

Daily Divine Bread

Armor of God Study

A 6-week study of Ephesians 6:10-18

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Week 1: The Belt of Truth (Ephesians 6:14a)

Read: Ephesians 6:10-14a, John 8:31-32, John 14:6, Psalm 119:160

Overview:

The Roman soldier's belt held everything together — sword, armor, tunic. Truth is the foundation that holds our spiritual life together. Without truth, everything falls apart.

Study Questions:

1. Why is truth listed first? What happens when we compromise on truth?
2. How does knowing God's truth protect us from the enemy's lies?
3. What areas of deception do you need to combat with Scripture?
4. How is Jesus Himself "the truth" (John 14:6)?

Daily Practice: Identify one lie you have believed. Replace it with a specific Scripture truth.

Week 2: The Breastplate of Righteousness (Ephesians 6:14b)

Read: Ephesians 6:14b, Isaiah 61:10, Romans 3:21-26, 2 Corinthians 5:21

Overview:

The breastplate protected the heart and vital organs. Christ's righteousness, imputed to us by faith, guards our hearts against condemnation and accusation.

Study Questions:

1. What is the difference between positional righteousness and practical righteousness?
2. How does Satan use guilt and shame as weapons?
3. How does Romans 8:1 defeat the accuser's strategy?
4. What does it look like to "put on" righteousness daily?

Daily Practice: When guilt arises, declare: "I am the righteousness of God in Christ" (2 Cor 5:21).

Week 3: The Shoes of the Gospel of Peace (Ephesians 6:15)

Read: Ephesians 6:15, Isaiah 52:7, Romans 10:14-15, John 14:27

Overview:

Roman soldiers wore caligae — sandals with studs for sure footing. The gospel of peace gives us firm standing and readiness to advance with good news.

Study Questions:

1. How does the gospel bring peace with God and the peace of God?
2. What does "readiness" to share the gospel look like practically?
3. How does peace act as spiritual armor against anxiety and fear?
4. Who in your life needs to hear the gospel this week?

Daily Practice: Pray for one person who needs Christ and look for an opportunity to share.

Week 4: The Shield of Faith (Ephesians 6:16)

Read: Ephesians 6:16, Hebrews 11:1-6, 1 John 5:4, Romans 10:17

Overview:

The Roman shield (thureos) was large enough to cover the entire body and could be soaked in water to extinguish flaming arrows. Faith extinguishes every fiery dart of doubt, temptation, and fear.

Study Questions:

1. What are the "flaming arrows" the enemy launches at believers?
2. How is faith both a gift (Eph 2:8) and something we actively exercise?
3. What examples from Hebrews 11 inspire your faith?
4. How does hearing God's Word build faith (Romans 10:17)?

Daily Practice: When doubt strikes, declare a specific promise of God out loud.

Week 5: The Helmet of Salvation (Ephesians 6:17a)

Read: Ephesians 6:17a, 1 Thessalonians 5:8, Romans 12:2, Philippians 4:8

Overview:

The helmet protects the mind — the primary battlefield. The assurance of salvation guards our thought life against despair, deception, and distraction.

Study Questions:

1. Why does the enemy target our minds specifically?
2. How does assurance of salvation protect against hopelessness?
3. What does "renewing your mind" (Romans 12:2) look like in practice?
4. How can Philippians 4:8 serve as a filter for your thought life?

Daily Practice: Take every thought captive (2 Cor 10:5). Replace one negative thought pattern with Scripture.

Week 6: The Sword of the Spirit (Ephesians 6:17b-18)

Read: Ephesians 6:17b-18, Hebrews 4:12, Matthew 4:1-11, Psalm 119:11

Overview:

The sword is our only offensive weapon — the Word of God. Jesus defeated temptation by speaking Scripture. Prayer is the atmosphere in which all the armor operates.

Study Questions:

1. How did Jesus use Scripture to defeat Satan in the wilderness?
2. What is the difference between logos (written Word) and rhema (spoken Word)?
3. Why is prayer connected to the armor (v. 18)?
4. What Scriptures should you memorize for your current battles?

Daily Practice: Memorize one verse this week. Use it when temptation or discouragement comes.