

How to Put on Your Spiritual Armour

There's a way to put on your spiritual armour and a way not to do it.

Firstly, here's the biblical reference:

Ephesians 6:13-17 (NKJV) – *Therefore take up the whole armor of God...having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God;*

How not to do it

This is the theological, religious way people attempt to put on the imaginary whole armour of God in a pray-like manner.

- **STEP 1:** “Lord, I put on the helmet of salvation;” – Imaginary helmet is shoved onto the head. (*Grunt to set it in place.*)
- **STEP 2:** “I put on the breastplate of righteousness;” – Imaginary breastplate is fitted onto the chest. (*Patted into place.*)
- **STEP 3:** “I put on the belt of truth;” – Imaginary belt is fitted around the waist. (*Firmed into place.*)
- **STEP 4:** “I put on the shoes of peace;” – Imaginary shoes are checked to be on the feet. (*Stamping to secure them in place.*)
- **STEP 5:** “I take up the shield of faith;” – Imaginary shield is held up. (*Rattled in place to make sure it works.*)
- **STEP 6:** “And I take up the word of God.” – The bible is held in the hand. (*Shaken overhead to menace the enemy.*)
- **STEP 7:** “Thank you Lord. I'm now protected and ready for the day.”

How it should be done

Here is the Kingdom, spiritual way to properly arm yourself for the day:

- **STEP 1:** “Lord, I thank you I have salvation which no one can take away from me. The enemy can't condemn me to hell.”
- **STEP 2:** “I thank you I have your righteousness. I recognise that this comes from your shed blood and from forgiveness, so that I am righteous in your sight. The enemy can't accuse me.”
- **STEP 3:** “I thank you for the truth which comes from you. I recognise that you are the Truth and that you teach me truth. I don't deviate from your truths.”
- **STEP 4:** “I thank you I have your peace. I recognise that you are the Prince of Peace and that when I operate from a Seat of Rest my peace remains. Nothing that can happen to me can take away my peace if I remain in you.”
- **STEP 5:** “I activate my faith today. I completely trust you to lead me, resource me, protect me and order my day to fit in with your plans.”
- **STEP 6:** “Today, I eagerly look forward to your *rhema* for me. I feed on this Heavenly word as it give life to my spirit. I recognise that your messages to me show me how to nullify the schemes of the enemy.”
- **STEP 7:** “Thank you Lord. I move off into the day in partnership with you, in oneness with you and continue to be about Father's Kingdom business 24/7.”

After a while, this method is not repeated as it's purpose becomes instilled in you as a reality to live by which is done automatically.

Rationale

The right method is based on the premise that the armour is to protect us spiritually from the devil and his minions. This purpose can be missed if we fail to read the armour reference within its context. Here's the context:

Ephesians 6:11-13, 18a (NKJV) – *Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand...praying always with all prayer and supplication in the Spirit...*

Notice that it's about standing against the enemy's attacks.

So, what is the enemy's main tool against the son's of God? Demon manifestation? NO! Demon possession? NO!

His main tool is working on the mind of a person to weaken them using doubt or fear. Doubt and fear are not faith & trust – they're the enemy's tools.

Our armour, therefore, is what will protect us from doubting & fearful spiritual realities. The pieces of armour work out in our lives as changes in our attitudes that lock out doubt and fear, like this:

1. Not doubting I am saved.
2. Not doubting I am righteous – 'white as snow' – in God's sight, and forgiven.
3. Not doubting I am in the truth and know the truth.
4. Not doubting that peace is always mine if I operate in it.
5. Trust rather than doubting and fearing 24/7.
6. Allowing the *Rhema* of God to feed me, guide me and teach me.

Note also that **the Ephesians' reference is about withstanding the enemy's attacks, not attacking the enemy.** This is defensive armour, not offensive armour.

Basically, the correct way to protect ourselves is to operate as sons of the Living God – knowing who we are and what our authority is. This attitude brings courage to our hearts and trust to our mind so that we are not derailed by the enemy's spiritual and mental attacks. All sorts of mental imaginations and theological activities will have no real protection – they only make us feel strong until the first attack comes.

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