

# APPLY DAILY

Ephesians 6:10-18 - The Armor of God

Putting Ephesians 6:10-18 into daily practice means beginning the day consciously dependent on God and then applying each part of His armor to real situations.

## SCRIPTURE

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.

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.

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.

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.

Ephesians 6:10-18 (NIV)

# A PRACTICAL MORNING ROUTINE

## 1. Be strong in the Lord - not merely in yourself (vv. 10-11)

Start by admitting your need for God:

Lord, my strength is limited, but You are strong. Help me depend on Your power today.

## 2. Recognize the real battle (vv. 12-13)

Before reacting to a difficult person, remember that the person is not your true enemy; the devil is. Resist hatred, bitterness, deception, temptation, and division while treating people with grace. Recognize that the enemy is attempting to create division between God and me through these character defects.

## 3. Put on the belt of truth (v. 14)

Ask:

- What does God say is true?
- Am I being completely honest?
- What lie am I tempted to believe?

Choose truth over assumptions, excuses, exaggeration, or fear.

## 4. Put on the breastplate of righteousness (v. 14)

Remember that your standing with God comes through Christ. Then protect your heart by choosing what is right - even when cutting corners would be easier.

Jesus, thank You that I am accepted because of You. Help me act with integrity today.

## 5. Put on the shoes of the gospel of peace (v. 15)

Carry God's peace into your conversations. Be ready to forgive, reconcile, encourage, and explain the hope you have in Christ.

When conflict begins, ask: How can I bring peace without compromising truth?

# CONTINUE THE ROUTINE

## 6. Take up the shield of faith (v. 16)

When fear, doubt, anger, temptation, or discouragement strikes, answer it by deliberately trusting God:

This situation is difficult, but God, You are faithful. I will obey You even before I see the outcome.

Faith does not pretend the problem is small; it remembers that God is greater. Don't worry about how big your problem is. Tell your problem how big God is.

## 7. Put on the helmet of salvation (v. 17)

Guard your thoughts with your identity in Christ:

I belong to Jesus. I am forgiven, loved, and being transformed. This failure, temptation, or criticism does not define me.

Reject both condemnation and pride.

## 8. Take up the sword of the Spirit - the Word of God (v. 17)

Read a portion of Scripture each morning and carry one verse into the day. When temptation or anxiety appears, recall and apply that truth - just as Jesus answered temptation with Scripture.

## 9. Pray continually and stay alert (v. 18)

Keep talking with God throughout the day:

- Before a decision: Lord, give me wisdom.
- During conflict: Help me respond with love and truth.
- During temptation: Give me strength to obey.
- After a blessing: Thank You.
- When someone comes to mind: pray, call, or text them.

Verse 18 also teaches perseverance: do not stop praying simply because an answer has not arrived.

## A SHORT DAILY PRAYER

Father, strengthen me with Your power today. Help me stand in truth, live righteously, carry the peace of Christ, and trust You when fear or temptation comes. Guard my mind with the assurance of salvation and teach me to use Your Word faithfully. Keep me alert and prayerful, and help me pray for and encourage other believers. In Jesus' name, amen.

## THE PURPOSE OF THE ARMOR

The purpose of God's armor is not to make you aggressive toward people. It enables you to stand firm, obey God, love people, recognize deception, and remain faithful when pressure comes.

Scripture link: [bible.com/bible/111/eph.6.11-18.NIV](https://bible.com/bible/111/eph.6.11-18.NIV)