in Him in spite of the attacks coming against you, then He will erect a barrier to cover you. Hebrews 11:1 tells us what was accomplished when men and women acted out in faith. The same faith that worked for them works for us, "Faith shows the reality of what we hope for; it is the evidence of things we cannot see."

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### Prayers:

1. Pray that you would be on guard and protected from Satan's attacks. "Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him and be strong in your faith..." 1 Peter 5:8-9
2. Pray that you would truly believe all of God's words and truths about you. "Every word of God proves true. He is a shield to all who come to him for protection." Proverbs 30:5
3. Pray that you would continually grow in faith. "The apostles said to the Lord, "Show us how to increase our faith." The Lord answered, "If you had faith even as small as a mustard seed, you could say to this mulberry tree, 'May you be uprooted and be planted in the sea,' and it would obey you!" Luke 17:5-6



## Week 5: July 31, 2022

### Helmet of Salvation

Ephesians 6:17 “Put on salvation as your helmet...”

Salvation is being rescued from a state of danger and restored to wholeness. According to Romans 10:9-10, salvation comes from confessing with your mouth and believing in your heart that Jesus is Lord and that He was raised from the dead. A helmet is something you wear to protect your head, just as by constantly remembering your salvation it can protect your thoughts. Romans 10:9-10, “If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved.”

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Simply put, a helmet covers the head, which is, in itself, a helmet for the brain—the physical matter that houses our mind. When the Bible talks about the helmet of salvation, it’s talking about taking thoughts captive, controlling what penetrates our mind and informs our brain. It’s called the helmet of salvation.

Since Paul is already writing to Christians, when he says the “helmet of salvation,” he’s not talking about going to heaven. He’s talking about decision-making on earth. God wants you to allow Him to control your thinking. More accurately put, He wants us to link into His thinking for the purpose of deliverance.

The word “salvation” means to be delivered. We’re delivered in eternity from eternal judgment. But God also wants us to be delivered from satanic attack and defeat. For that to happen, you have to have your mind right. That’s why the Bible calls it in Romans 12:2 the “renewing of the mind.” Romans 12:2 tells us “Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

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It says in 1 Corinthians 2 that we are to think spiritual thoughts, based on spiritual words. Therefore, put your helmet on by going to God's Word, learning what He says, and making those your thoughts. In football, they wear a helmet because they are getting hit. Satan is trying to hit us, as well. But God doesn't want us to have spiritual concussions or brain damage. He wants us to be able to think clearly based on the truth of God. 2 Corinthians 10:5 reads "We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ."

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### Prayers:

1. Pray that you would always be reminded of your salvation. "So Christ has truly set us free. Now make sure that you stay free, and don't get tied up again in slavery to the law." Galatians 5:1
2. Pray that you would always remember your salvation is a gift, and not attained by your works. "But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, he gave us life when he raised Christ from the dead. (It is only by God's grace that you have been saved!) God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God." Ephesians 2:4-5,8
3. Pray that your thoughts and lives would continually be transformed because of your salvation. "Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect." Romans 12:2

## Week 6: August 7, 2022

### Sword of the Spirit

Ephesians 6:17 "...take the sword of the Spirit, which is the word of God."

The sword of the Spirit is our only offensive weapon in the armor of God, all others are defensive. We can't always be in a defensive posture though, we have the power to be victorious in Christ simply by using the powerful word of God to stop Satan in his tracks.

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The Sword of the Spirit is the written word of God. The word "sword" is very critical because it's not referring to the long sword that a Roman soldier would use, but more of a short dagger. These were used for close-quarter battles. This is a frontal assault on your life, your world, your family, your mind, and your circumstances.

This is the only offensive weapon in the armor of God, because Satan is allergic to Scripture. Remember Jesus in the wilderness in Matthew 4, where He is attacked by the devil? What was Christ's counterattack? He quoted Scripture. Many Christians have Bible study with each other and talk to the Lord in prayer, but in spiritual warfare, God wants you to have Bible study with the devil! That's what Jesus did. He quoted Scripture to the devil because He knew he couldn't handle the Word of God. If he's allergic, we need to make him sneeze. We need to give him the flu. We need to give him some chills by actually using the Word of God. When you do, you stick a dagger in him. In fact, when Jesus was tempted by the devil, he quoted three passages. Three strikes and you're out. The point is that the fuller your command of God's Word, the more effective you can be in battle.



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Matthew 4: 1-11 tells us the story of Jesus' temptation, "Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights he fasted and became very hungry. During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread." But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say, 'He will order his angels to protect you. And they will hold you up with their hands so you won't even hurt your foot on a stone.'" Jesus responded, "The Scriptures also say, 'You must not test the LORD your God.'" Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. "I will give it all to you," he said, "if you will kneel down and worship me." "Get out of here, Satan," Jesus told him. "For the Scriptures say, 'You must worship the LORD your God and serve only him.'" Then the devil went away, and angels came and took care of Jesus."

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### Prayers:

1. Pray that you live by God's words and be able to refute Satan with God's words. "The tempter came to Him and said during that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread." But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" Matthew 4:3-4
2. Pray that you would be able to fight the lies and strongholds in your life with the word of God. "We are human, but we don't wage war as humans do. We use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ." 2 Corinthians 10:3-5
3. Pray that you would learn, memorize, and live by the word of God. "All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work." 2 Timothy 3:16-17

# Closing

Now that you are familiar with the individual pieces of God's armor, how do you put them on? To be victorious in spiritual warfare, God has a one-stop-shop for getting dressed. It's called prayer. Ephesians 6:18 says, "Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere."

So, you put them on in prayer.

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You put on the belt of truth by declaring in prayer to God that you believe what He says.

You put on the belt of righteousness by declaring to God, "I want to please You in this matter."

You put on the shoes of the gospel of peace when you say, "God, confirm this situation in my life by giving me peace, or cause so much discomfort that I know I shouldn't move forward."

You put on the shield of faith by trusting God's truth and asking God to support you in your actions, particularly if those steps are difficult to take.

You put on the helmet of salvation in prayer when you ask God to clear your mind of anything that will distract you from operating with His perspective in your thinking.

Then you put on the Word of God when you quote His Word and ask God to show you the right Scriptures to use.

Bring prayer in and you're dressed for success because it is God's means of communicating from heaven to earth when you are under spiritual attack, so the devil has no option but to leave you alone.

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## Resources:

8-Day Armor of God Boot Camp - Tony Evans

Praying on The Armor of God - Jenn Soehlin, My Printable Faith



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