

ARMOR UP: Gotta Have The Right Shoes!

Scripture used: [Ephesians 6:10–18 \(NLT\)](#)

OVERVIEW

The Apostle Paul wrote Ephesians while under house arrest, surrounded by Roman soldiers whose armor gave him a powerful picture of how Christians prepare for spiritual battle. A soldier's *caliga*—a durable sandal designed for traction—provided the firm footing necessary to stand and fight. Paul tells us to put on the shoes of peace that come from the Good News and take up the shield of faith. Peace is not the absence of trouble; it is stability in the middle of trouble because we know who God is and what He has said. Faith allows us to keep trusting Him when circumstances, other people, or even our own thoughts tell us otherwise. Pastor Ezemde described seasons when conflicting voices challenged what he believed God had told him and nights when fear and intrusive thoughts overwhelmed him. In those moments, our confidence cannot simply be “I’ve got this.” Instead, we remember: God’s got me!

KEY POINTS

1. **Put on the shoes of peace: walk in what God has said.** Pastor Ezemde felt God calling him to move from Massachusetts to California and received multiple confirmations. Yet someone later told him, “God wants me to tell you He does not want you to move.” We should be extremely careful about putting God’s name on something. Even well-meaning people can give advice that conflicts with God’s direction. In [Matthew 16:21–23 \(NLT\)](#), Peter loved Jesus but still tried to steer Him away from God’s plan. Listen humbly, pray, compare with Scripture, and ask for God’s will to be done.
2. **The storm doesn’t create weak footing; the storm reveals it.** In [Matthew 14:22–33 \(NIV\)](#), Peter walked on water while the storm was already raging. He began sinking only after his focus shifted from Jesus to the wind and waves. We can think we are standing in God’s peace when we are actually relying on our experience, intelligence, or resources. Storms expose what we are really standing on. Faith means deciding that Jesus is more trustworthy than the storm.
3. **Take up the shield of faith and talk back to the thoughts.** The enemy looks for vulnerable places—fear, exhaustion, isolation, doubt—where lies can gain traction. Pastor Ezemdi described lying awake overwhelmed by thoughts questioning his decisions. We do not have to accept these intrusive thoughts. [2 Corinthians 10:5 \(NIV\)](#) tells us to take our thoughts captive and make them obedient to Christ. When fear says we will fail, faith answers. God’s Word—not our fear—is the standard.

DISCUSSION

- 1) **HEAR** - The shoes of peace allow us to keep walking when circumstances are unstable, while the shield of faith allows us to keep trusting when lies, fear, and doubt come at us. God does not promise that every battle will immediately disappear; He equips us so that when the battle is over, we will still be standing.
- 2) **UNDERSTAND** - When a storm comes, what do you instinctively rely on for stability? What voices or thoughts are influencing you right now, and how do they compare with what God has actually said in Scripture?

- 3) **DO** - When fear or doubt comes, stop and ask, "Does this sound like God?" Test the thought against Scripture, answer lies with God's truth, keep your eyes on Jesus instead of the storm, and when you do not have the words to pray, simply call on His name.