

PUT. IT. ON.

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Put. it. On. What does that mean? Ephesians 4:24 says to put on the new self, created to be like God in true righteousness and holiness. We take off the old way of doing things and put on the new. It's a new self renewed in the image and knowledge of our Creator so we think and desire what he thinks and desires (Col 3:9-10).

And then in Ephesians chapters 4 and 5, Paul explains what our actions will look like when we put on the new self. We take off lies and put on truth. We take off gossip and put on encouragement. We take off revenge and put on forgiveness. We take off drunkenness and come under the influence of the Spirit. He then continues to explain how the new self will look in our homes and workplace as we live out our lives in Christ.

And then we get to chapter 6 and Paul says "Finally" in other words, "for everything else." God can't possibly give specific direction for every situation we face in life so instead, he says, "Be strong in the Lord and his mighty power." How? By "putting on the full armor of God."

As we look at God's guidance for handling "everything else" we'll focus on three things as put on the armor of God.

1. What you need to know about the armor of God.
2. Why you need to know it? AND
3. How it all works.

Ephesians 6:10-11

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes.

WHAT YOU NEED TO KNOW

1) **God gives A COMMAND**

He says, "Put it on!"

It's not a discussion or agreement we arrive at with God. It's a command. A command we follow with a heart of faith out of thankfulness and in trust that he knows best. But it's a command nonetheless.

The army metaphor is the best way to explain that. When you sign up for the army you lose all rights to yourself. Boot camp ensures every new recruit knows they are preparing for battle. Soldiers learn to follow orders and obey commands.

Why? Because someday they will be in the middle of a battle and their lives depend on it.

When you discuss and get explanations to fully understand the circumstances or reasoning **before** acting, you are simply agreeing or disagreeing. That's not obedience. There's a big difference between the two. It's not our agreement that's essential. It's obedience and the resulting action in faith that is.

This picture of a soldier heading into battle is the only way to clearly communicate how important it is to do what God tells us to do in the way he tells us to do it.

God knows the Christian life is a fight. Everything is a spiritual battle. He also knows the impact of our battle is not just inconvenient, it's eternal.

And so, in obedience, we put on the armor of God and walk confidently into the battle before us. Not because it makes sense, or we understand the plan, or we can see the results, but because God gives us every spiritual blessing he has to give and tells us to put it on.

2) **God gives EVERYTHING YOU NEED**

God knows the Christian life is a fight. He knows it's hard and unforeseen and way out of our capability to deal with. God can see the heavenly realms, the spiritual forces, and what the fight is REALLY about.

And so God says, Be strong in the Lord by putting on the full armor of God. Every spiritual blessing in chapter 1 is at your disposal. Put. It. On.

And yet, how many of us are afraid, despondent, unsure, frustrated? How often do you think, "I can't take one more thing!" or "When will it stop?" To the defeated and battle weary soul God says, "Only the full armor that I give can deal with what you're struggling with. With it, you have everything you need to meet all the battles of life. Use it. Take advantage of it. Put it on!"

A commentator said it like this, "To put on the armor of God is "to see who you are in Christ and begin to cash in on it. To take the benefits of the Gospel and use them in your life so as to get a new disposition. To get a new way of looking at yourself in life. To get a new habitual way of thinking about yourself."

It is one thing to know the mighty power of God. It is a whole other thing to be strong in that mighty power by taking advantage of every spiritual gift we've been given. We don't have to wonder if we have what it takes. God assures us we do. Now, let's put it on.

3) **God gives AN ARMY**

For this next point, I want you to think about superhero movies. Spiderman, Thor, Batman, Captain America, Wonderwoman, and Dr. Strange, Who are your favorites? You only have to say the word "Marvel" in my house and my boys are planning the next series to binge on.

Unfortunately, those stories have become our "go-to" image for epic battles. Because these superheroes battle one-on-one and our society skews heavily toward the individual experience, it's easy for us to read this section of Scripture and imagine God giving us the armor and sending us out into battle all by ourselves.

It's better to consider what Paul Wendland shared with the conference planning team. "The "you's" are plural, which is a reference not only to the "you" individual but to the collective "you" as well. (Galatians 3:27, Romans 12)

It is America that gets lost sometimes in an overemphasis on individuality so that we ask, "How am I resisting temptation?" versus, "How are WE resisting temptation?" It is neither the many without the individual nor the individual without the many.

How could a Roman battle line have stood the test with only one soldier facing the enemy? But, when many together face the enemy with shields locked, they form a fearsome battle line. Each one, however, is needed for the sake of the whole, and the whole battle line preserves the lives of each."

We need each other more than we can possibly imagine. God gives the woman sitting next to you, your Bible study group, your family, friends, pastors, teachers, our God-blessed church body as gifts from God in OUR battle against the rulers, authorities, and powers of this dark world and the spiritual forces in the heavenly realms. So, let's lean in, hunker down, and bear with one another. We are all in this together as an army of believers encouraging one another to be strong in the Lord.

4) God gives THE VICTORY

We win. The word “stand” refers to the victorious soldier with his foot on the head of his enemy. It points to the ability to continue fighting because we know the enemy is defeated. When we put on the full armor of God for the battles and attacks we experience, every outcome is an Easter celebration.

It doesn't mean there isn't a struggle or hardship or even loss.

It means we get to have a different mindset in the middle of it because we focus on what Jesus has *already done* instead of what we're going through.

REVIEW

With the armor of God we know it's a command to put it on. We know we have everything we need. We know we're not alone and we know we're victorious.

The next question is, “Why do we need to know that?”

Ephesians 6:12-13

12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

WHY YOU NEED TO KNOW IT

1) God knows WHAT WE'RE UP AGAINST

I don't know about you but I cannot handle scary movies or shows of any kind. I don't even like the commercials that advertise them. People tell me it's a joke and not real, but verse 12 convinces me otherwise. There are just things we don't know about.

And God in his mercy doesn't reveal them because I'm pretty sure none of us would be able to sleep at night if he did. A commentary says, “They are not made of the same kind of stuff as we human beings. They are leaders of a whole pack of subordinate devils. They are authorized by Satan to use their might and cunning to the best possible advantage. They are spiritual forces completely polluted with wickedness. Nothing escapes their observation. They know our weak and unguarded moments. Certainly, enough has been said to make us realize that we are no match for them on our own.” (Habeck 129)

Another commentator said, “The attacks are from all sides. They come to seek and destroy in the hopes that we live defeated lives. Enslaved. Tormented. And fighting against the wrong thing.” (Keller)

The thing is they are smart enough to make themselves inviting and attractive. That's actually what frightens me the most. The breakout sessions following this will explore the unique attacks against the home, our church, and our culture today and how to put our armor on in defense.

Because it's not if. God knows the day of evil IS coming. It looks different for every one of us, but it is coming.

That doesn't mean we need to live in unhealthy fear. It means we put on the armor of God. With the armor of God, he promises we have everything we need, we can trust the one who gave it, we are not alone, and we will be victorious.

The other reason why we need to know how to be strong in the Lord with his full armor is that there are a lot of knock-offs out there.

2) God knows EVERYTHING ELSE FAILS

Today everyone has a coping mechanism. Our coping mechanisms are little strategies we put into place to deal with life, remember things, or get through our day stress-free.

The world has also developed coping mechanisms for dealing with the battles of life. Unfortunately, they won't give what the full armor of God does, but people still try to use them nonetheless. Here are two of them.

1. EVERYTHING WILL WORK OUT IN THE END!

This strategy lulls people into a false sense of security or affirms their belief that they are a victim and it's hopeless anyway. They don't sense the danger, heed the warning, or see the need for any armor at all. This strategy sounds like this.

"We'll cross that bridge when we come to it."

"I got this. Don't worry. It will be fine!"

"It's not that big of a deal. I'll figure it out."

But with this strategy, you're rushing into the battle with no armor. You can only imagine what that would look like! And it's exactly what the enemy wants so he's able to destroy, enslave, and torture with guilt, worry, or whatever else you experience when you find yourself in the middle of circumstances you never thought possible.

Not using what we've been given is a fail. We can only be strong by putting on the full armor of God.

2. I WANT THAT ONE INSTEAD!

The second popular strategy is deciding to go with the defense mechanism of our own choosing. Over the years our wounds, our past, our pride, our encounters, and even our identities have taught us how to deal with the battles of life and navigate the hardships. Because they kind of work they've become our natural defaults instead of putting on the armor God gives us. Choosing our own strategy for coping with the battles of life sounds like this:

"Stay Strong! Don't let 'em see you down. You got this!"

"You gotta *try harder* and *be better* next time."

"It's a tough world out there. You've got to take charge. It's up to you to... prepare your kids, get a man, climb the ladder, etc."

It's familiar. It sounds good. It makes sense. And we *kind of* cope. But we aren't victorious.

Not using what we've been given is a fail. We can only be strong by putting on the full armor of God.

Let's look at what God gives us instead.

Ephesians 6:14-17

14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, **15** and with your feet fitted with the readiness that comes from the gospel of peace. **16** In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **17** Take the helmet of salvation and the sword of the Spirit, which is the word of God.

HERE'S HOW IT'S GOING TO WORK

So we're going to start by standing firm. The word "stand" here is different than in the other verses. In light of the sure victory we have in Jesus, the Christian is going to get up over and over again and continue fighting, having put on the armor of God.

BELT OF TRUTH

We start with the belt of truth. As we all know, the belt is applied to our waist. For the ancients, the gut was the central control system for the body. Think about it. We make a gut check to determine where our motives are. When we're excited or nervous we get butterflies in our stomachs. The love-struck or hyper-focused lose their appetites. Gut health is trending because out of it flows health for the rest of the body.

Therefore, Paul says, "Start Here." Before you head into life, much less any battle with the deceiver, we must apply God's truth to our most intimate parts because out of it flows spiritual health for everything else.

Truth must do surgery on us first so we are not tripped up either by our flowing robes. (Keller)

We need to know ourselves under the bright light of God's Word because we all have areas of weakness the devil can expose and take advantage of.

On the one hand, every single one of us has something we are proud of, delight in, or look forward to more than anything else. These things are our careers, our children, our lineage, our identity, or our accomplishments. For everyone it's different. They make us smile, puff us up and make our step just a little bit lighter. We talk about them, focus our attention on them and give them priority over everything else.

The belt of truth helps us see these things are God's *gifts* to us. We don't need to constantly point to them for approval. We don't need to be challenged or insulted when they're criticized. They aren't the measure of who we are. We don't need to fear that they'll be taken away from us.

The belt of truth points us to JESUS because He is who we are and where our approval comes from. It says, "Stop looking at yourself. I gave you those things for my kingdom and to serve others. You're not useful until you understand that."

But when we do, THEN we're prepared to stand ready for the battle to come because our reliance is on Jesus and not ourselves.

On the other hand, every single one of us also has a skeleton in the closet. We all have things that bring us shame or guilt. Things we live over and over with regret wishing for a do-over. These are the things that we hate the most about ourselves. We hide them, forget them, and distance ourselves from them.

The belt of truth says to those hiding in despair, shamed by their inadequacy, and guilted by failure, "Jesus has taken all of that away. Don't you dare live for another moment as an orphan when Jesus died to make you his child."

The belt of truth binds up the broken-hearted with a reminder that God says, "You're saved. You're mine. I love you. Now, stand in my truth and fight. Others need to know the truth that saved you as well."

Do you see how important it is to put on the belt of truth? Do you see why we put it on first? It rightly aligns everything else so we are prepared for what is to come.

BREASTPLATE OF RIGHTEOUSNESS

My family has this weird habit of watching every movie in a sequel before the new release of the next film. This summer was Jurassic Park. As you know, fight or flight is nature's way of protecting against an attack. The choice is to either stay and defend or run and hide. After watching countless people eaten alive by dinosaurs of all kinds, I can assure you neither fight nor flight works.

That's why Paul gives us something different.

Our accuser and the finger he points is relentless. And he's had many years of practice. He knows where to strike and what will cause the most hurt. He knows how to convict. He knows how to condemn. And his goal is death.

If we try to go up against this enemy with the standard excuses of "It wasn't me. It's not my fault." crumple into a pool of self-pity absorbing every charge or duck and hide to avoid responsibility, he will eat us for lunch!

Only the breastplate of righteousness that comes from God will defend. It alone must be worn over our most vital organs to cover the seat of our deepest emotions and feelings. When we claim the righteousness given by Jesus Christ we are neither defending nor accepting the accusation. We are simply pointing to Jesus who did something about it. The breastplate of righteousness says despite the accusation I am righteous, well-pleasing, and presentable before God.

FEET FITTED WITH THE READINESS THAT COMES FROM THE GOSPEL OF PEACE

What do these spiritual shoes represent? Preparation. Readiness. Nimbleness. Lightness. It's the opposite of being sluggish or hesitant. It's a spiritual character that's ready for anything!

What Paul is talking about is more than just the weight-lifting joy that comes from the forgiveness of sins. It's what happens when you've been *practicing* the gospel of peace. When we put it on and use it. When we proclaim it and share it with others. It's not the shoe, but what you do with the shoe on.

I would like to share an aspect of peace I found helpful to my understanding of the armor of God especially as we consider our relationships with others.

A favorite scene from the Luther movie that came out in 2003 is when Johann von Staupitz finds Luther beating himself up in the confessional. He asks, "Martin, what is it you seek?"

Luther says, "Have you ever dared to think God is not just? He has us born, tainted in sin. Then he's angry with us all our lives for our faults. This righteous Judge who damns us, threatening us with the fires of hell. I know. I know I'm evil to think it." says Luther.

Then Staupitz says, "You're not evil. You're just not honest. God's not angry with you. You're angry with God."

God's not angry with you. You're angry with God.

Now, this may be a personal journey and one you've not experienced, but I've found that considering this statement, "God's not angry with you. You're angry with God." is the only way I can make sense of the times I *know* I have peace with God through Jesus, but feel an overwhelming *lack* of peace in my heart.

I think it's because, like my first mother Eve, I also believe that God is holding out on me. That he's not giving me what I should have or deserve. That I know better. I know what I need and don't need. Especially when it comes to avoiding hard things or navigating difficulties.

So if things aren't the way I want them, God must be holding out on me. In my heart of hearts, I want control and I'm angry when I'm not.

This isn't just our sinful nature, western culture applauds the self-made woman who takes charge, plots her own destiny, and makes things happen. I am encouraged to think like this.

There's just one problem. We all know I'm not in control. You're not in control either. God is.

And God knows the trials, the no's, the waiting, the alternatives, the discipline, the diagnosis, the demotion, the divorce, and the difficulties will have an eternal impact for the good of our souls-if we let them.

If we humble ourselves before a loving God who only wants what's best for us we will be refined, renewed, and restored by them and experience peace with God because we rightly understand that God **ONLY** wants good for us.

Jesus is proof of that.

However, if we rage in the face of these things and shake our fists at God for allowing them to happen we will never know peace. We'll just be angry, bitter, mean, and miserable to be around.

Unfortunately, the world is meeting too many Christians like this. We talk about peace, but we aren't *living* peace. We've got to put our armor on.

I'm spending time on this because I think it's affecting our relationships with others.

You see if I can't control God, then I have to control something. And usually, that something is the situation or people around me. How? I control what they know of me to perpetuate the myth that I am in control. I make excuses for why things aren't the way I want them to be. I'm jealous of people I should be happy for. I hide from uncomfortable situations. I avoid people I consider "better" and speak down to others I think less of. I point the finger of blame so I won't be held accountable. I make visible what I want to share and hide what I don't.

And I do this because I don't like the way things are in my life. I'm not convinced that everything good comes from God's hand. I think he's holding out on me. God's not angry at me. I'm angry at God.

And when the posture of my heart is like this, I have no ability to rush with lighthearted nimbleness to bring the gospel of peace to someone who is probably in the same miserable condition I am! I'm so focused on my own pain, I can't see the gaping wound in the heart of the person in front of me.

But when, through the eyes of faith, I see that God gave up his son, Jesus Christ on my behalf, I can be at peace with the other choices he makes for my life as well.

And with a light, thankful heart that has practiced enjoying peace with God, I can rush to my fellow brothers and sisters and assure them of God's peace with them as well.

SHIELD OF FAITH

Unlike the others, the shield is a defensive weapon used when the fighting was the most fierce and the soldier was the most vulnerable.

Like a small door, the shield protected against immediate and very intense attacks by providing something to hide behind and absorb or deflect the fiery arrows of the enemy..

As one commentary said, "Arrows don't fly where it's safe. They fly where you open your mouth to speak the truth and rush to share the gospel." (Keller)

I Peter 4 says to not be surprised when fiery ordeals come to test our faith as if something strange is happening. As people of faith, you lead the offensive to build up the temple and body of Christ. The fact that you're here is a clear indicator that you want to bring God's kingdom to the world around you. And because of that, you are vulnerable.

The devil would love to not only attack but also plant the spreading seed of doubt to make you question your decisions, the things you do, and the conversations you have in the name of Jesus.

Take up the shield of faith. Just like a soldier's only defense is the shield he's holding over him when the fiery arrows fly, Jesus will be our defense when we look to him with eyes of faith during the most trying difficulty. Because faith is sure of what we hope for and certain of what we do not see (Hebrews 11:1).

HELMET OF SALVATION

To put on the Helmet of Salvation means our thoughts are directed towards what is to come. We focus on the inheritance we have waiting for us and look forward to an eternal home forever in the presence of God. It means our time, energy, thoughts, conversations, priorities, and resources are all given to thinking and preparing for that reality.

Because when I think about what's coming, I'm not so focused on what's right now. The immediate slights, temporary hurts, and minor setbacks just aren't that big of a deal in comparison to what is to come.

And for those things that are a big deal with lifelong consequences that won't change this side of heaven, the helmet of salvation assures us it won't last forever.

I had this pointed out to me while teaching women's Bible a few years out of college. We were digging into the application and I asked a question about the struggles and frustrations we all experience with this, that, or the other.

And as women do, we went around the circle and shared. There was good stuff: frustrations with kids, jobs, and husbands. Deep sadness over loss. Unanswered questions and doubts.

And then we got to Anna Caswell, lovingly known as "Mum". I said, "Well, Anna, what about you?" She looked off into the distance and said, "Oh, I don't know about all of those things. I just know I'm going to be with Jesus someday soon."

A year or so later she was.

And I have never forgotten the encouragement to lift my eyes above the "light and momentary troubles" and gaze on what is to come.

Put on the Helmet of Salvation.

SWORD OF THE SPIRIT

To take up the Sword of the Spirit is a little bit like putting on the belt of truth. The difference is when we take up the sword of the Spirit we are rightly applying the law and Gospel to the situation at hand. We use it to correct, rebuke, and train in all righteousness. We also use it to bind up the brokenhearted, give hope to the hopeless and rest to the weary.

But how do you know how to do that? Like, that's for Seminary professors and my pastor, right? Wrong. You have access to God's Word in the palm of your hands, on your phone, in your earbuds, or on a screen. If you want to know how to use the Sword of the Spirit you need to hang out with the Spirit by reading your Bible. Every day. Little by little. Give room for the Holy Spirit to guide and teach you in the private and safe moments so you are ready when the day evil comes.

Think about it. If someone were to give me a sword right now and ask me to fight I'm pretty sure I'd hurt myself. That's because I haven't practiced. I haven't turned it over in my hand to get a feel for its weight. I don't know how much force to use or the proper technique. It would only be this big, clunky object I probably wouldn't use.

God's Word doesn't have to be like that. He promises to instruct you. To give you wisdom. To help you understand and learn how to use it. But you have to be in it and spend time with it.

Besides worship and Bible study a helpful practice for me has been to stockpile answers. When I got out of 20+ years of Christian education, I thought I knew everything about the Bible. I didn't. People had questions about simple things I didn't know the answer to. Or I didn't know how to articulate the answers I did know. I hated that. If you know the feeling, let me tell you, "It's normal." Don't let it shame you into silence or withdrawal. Use it to spur you on to dig in and let the Holy Spirit teach you. That's what I did. I got frustrated enough with the helpless experience that I started searching the Bible for answers to all the questions I didn't know. I stockpiled answers, mulled them over in my brain, and practiced articulating them with friends in Bible study and through devotional writing.

The Holy Spirit will guide. Follow his lead and learn from him.

Hand in hand with rightly applying the sword of the Spirit is listening for what to apply and when. Too often we diagnose the situation and apply the remedy without really hearing what the problem is. Our use of the sword of the Spirit with others is not about having the right answers but applying truth at the appropriate time and in the right way. That takes sitting in the trenches with our family and friends, bearing with one another, and loving one another to listen for the "right" answer.

I didn't intend to talk through every weapon in the armor of God but when you study God's Word the Holy Spirit guides you in the way he leads. I found a better understanding of the full armor of God practically helps me apply the "love to great to know" found in Chapter 1. I even started using the armor of God as a prayer template during the times I need God's defense.

It's because of this very point, Paul says,

Ephesians 6:18-20

18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

19 Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, **20** for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

What this means is that "While using the whole armor of God, at the same time to be using every kind of prayer and petition." (Habeck) We stand firm on God's Word and we pray.

The chart below gives some things to keep in mind regarding those prayers.

Every Kind	Silent prayer, audible prayer, formal prayer, spontaneous prayer,
All The Time	Not occasionally, but on all occasions, at every opportune moment
In The Spirit	Not thoughtlessly, heart and mind and whole inner being involved, and when prompted by the Spirit.
Alert	Awake, earnest determination to keep our minds on what we're saying. "It takes effort to pray wholeheartedly." (Habeck p. 135)
For the Saints	
For the Gospel	

We're going to focus on who our prayers are for and what they are about.

So, who are we praying for according to verse 18? The Lord's people, right. Why? Because they are dealing with the same trials, temptations, and troubles that you are. In most cases, their situation is probably worse. So, pray for them. Be tuned in to the needs of others.

Ephesians 1:16-19 gives some great suggestions for what to pray for others. Thank God for them. Ask God to give them a spirit of wisdom so that they know the hope to which they've been called and the power that lives within them. Pray the full armor of God and its blessings for them. It's amazing how much clarity these prayers give. When we pray for others like that, according to his will, it puts whatever's going on in our lives into perspective. So pray for the Lord's people, even the annoying ones.

Finally, Paul tells us to pray for the Gospel to be fearlessly proclaimed. Soon, Paul would stand before the Roman emperor with an opportunity to boldly proclaim his faith. There would be a million reasons for Paul to be timid or water down the truth. Instead, Paul asked the Ephesians to pray for him. Paul knew that Jesus said "If two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven.

That's what "being strong in the Lord and in his mighty power by putting on the armor of God" looks like.

Do you know a pastor? Pray that he preaches the Word of God fearlessly as he should in a culture that has no regard for truth.

Do you know a teacher? Pray they teach the Word of God fearlessly as they should to children who are hearing the opposite message everywhere else they go.

Do you know someone who goes to work outside the church? Pray they fearlessly make known the mystery of the gospel through their words and actions as ambassadors for Jesus at their workplace?

Do you know someone going into college? Pray that they declare the gospel fearlessly with their choices and in their encounters.

Do you know someone moving to a new job, city, family, or culture? Pray they are given the words to fearlessly proclaim their identity in Jesus Christ to all the new people they meet.

You see there's always a reason to not talk about Jesus. That's why we ask for God's help to overcome the fears that keep us quiet. And if he tells us to do that, he will most certainly answer our prayers by giving us the words.

CONCLUSION

So, how does Paul tell us to deal with "everything else" in life? Be strong in the Lord by standing firm in God's Word and praying through all of it. Why? Because he knows what's coming after us and that nothing else will work.

After going through all of this it almost seems too easy.

It's not.

Soldiers don't sleep in their armor. Every day they have to get up and put it on.

Let's put on the armor of God and pray.

Let's encourage one another to put on the armor of God.

Let's put it on in our homes, with our families, children, parents, and spouses.

Let's put it on as we go to work, steward our gifts, interact with coworkers, and take opportunities to share Jesus.

Let's put it on in our congregations, in our service, in our worship, in our giving, and in our outreach.

And finally, if we are Won to be One, let's put it on in our relationships, our conversations, our interactions, and our prayers for others.

This will be the last thing you'll hear before heading out the door.

Be strong in the Lord!

Put on the full armor of God and take your stand against the devil's schemes.

Put. It. On.

PRAYER

Dear Heavenly Father,

We thank you for being so generous and giving us every spiritual gift you provide. For every circumstance, we have everything we need in the grace you've freely given us in Jesus. We are strong when we are in you and rely on your truth, righteousness, peace, and salvation given to us through faith. Only these will protect us against the attacks from above, around, and within. With eyes of faith and through the Spirit enable us to put on this armor and rightly apply the truths found in your Word to every situation we experience.

Forgive us for neglecting that, Lord. Forgive us for taking it for granted. Forgive us for choosing to go into battle ill-prepared. Forgive us for thinking other things will work.

Lord, out of your glorious riches, strengthen us with power through the Holy Spirit so that Christ dwells in our hearts through faith. Root and establish us in your love, so we have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ. That is how we are strong in the Lord. That's how we put our armor on.

Please be with each woman as she returns to her life with this truth. From the moment her feet hit the ground to when her head hits the pillow, encourage her to Put On the full armor you give her and encourage others to do the same.

In your name,
Amen

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