



Finally, be strong in the Lord and in the strength of His might.

Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil.

### **BELT OF TRUTH**

Stand firm therefore, having belted your waist with truth,

### **BREASTPLATE OF RIGHTEOUSNESS**

and having put on the breastplate of righteousness,

### **FEET WITH PEACE**

and having strapped on your feet the preparation of the gospel of peace;

### **SHIELD OF FAITH**

in addition to all, taking up the shield of faith  
with which you will be able to extinguish all the flaming arrows of the evil one.

### **HELMET OF SALVATION**

And take the helmet of salvation

### **SWORD OF THE SPIRIT**

and take the sword of the Spirit, which is the word of God.  
With every prayer and request, pray at all times in the Spirit,