



**The armor of God is one tool that will equip you to remain steadfast in the Lord. Each piece has its own purpose. Here is a prayer with scripture you can use.**

### **Helmet of Salvation**

I choose to say and believe that:

- **I have the mind of Christ.**

*For who has known the mind and purposes of the Lord, to instruct Him? But we have the mind of Christ [to be guided by His thoughts and purposes]. 1 Corinthians 2:16*

- **The peace of Christ rules in my heart like an umpire.**

*Let the peace of Christ [the inner calm of one who walks daily with Him] be the controlling factor in your hearts [deciding and settling questions that arise]. To this peace indeed you were called as members in one body [of believers]. And be thankful [to God always]. Colossians 3:15*

- **I have been totally transformed by the renewing of my mind and I no longer think the way the world thinks. I make Godly decisions based on the Word of God and the promptings of the Holy Spirit.**

*And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]. Romans 12:2*

- **God did not give me a spirit of fear, but one of love and power and a sound mind.**

*For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]. 2 Timothy 1:7*

- **The words of my mouth and the meditation of my heart always will be acceptable to God, my rock and my redeemer.**

*Let the words of my mouth and the meditation of my heart be acceptable and pleasing in Your sight, O Lord, my [firm, immovable] rock and my Redeemer. Psalm 19:14*

- **I have the capacity to both hear and obey God; and I do.**

*Sacrifice and meal offerings, You do not desire, nor do You delight in them; You have opened my ears and given me the capacity to hear [and obey Your word]; Burnt offerings and sin offerings You do not require. Psalm 40:6*

- **I cast down every high and lofty thought, argument and reasoning that exalts itself over the knowledge of God, and I take every thought captive to the obedience of Christ.**

*We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ... 2 Corinthians 10:5*

- **I operate in Godly wisdom because I have asked God for it, and He gives wisdom to all who ask Him.**

*If any of you lacks wisdom [to guide him through a decision or circumstance], he is to ask of [our benevolent] God, who gives to everyone generously and without rebuke or blame, and it will be given to him. James 1:5*

## Belt of Truth

I choose to say and believe that:

- **You, Lord Jesus, are truth. You are the way, the truth and the life and you are my only access to God the Father.**

*Jesus said to him, "I am the [only] Way [to God] and the [real] Truth and the [real] Life; no one comes to the Father but through Me. John 14:6*

- **Thank you, Lord, that you are setting me free. Your word says that if I choose to be one of your disciples, I will know the truth and it will set me free.**

*Jesus was saying to the Jews who had believed Him, "If you abide in My word [continually obeying My teachings and living in accordance with them, then] you are truly My disciples. And you will know the truth [regarding salvation], and the truth will set you free [from the penalty of sin]." John 8:31-32*

## Breastplate of Righteousness

I choose to say and believe that:

- **In myself I am nothing, I have nothing, and I can do nothing. But in Christ, because of his righteousness, I am everything, I have everything, I can do everything.**

*Blessed and worthy of praise be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms in Christ; May He grant you out of the riches of His glory, to be strengthened and spiritually energized with power through His Spirit in your inner self, [indwelling your innermost being and personality] Ephesians 1:3; 3:16*

*I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ's sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.] Philippians 4:13*

- **I have the righteousness of God, in Christ Jesus.**

*But it is from Him that you are in Christ Jesus, who became to us wisdom from God [revealing His plan of salvation], and righteousness [making us acceptable to God], and sanctification [making us holy and setting us apart for God], and redemption [providing our ransom from the penalty for sin] 1 Corinthians 1:30*

*And may be found in Him [believing and relying on Him], not having any righteousness of my own derived from [my obedience to] the Law and its rituals, but [possessing] that [genuine righteousness] which comes through faith in Christ, the righteousness which comes from God on the basis of faith. Philippians 3:9*

- **I am seated in heavenly places with Christ.**

*And He raised us up together with Him [when we believed], and seated us with Him in the heavenly places, [because we are] in Christ Jesus... Ephesians 2:6*

- **I can boldly approach the throne of grace and ask for things because I am approaching in Jesus' righteousness and not my own.**

*Therefore, let us [with privilege] approach the throne of grace [that is, the throne of God's gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment]. Hebrews 4:16*

- **God sits in the heavens and is just waiting to do good to those people who are expecting Him to be good. Because of Jesus' righteousness in me, I can expect to receive these good things.**

*Therefore, the Lord longs to be gracious to you, And therefore, He waits on high to have compassion on you. For the Lord is a God of justice; How blessed are all those who long for Him. Isaiah 30:18*

## Shield of Faith

I choose to say and believe that:

- I am justified and made right by faith, independent of works.

*For we maintain that an individual is justified by faith distinctly apart from works of the Law [the observance of which has nothing to do with justification, that is, being declared free of the guilt of sin and made acceptable to God].* Romans 3:28

*O God, I believe, but help me overcome my lack of faith. Immediately the father of the boy cried out [with a desperate, piercing cry], saying, "I do believe; help [me overcome] my unbelief."* Mark 9:24

- **I live by faith, not by sight.**

*For we walk by faith, not by sight [living our lives in a manner consistent with our confident belief in God's promises]—* 2 Corinthians 5:7

- **I fight the good fight of faith.**

*Fight the good fight of the faith [in the conflict with evil]; take hold of the eternal life to which you were called, and [for which] you made the good confession [of faith] in the presence of many witnesses.*

1 Timothy 6:12

## Shoes of the Gospel of Peace

I choose to say and believe that:

- **I strive to live in peace with all people.**

*Continually pursue peace with everyone, and the sanctification without which no one will [ever] see the Lord.* Hebrews 12:14

- **I have the peace of God which passes ALL understanding.**

*And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].* Philippians 4:7

- **Jesus gave His peace to me. I choose to put on peace. I do not allow myself to get upset.**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* John 14:27

## Sword of the Spirit (only one that is not a defensive weapon)

I choose to say and believe that:

- **I use this sword to divide soul and spirit. This means I use the word to weigh up what is right and wrong— especially about my thinking.**

*For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart.* Hebrews 4:12

- **The Lord speaks to me through His Word.**

*The sheep that are My own hear My voice and listen to Me; I know them, and they follow Me.* Jn 10:27

- **I use this sword to speak out defeat to the enemy, just as Jesus did in the wilderness.**

*Jesus replied to him, "It is written and forever remains written, 'You shall worship the Lord your God and serve only Him.'" Luke 4:8*

*Based on Scripture Readings Found in Ephesians 6, portions between [ ] are from the Amplified Version of Scripture.*