

THE ARMOR OF GOD

SPIRITUAL ARMOR FOR EVERYDAY BATTLES



THE ARMOR OF GOD

HEART HEALTH

Ephesians 6:10-17



EPHESIANS 6:10-17 (NIV)

THE ARMOR OF GOD

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.

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EPHESIANS 6:10-17 (NIV)

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.

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EPHESIANS 6:10-17 (NIV)

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.

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ARMOR

THE ARMOR OF GOD
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ARMOR

- Belt of Truth

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



ARMOR

- Belt of Truth
- Breastplate of Righteousness

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



ARMOR

- Belt of Truth
- Breastplate of Righteousness
- Shoes of Readiness

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ARMOR

- Belt of Truth
- Breastplate of Righteousness
- Shoes of Readiness
- Shield of Faith

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ARMOR

- Belt of Truth
- Breastplate of Righteousness
- Shoes of Readiness
- Shield of Faith
- Helmet of Salvation

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ARMOR

- Belt of Truth
- Breastplate of Righteousness
- Shoes of Readiness
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit

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BREASTPLATE

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



BREASTPLATE

➤ Metal cover

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



BREASTPLATE

- Metal cover
- Chain mail overtop

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BREASTPLATE

- Metal cover
- Chain mail overtop
 - Central to human life

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



BREASTPLATE

- Metal cover
- Chain mail overtop
 - Central to human life

Above all else, guard your heart, for everything you do flows from it. (Proverbs 4:23)

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



BREASTPLATE

- Metal cover
- Chain mail overtop
 - Central to human life
 - Above all else

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



BREASTPLATE

- Metal cover
- Chain mail overtop
 - Central to human life
 - Above all else
 - Gives life

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 3:31-32)

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CLEAN OUT YOUR LIFE

- Bitterness

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

- Bitterness
- Rage

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

- Bitterness
- Rage
- Anger

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

- Bitterness
- Rage
- Anger
- Brawling

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

- Bitterness
- Rage
- Anger
- Brawling
- Slander

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



CLEAN OUT YOUR LIFE

- Bitterness
- Rage
- Anger
- Brawling
- Slander
- Malice

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



REBUILD YOUR LIFE

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



REBUILD YOUR LIFE

➤ Kindness

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



REBUILD YOUR LIFE

- Kindness
- Compassion

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



REBUILD YOUR LIFE

- Kindness
- Compassion
- Forgiveness

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



REBUILD YOUR LIFE

- Kindness
- Compassion
- Forgiveness
 - Given

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SPIRITUAL ARMOR FOR EVERYDAY BATTLES



REBUILD YOUR LIFE

- Kindness
- Compassion
- Forgiveness
 - Given
 - Received

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TRANSFORMATION

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TRANSFORMATION

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

THE ARMOR OF GOD
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TRANSFORMATION

➤ It starts with Prayer

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



TRANSFORMATION

- It starts with Prayer
 - Petition

THE ARMOR OF GOD
SPIRITUAL ARMOR FOR EVERYDAY BATTLES



TRANSFORMATION

- It starts with Prayer
 - Petition
 - Gratefulness

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TRANSFORMATION

➤ It starts with Prayer

- Petition
- Gratefulness
- Asking

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TRANSFORMATION

➤ It starts with Prayer

- Petition
- Peace
- Gratefulness
- Asking

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TRANSFORMATION

➤ It starts with Prayer

- Petition
- Peace
- Gratefulness
- Guarding
- Asking

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QUESTIONS:





QUESTIONS:

1. How am I aware of guarding my heart throughout my day?





QUESTIONS:

1. How am I aware of guarding my heart throughout my day?
2. What are some things in my life that I need to clear out to make room for a healthier heart?





QUESTIONS:

3. As I reflect on my own personal transformation,
what are the things that I need to change?





QUESTIONS:

3. As I reflect on my own personal transformation, what are the things that I need to change?
4. How can I cultivate a stronger prayer focus in my life?





QUESTIONS:

3. As I reflect on my own personal transformation, what are the things that I need to change?
4. How can I cultivate a stronger prayer focus in my life?
5. Who can help me guard my heart more?



