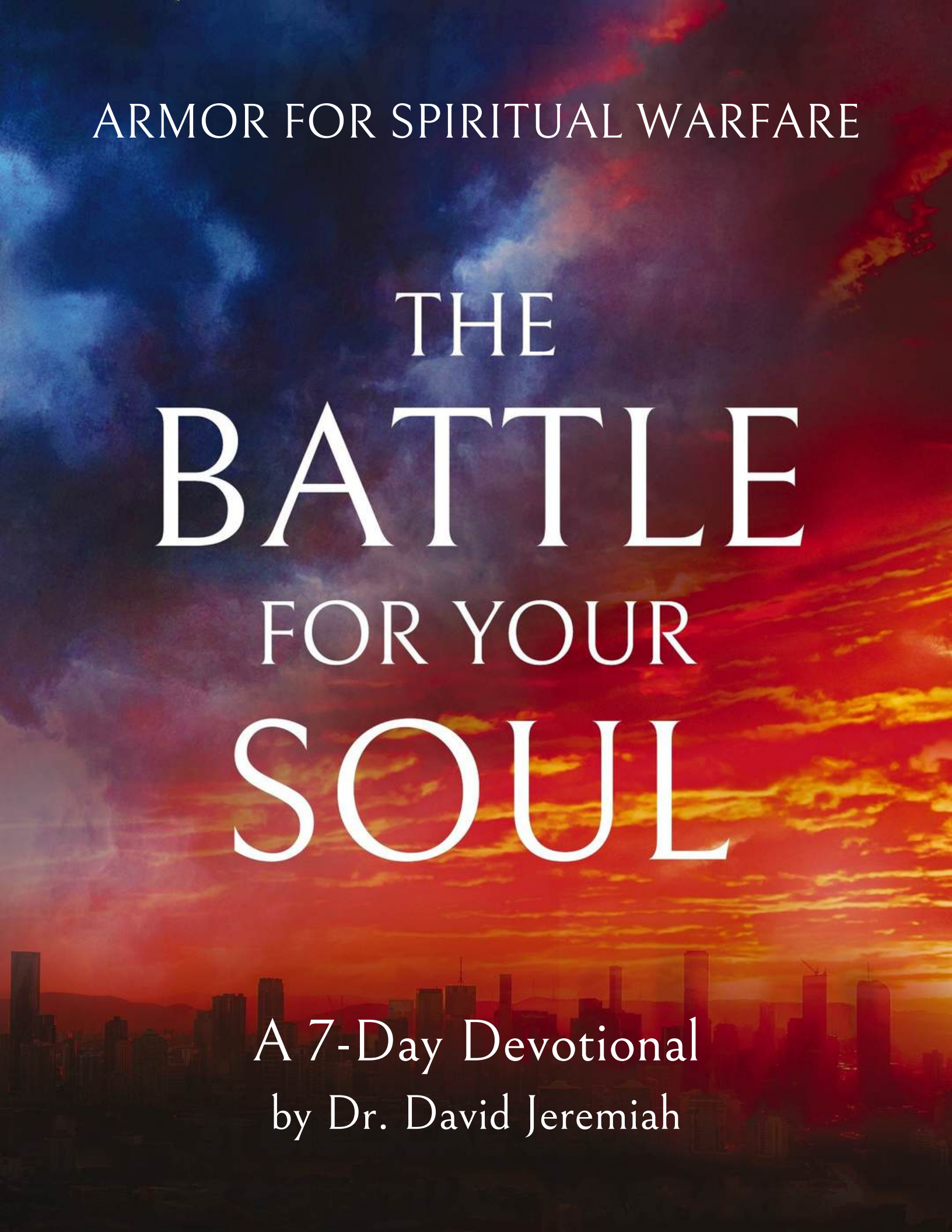




ARMOR FOR SPIRITUAL WARFARE

THE
BATTLE
FOR YOUR
SOUL

A 7-Day Devotional
by Dr. David Jeremiah

ARMOR UP FOR THE BATTLE

In the battle for the health and vitality of our souls, God has provided all that we need to stand strong against the spiritual attacks of our enemy. To do so, we need to understand the weapons at our disposal—beginning with the armor of God (Ephesians 6), along with the power of prayer and the weapon of worship. Let's look at seven aspects of staying battle ready.

DR. DAVID JEREMIAH



DAY 1

THE BELT OF TRUTH

Key Scripture

Ephesians 6:14, Hebrews 11:6

For those in the Roman Empire of Paul's day, it was common to wear a six-inch leather belt (or girdle) fastened around the middle of an outfit to keep everything connected.

That's truth. That's the role truth plays in our lives, including the truth of God's Word—it holds everything together.

Have you noticed the battle raging in our modern culture over truth? In recent decades, there has been an uprising of scholars, celebrities, influencers, professors, and news anchors all trumpeting the new claim that there is no such thing as objective truth. Instead of discovering what is true, they tell us, we create truth through our own beliefs and our own experiences.

I wish I could find words to express how destructive it is to shift away from truth in this way. Why? Because one of the core elements of living as a Christian is believing that God has told us the truth about our world, about ourselves, and most importantly, about Himself, the gospel, and salvation.

The author of Hebrews declared, "Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him" (11:6 NIV). We must make that belief the central truth of our lives, otherwise all our efforts amount to nothing more than building sandcastles on the beach.

Stop for a moment and check in with yourself. What lies have Satan and his forces been speaking into your life? What are the powers of this world pushing you to believe that you know, deep down, isn't true? Where are they chipping away at the foundation of what you do know to be true and right and good? These are hot spots in the battle for your soul.

Thankfully, Jesus Christ is the truth. When we arm ourselves with Him—with the reality of His presence, His personality, and His priorities—we are ready to face the lies and the deceit of the enemy.

So let Jesus be the final authority in your life. Trust His Word more than your opinions, your feelings, or the voices around you. Put on the belt of truth each day—and follow that truth wherever it leads.

Father, thank You that Your word is truth, and that Jesus came so the truth could set me free and preserve my soul. Amen.

DAY 2

THE BREASTPLATE OF RIGHTEOUSNESS

Key Scripture

Ephesians 6:13–14, 2 Corinthians 5:21

Roman soldiers of two thousand years ago wore metal breastplates made of two pieces that primarily protected their front and only partially covered the back—Rome preferred their soldiers to face their enemies rather than run away. Without it, soldiers would have been dangerously exposed to both close-quarter attacks and arrows fired from long distances.

Similarly, the armor of God is vital equipment for the protection of our souls: “Therefore take up the whole armor of God . . . having put on the breastplate of righteousness” (Ephesians 6:13–14).

Of course, you and I are not righteous. We are born into the corruption of sin with no hope of attaining righteousness by meeting God’s standard of perfection. That’s the bad news.

But here’s the good news: At the moment He died on the Cross, Jesus took upon Himself the sins of the whole world. That includes your sin and my sin. He removed the corruption of sin from our lives. Not only that, Jesus gave us His righteousness. He made it possible for us to receive the perfection He earned through a lifetime of holiness. “For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him” (2 Corinthians 5:21).

At the moment you became a Christian through faith in the death and resurrection of Jesus Christ, you received the breastplate of righteousness. More than receiving it, you were equipped with that breastplate. You were equipped with the righteousness of Jesus.

How do you put on the breastplate of righteousness? It begins with the heart. More than trying to live better, we must learn to love better. When we fall in love with God through His Word, prayer, worship, fellowship, and accountability, our relationship with Him begins to shape our conduct. As we practice holiness and grow in our love for Christ, the things of the world begin to fall away, and God changes us from the inside out.

The breastplate of righteousness protects the heart so that we can live lives of holiness grounded in our love for God. And by protecting your heart, you will strengthen the health of your soul.

Father in heaven, thank you for redeeming me and making me righteous in Christ, as I put my trust in Him and seek to grow closer to You. Amen.

DAY 3

THE SHIELD OF FAITH

Key Scripture

Ephesians 6:14–16; 1 John 5:4

Paul wrote, “Stand therefore...above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one” (Ephesians 6:14, 16).

Notice how Paul introduced the shield within the larger context of Ephesians 6. He said, “Above all, taking the shield of faith.” He didn’t say, “And also, if you have time.” He didn’t say, “If you get around to it.” He didn’t say, “If it’s convenient within the flow of your daily routine and your many responsibilities, try and remember to grab your shield.”

No. “Above all.” The shield of faith is a priority within the armor of God. It is a necessity for the daily defense of our souls.

You probably don’t face a swarm of physical arrows in your life. But you do have an enemy intent on sending fiery darts directly into your heart and soul—the arrows of anxiety, anger, doubt, regret, temptation, materialism, and more. Satan and his forces understand with great specificity what will cause you to feel spiritual and emotional pain, and they launch attacks against you with impunity. If they can harry your heart and fill your soul with stress, they hinder you from fulfilling your role as a servant in God’s kingdom.

The shield of faith allows you to live each day without fear from those assaults. That is the purpose of faith within the armor of God; it provides protection that can be directed purposefully toward any assault.

Verse 6 does not say you will be able to quench *most* of the darts. It says *all*. The Bible promises that this shield is sufficient. No matter what kind of attack comes from the evil one, God has provided a way to stand against it through the shield of faith.

The shield of faith is your primary defense against the corrosion of deception and doubt fired against you from Satan and his forces.

So take up your shield to protect your soul and defend yourself against the enemy’s attacks, and you will experience “the victory that has overcome the world—our faith” (1 John 5:4).

O Lord my God, I take up the shield of faith today and proclaim my belief and trust in You. Lead me into battle and protect my heart as I go, I pray, amen.

DAY 4

THE HELMET OF SALVATION

Key Scripture

Ephesians 6:17, 1 Thessalonians 5:8–9

As we continue to explore the full armor God, let's consider how our heavenly Father provides protection for our minds and thoughts as we engage in the battle for our souls. Paul wrote, "And take the helmet of salvation, and the sword of the Spirit, which is the word of God" (Ephesians 6:17).

We'll look deeper at the sword of the Spirit in the next message, but for now, we can gain a better understanding of the helmet of salvation.

Helmets are easy to understand from a physical perspective. They are built for blunt-force trauma. They absorb stress, pressure, and damage so that our skulls don't have to.

But what about a spiritual helmet? Our enemy doesn't throw physical force against our brains. Instead, Satan's purpose is to try to corrupt or confuse our minds through false teaching, temptation, and the world's systems. His goal is to entangle us in habits and addictions that make it impossible for us to think clearly, especially when it comes to God and His purposes.

How does the helmet of salvation protect and preserve us against those types of attacks? The answer has everything to do with Jesus. Remember, what Paul describes as the armor of God is all based on Christ. To wear the helmet of salvation is to incorporate Christ Himself as protection for our minds. More than that, the helmet of salvation reflects our new reality as followers of Jesus. We are new creations who have the ability not just to think *like* Jesus, but to think *as* Jesus—to allow His thoughts to become our own.

So, to put on the helmet of salvation is to equip yourself with the wisdom of God. It is to apply that wisdom to your day-to-day life, which becomes a powerful form of protection against destructive thoughts.

You received the mind of Christ at the moment of salvation. He is your helmet, protecting your thoughts and filling your mind with His wisdom. But again, you must weave that wisdom into your days—you must "put on" that helmet through the regular disciplines of studying Scripture and talking with God through prayer, trusting that He will protect you as you do.

Heavenly Father, thank You for equipping me with the helmet of salvation. I "put it on" today as I walk forward in faith with You. Amen.

DAY 5

THE SWORD OF THE SPIRIT

Key Scripture

Ephesians 6:17, Hebrews 4:12

We are seeing why the armor of God is a critical tool for resisting and rejecting sin and for guarding the health of our souls. That's because our souls are under attack. We have enemies who seek to damage us so that we become less effective ministers within our world. So yes, it's good to defend ourselves against spiritual threats—to protect our souls.

But sometimes the best defense is a good offense. That's why God has given us a weapon we can use to fight back against attack: “And take . . . the sword of the Spirit, which is the word of God” (Ephesians 6:17).

Here's one powerful example of what it can look like to go on offense in this way. Tom Meyer is a professor at Shasta Bible College in Redding, California—but he's best known as “The Bible Memory Man.” Incredibly, Meyer can recite twenty entire books of the Bible by heart. He's also helping others learn the value of memorizing Scripture.

In 2022, Meyer and six others joined together for an event called “The Great Recital.” Those seven people took center stage in Dallas to recite the entire New Testament out loud—all from memory.

Bible memory “puts the mind of God within reach, no matter where you are, no matter what you're doing,” said Meyer. “You have instant access to the . . . living God.”

Amen to that! Bible memory also gives you instant access to spiritual weapons whenever your soul is under attack. That's because most spiritual attacks do not come while we are holding a Bible in our hands. We must store God's Word in our hearts and build a personal armory of *rhema* for the moment of attack. When temptation strikes or the enemy seeks to drag you down, you need the sayings of God readily available for battle.

You know how the enemy attacks your soul. You know the strategies he uses to send flaming arrows specifically at you. Therefore, find those Scripture passages that deal with those areas of weakness. Shore up your defenses by going on the attack with the sword of the Spirit—the living, active, dividing, discerning *rhema* of God.

God Most High, thank you for the providing the sword of the Spirit. By your grace and strength, I will take it up today. Amen.

DAY 6

THE POWER OF PRAYER

Key Scripture

Ephesians 6:18, Luke 18:1, 1 Thessalonians 5:17

In the battle for the soul, we are under constant threat and need to stick close to our Lord and Savior. That's why Paul ended his passage about the believer's armor in Ephesians 6 with an exhortation to pray: "Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints" (verse 18).

We cannot triumph in the battle for the soul without what Paul describes in this capstone verse. The better you learn to harness the privilege of prayer, the stronger you'll be in the fight.

The verse begins, "praying always," which reminds me of what Paul wrote in 1 Thessalonians 5:17: "Pray without ceasing." Jesus taught His disciples something similar, that "they should always pray and not give up" (Luke 18:1 NIV).

How can we be always in a state of prayer? Think of it in military terms. You want the communication with your commanders to be ongoing, constant, and uninterrupted—even if you aren't talking every moment. "Praying always" implies persistence, walking with God in uninterrupted fellowship, holding the line open and prepared at any moment to send a message Godward.

Are you active in incorporating prayer into your life? Consider this three-part course of prayer each day:

Start the morning connected. Before the noise of the day crowds in, take a few moments to open your Bible, quiet your heart, and commit the day to Him.

Keep the line open. Throughout the day, stay in communication with God, offering quick, ongoing prayers—before a conversation, in a moment of pressure, when a need arises.

End the day with a final briefing. Before you fall asleep, intercede for others—your family, your church, your leaders, and those on the frontlines of ministry. This is how you can stay engaged in the battle, even when you are weary and worn out.

And keep in mind: We needn't pray in our own strength. Even when our words falter and our thoughts scatter, the power of the Spirit of God is at work within us, turning our sighs into petitions and our weakness into communion with the Father.

Father, I pause now to pray, committing my life, my work, my relationships, and this day to You, and asking You to meet me each step along my path. Amen.

DAY 7

THE WEAPON OF WORSHIP

Key Scripture

Psalm 100:2, Acts 16:25–26

Finally, with the full armor on, you can also wield worship as a weapon in the battle for your soul.

Remember when Paul and Silas were thrown in prison unjustly? “At midnight [they] were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken; and immediately all the doors were opened and everyone’s chains were loosed” (Acts 16:25–26).

Some may say, “Well, that was just for ancient times.” But the principles of God’s Word do not change. God inhabits the praise of His people *today*. When we worship Him and give Him glory, He moves in power.

What, then, should we do? Here are two ideas for incorporating worship into your life.

First, choose to praise every day. Far too many believers think of “worship” as a Sunday thing, when in reality it should be a daily discipline. Set aside time each day for praising God, whether through singing, reading the Psalms, speaking praise, or other ways.

Worship is a weapon in spiritual warfare, and spiritual warfare is a daily battle. Therefore, worship much be a daily practice. Let us “worship the Lord with gladness” and “come before him with joyful songs” (Psalm 100:2).

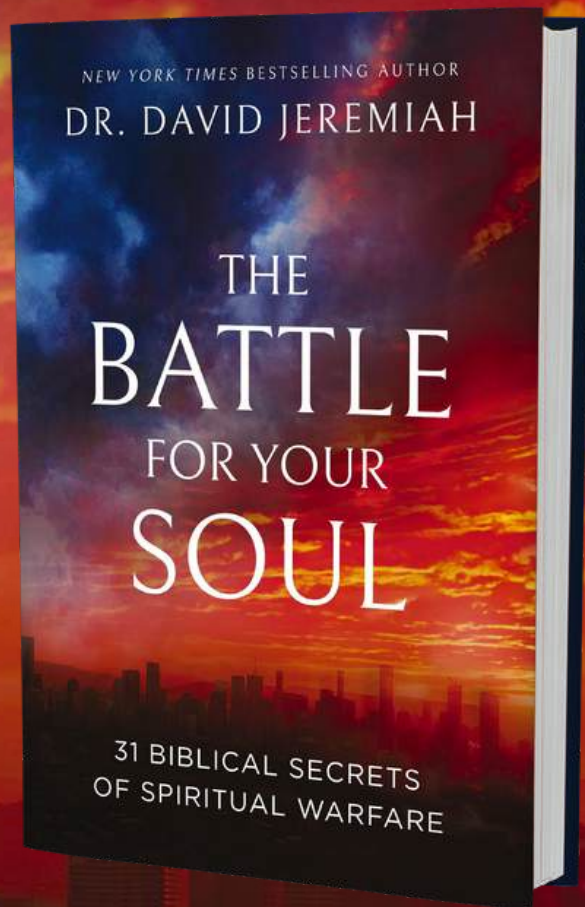
Second, sing your praises directly to God. There is a difference between singing about God and singing to Him. It is one thing to tell others how much you love the Lord; it is something deeper to express that love directly in His presence. Hymns like “Great Is Thy Faithfulness” and “How Great Thou Art” have helped generations do just that, lifting words shaped by Scripture into personal worship.

Make this your practice. In the quiet places of your life—while driving, walking, or alone at night—turn your heart toward Him. Use music and Scripture to guide you, then simply exalt His name.

In all the other things we do, from watching television to grocery shopping to taking business trips, there are countless opportunities for the devil to steal in. But when you worship God devotedly, Satan is out of his league. He is completely stripped of power.

Father, I worship You now. You are worthy of all praise and glory and honor! Help me, by Your Spirit, to navigate this day with a worshipful heart and soul. Amen.

THE UNSEEN WAR IS REAL.
BUT YOUR VICTORY IS ALREADY SECURED.



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