

Examples of how God's armor can help:



The Belt of Truth

- Helps you when you're tempted to lie
- Helps you when you're tempted to not believe the truth in the Bible
- Protects you from lies about who God made you to be

The Breastplate of Righteousness

- Helps you when you're not sure what the right choice is
- Helps you when you're tempted to make a wrong choice
- Protects your heart from sin when you trust and follow Jesus

The Shoes of God's Peace

- Help you when you feel like everything's going wrong
- Help you bring peace to people around you
- Protect you from fear and worry

The Shield of Faith

- Helps you when you doubt that God loves you
- Helps you when you doubt that God is real
- Strengthens you to believe in God only

The Helmet of Salvation

- Changes your mind to think more godly, kind, loving thoughts each day
- Helps you remember Jesus saved you and forgave you
- Protects your mind when you're tempted to think lying, ugly, rude, or unkind thoughts

The Sword of the Spirit (The Bible)

- Helps your friendship with God grow when you read it
- Helps you stand up to sin and do what is right when you read it and memorize it
- Fights lies with the truth