

# The armour of God

“Therefore put on the full armour 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. Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.”

**Ephesians 6:13-17, NIV**

**Belt of Truth**

**Breastplate of Righteousness**

**Shoes of the Gospel of Peace**

**Shield of Faith**

**Helmet of Salvation**

**Sword of the Spirit**



Which piece of the armour of God stands out to you as important for your life right now? Draw it below and write down what it is about that particular piece that speaks to you...



### Who's got your back?

Write their name in the space below and note one practical way you will make time to invest in this friendship during the coming week.

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