

## The Full Armor of God Bible Study | PDF Download

The full armor of God is comprised of the following seven components: the belt of truth, the breastplate of righteousness, the gospel of peace, the shield of faith, the helmet of salvation, the word of God, and prayer and supplication in the Spirit. This is according to Ephesians 6:13–18, which says:

*"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**. Stand therefore, 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**; pray always with all **prayer and supplication in the Spirit**, being watchful to this end with all perseverance and supplication for all the saints.*

### Why we need to take up the whole armor of God

We should take up the full armor of God to help us stand against the wiles of the devil that he sends our way in the evil day.

The wiles of the devil are the ploys, schemes, or tricks he uses to make us stumble in our walk of faith.

However, if we put on the entire armor of God at all times, we shall easily tell that we are being misled and escape unscathed.

Let us now study the components that make up the armor of God in order to know how to apply them in our lives.



**Figure 1:** Armor of God Components

## **Armor of God component #1: The Belt of Truth**

The scripture says that we should gird our waists with truth. The term gird means to encircle a person or part of the body with a belt or band (Oxford languages).

A belt is used to secure or hold up clothing, for example, a skirt or trousers, so as to carry an object such as a tool or a weapon.

Therefore, the belt of truth provides a place to fasten the sword of the spirit (the Word of God) to the rest of the armor.

So when we fail to put on the belt of truth, we shall have no place to fasten the sword of the spirit. Without the sword of the spirit, it becomes difficult to go on the offensive against the enemy when he attacks us. Thus, we may fail to prevail against him in the evil day.

### **Why a believer needs to put on the belt of truth**

#### **a) *God is seeking people who will worship Him in truth.***

In the book of John 4:23–24, we learn that God values truth so much that He seeks those who will worship Him in spirit and in truth. The scripture says:

*"But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth."*

#### **b) *God's ways are founded on truth.***

In Deuteronomy 32:4, Moses tells us that God's ways are justice, righteousness, and **truth**. The scripture says:

*"He is the Rock; His work is perfect; for all His ways are justice; He is a **God of truth** and without injustice; righteous and upright is He."*

**c) God only allows people who speak truth to access His tabernacle.**

One of the attributes of a person who God allows to abide in His tabernacle and dwell on His holy hill is one *who always speaks truth in his heart* (Psalm 15:1-2).

**d) God's law, commandments, and word are all truth.**

The Scriptures tell us that the law of God, His commandments, and His entire word are truth.

We find this in the following scriptures:

**Psalm 119:142**

*"Your righteousness is an everlasting righteousness, and **Your law is truth.**"*

**Psalm 119:151**

*"You are near, O LORD, and all **Your commandments are truth.**"*

**Psalm 119:160**

*"**The entirety of Your word is truth**, and every one of Your righteous judgments endures forever."*

**e) God is near to those who call Him in truth.**

The Bible also teaches that God is near to those who call Him in truth. We read this in Psalm 145:18. It says:

*"The LORD is near to all who call upon Him, **to all who call upon Him in truth.**"*

**f) God delights in people who conduct their business truthfully.**

The Scriptures also teach that God delights in a person who executes his dealings truthfully.

This is recorded in Proverbs 12:22, which says:

*"Lying lips are an abomination to the LORD, but **those who deal truthfully are His delight.**"*

**g) God abides with those who speak truth to their neighbors.**

In the book of Zechariah 8:16, the prophet identifies speaking the truth as one of the key things that God expects His people to do. The scripture says:

*"These are the things you shall do: **speak each man the truth to his neighbor**; give judgment in your gates for truth, justice, and peace;"*

Similar sentiments are echoed in Ephesians 4:25, where the Apostle Paul urges brethren to always speak truth to one another. The scripture says:

*"Therefore, putting away lying, let each one of you speak truth with his neighbor, for we are members of one another."*

All the above scriptures show how important it is for a believer to put on truth.

## **Armor of God component #2: The Breastplate of Righteousness**

The Oxford Languages Dictionary defines the term breastplate as ‘*a piece of armor covering the chest.*’ In battle, it protected the bearer’s chest from being pierced by an arrow, a spear, or a sword. This prevented the bearer’s heart from being injured.

Therefore, the breastplate of righteousness is meant to protect the believer’s heart from attacks by the enemy.

### **Why does your heart need protection?**

Your heart needs to be protected because all the issues of life emanate from here. This is according to Proverbs 4:23, which says:

*"Keep your heart with all diligence, for out of it spring the issues of life."*

Jesus taught that a person speaks or acts in accordance with the deposits found in his heart. Therefore, He instructed His disciples to only allow what is good to enter and dwell in their hearts. It is only by so doing that they will speak forth what is good. This is recorded in Matthew 12:34–35 as follows:

*"Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart, the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things."*

Note that your eyes and ears are the windows through which things enter your heart. It is well known that what enters your heart affects your belief system. Your belief system ultimately affects your speech, actions, and behavior.

Therefore, as a believer, you need to be very cautious about what you allow into your heart. This may involve a careful filtering of the programs and movies you watch as well as the music and conversations you listen to.

## **Why a believer needs to put on the breastplate of righteousness**

### **a) *God's throne is founded on righteousness.***

The book of Psalm 89:14 says:

*"Righteousness and justice are the foundation of Your throne; mercy and truth go before Your face."*

This means that with God, everything begins with righteousness. It implies always doing the right thing in the sight of God.

### **b) *God expects believers to be clothed with righteousness.***

In Job 29:14, scripture tells us how Job clothed himself with righteousness in an effort to please God and his fellow men. The scripture says:

*"I put on righteousness, and it clothed me; my justice was like a robe and a turban."*

### **c) *God loves righteousness.***

Psalm 11:7 instructs us to put on righteousness because God is righteous and upholds the upright. This is what the scripture says:

*"For the LORD is righteous; He loves righteousness; His countenance beholds the upright."*

**d) *Righteousness delivers from death.***

Proverbs 10:2 instructs us that it is righteous acts and not wealth accumulated by wicked means that can deliver someone from death. The scripture says:

*"Treasures of wickedness profit nothing, but righteousness delivers from death."*

In the same vein, Proverbs 11:4 teaches that it is righteous acts and not riches that can deliver one from death. The scripture says:

*"Riches do not profit in the day of wrath, but righteousness delivers from death."*

**e) *Righteousness exalts a nation.***

The Bible also teaches that when a nation is righteous, it will be exalted. This is according to Proverbs 14:34, which says:

*"Righteousness exalts a nation, but sin is a reproach to any people."*

**f) *God prefers righteousness to sacrifice.***

The Bible also tells us that we become acceptable to God when we do what is right and just. This is according to Proverbs 21:3. It says:

*"To do righteousness and justice is more acceptable to the LORD than sacrifice."*

**g) *Righteousness delivers from God's anger.***

Righteousness hides us from God's anger when it is released upon the earth. This is recorded in Zephaniah 2:3, which says:



*"Seek the LORD, all you meek of the earth, who have upheld His justice. Seek righteousness; seek humility. It may be that you will be hidden in the day of the LORD's anger."*

**h) True children of God practice righteousness.**

Finally, 1 John 3:10 teaches that the true children of God are those who practice righteousness.

The scripture says:

*"In this the children of God and the children of the devil are manifest: whoever does not practice righteousness is not of God, nor is he who does not love his brother."*

### **Armor of God component #3: The Gospel of Peace**

The Bible teaches that blessed are the feet of those who preach the gospel of peace. We read this in Romans 10:15, which says:

*"And how shall they preach unless they are sent? As it is written, How beautiful are the feet of those who preach the **gospel of peace**, who bring glad tidings of good things."*

This tells us that we should be ambassadors of good news in our families, our neighborhood, the community, the workplace, and the entire society at large.

That means we should be willing and ready to be sent to preach the message of the kingdom of God to a lost world. Thus, we should not shy away from sharing our faith with non-believers who are still enslaved in the kingdom of darkness.

### **Why a believer needs to preach the gospel of peace**

#### **a) *God is looking for someone to send***

Isaiah's call from God is a case in point. In Isaiah 6:8, the scripture says:

*"Also I heard the voice of the Lord, saying: Whom shall I send, and who will go for us? Then I said, "Here am I! Send me."*

After seeing the vision of God seated on His throne, Isaiah got afraid because he was a sinner. However, one of the seraphim went and took a live coal from the altar and then came and placed it on the prophet's lips. This signified the cleansing of the prophet's sins.

After this event, Isaiah heard the Lord asking whom He would send to speak to His people. Without hesitation, Isaiah offered himself up for the job and got sent. This is because he understood that people had to be warned to change their ways or perish.

Another example is found in Matthew 9:35–38. In this scripture, Jesus tells His disciples that the harvest is ready, but the workers are few. He therefore urges them to pray to God that He send more helping hands to fulfill the great commission. The scripture says:

*"Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. But when He saw the multitudes, He was moved with compassion for them because they were weary and scattered, like sheep without a shepherd. Then He said to His disciples, 'The harvest truly is plentiful, but the laborers are few. Therefore, pray to the Lord of the harvest to send out laborers into His harvest.'"*

**b) God's blessing rests on those who preach the gospel of peace.**

In Isaiah 52:7, the prophet declares the blessedness of those who preach the good news in this manner:

*"How beautiful upon the mountains are the feet of him who brings good news, proclaims peace, brings glad tidings of good things, proclaims salvation, and says to Zion, 'Your God reigns!'"*

Similar sentiments are shared by Prophet Nahum in the book of Nahum 1:15. The scripture says:

*"Behold, on the mountains are the feet of him who brings good tidings and who proclaims peace! O Judah, keep your appointed feasts and perform your vows. For the wicked one shall no more pass through you; he is utterly cut off."*

In the book of 2 Timothy 4:5, we see the Apostle Paul urging Timothy to preach the gospel all the time by saying:

*"But you be watchful in all things, endure afflictions, **do the work of an evangelist**, and fulfill your ministry."*

**c) Jesus commanded His disciples to preach the gospel to the whole world.**

In the book of Matthew 28:18–20, we see Jesus commissioning His disciples to go and preach the good news to the whole world. The scripture says:

*"And Jesus came and spoke to them, saying, 'All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.' Amen."*

This is a commandment we see the disciples implementing with gusto from the day of Pentecost onward. To this day, the good news is still being preached around the world in readiness for the second coming of Christ Jesus. The question is, are you part of this movement?

God expects each and every believer to share the good news of the gospel with non-believers so as to help them secure a place in the coming kingdom of heaven.

Hence, there is a need to *shod our feet with the **preparation of the gospel of peace*** at all times in order to deliver the same to those who are lost.

## **Armor of God component #4: The Shield of Faith**

A shield is "*a broad piece of metal or another suitable material, held by straps or a handle attached on one side, used as a protection against blows or missiles*" (Oxford Languages Dictionary).

Scripture tells us to take up the **shield of faith**, by which we will be able to quench all the fiery darts of the wicked one.

In ancient warfare, the shield served the purpose of protecting the bearer from blows or missiles that could be fatal. Therefore, engaging in combat without the shield could leave one dangerously exposed to strikes by the enemy's arrow, spear, or sword.

So the shield was very crucial in determining one's survival and ultimate victory on the battlefield.

Likewise, every believer must take up the shield of faith on a daily basis in order to ward off each and every dart the enemy sends his or her way.

### **Examples of fiery darts from the enemy**

- Anxiety
- Doubt
- Fear
- Unbelief
- Worry

As a believer, you can use the shield of faith to effectively protect yourself against all the above-mentioned darts.

In other words, a believer full of faith is able to ward off feelings of anxiety, doubt, fear, unbelief, and worry by using scriptures, just like Jesus did during His encounter with the devil in the wilderness (Matthew 4:4-6).

In this encounter, Jesus responded to the devil's enticements, beginning with the phrase "it is written," followed by a relevant scripture.

### **How do you develop your faith?**

The Bible teaches that "*faith comes by hearing, and hearing by the word of God*" (Romans 10:17).

This means that every believer needs to take time to personally and corporately study the word of God in order to get a proper grounding in it.

When you are properly grounded in the word of God, you will build up a faith strong enough to resist the devil every time he comes calling (James 4:7).

### **Why a believer needs the shield of faith**

#### **a) *A believer needs the shield of faith in order to overcome the world.***

The Bible teaches that believers overcome the world by faith. We find this in 1 John 5:4. It says:

*"For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith."*

**b) A believer needs the shield of faith in order to please God.**

As a believer, if you want to please God, you need to have faith and walk in it. This is recorded for us in Hebrews 11:6, which says:

*"But without faith, it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him."*

**c) A believer needs the shield of faith in order to live.**

This is according to Habakkuk 2:4, which says:

*"Behold the proud; his soul is not upright in him; **but the just shall live by his faith.**"*

**d) A believer needs the shield of faith in order to overcome fear.**

The disciples of Jesus became afraid that they would perish when the storms and winds rose against their boat. They forgot that Jesus' presence in the boat was sufficient to guarantee their safety against the raging waves. For this reason, Jesus reprimanded them for their lack of faith.

This is recorded for us in Matthew 8:23–26, which says:

*"Now when He got into a boat, His disciples followed Him. And suddenly a great tempest arose on the sea, so that the boat was covered with waves. But He was asleep. Then His disciples came to Him and woke Him, saying, 'Lord, save us! We are perishing!' But He said to them, '**Why are you fearful, O you of little faith?**' Then He arose and rebuked the winds and the sea, and there was a great calm."*

**e) A believer needs the shield of faith to activate the miracle of healing.**

In order to receive healing from God, a believer must have faith in Him. The following scriptures are a pointer to this fact:

Matthew 9:2; 6

*"Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you.'*

*But that you may know that the Son of Man has power on earth to forgive sins, He said to the paralytic, "Arise, take up your bed, and go to your house. And he arose and departed to his house."*

Matthew 9:22

*"But Jesus turned around, and when He saw her, He said, "Be of good cheer, daughter; your faith has made well. And the woman was made well from that hour."*

**f) A believer needs the shield of faith to cast out demons.**

According to Matthew 17:14–16, we encounter the disciples of Jesus being unable to cast out a demon from an epileptic boy. They were therefore curious to learn from Jesus why this had happened. Let us read Matthew 17:19–21 and see what Jesus told them.

*"Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because **of your unbelief**; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, "Move from here to there, and it will move," and nothing will be impossible for you. However, this kind does not go out except through prayer and fasting."*



So the problem for the disciples was unbelief! Likewise, as believers, it will not be possible for us to cast out demons if we harbor feelings of unbelief in our system.

**g) *A believer needs the shield of faith in order to receive from God.***

When a believer is trusting God to do something for them, they must have faith that God can do what they ask. Any seeds of doubt put off God, leading to unanswered prayers. We read this in James 1:5-8, where it says:

*"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, without doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways."*

Having looked at all the above points, I believe you now see the importance of faith in the life of a believer.

## **Armor of God component #5: The Helmet of Salvation**

The Oxford Languages Dictionary defines a helmet as '*a hard or padded protective hat, various types of which are worn by soldiers, police officers, firefighters, motorcyclists, athletes, and others.*'

A helmet protects the head and, by extension, the brain against injuries upon impact with other objects, electric shock, or rain.

The protection of the brain is important because it is the organ tasked with processing input coming from the surrounding environment and coordinating appropriate responses as required.

In other words, it is the brain that is largely responsible for our thought processes and actions.

This means that what we feed our brain is what will eventually come out after processing. If we feed it with good input, the output will be good; if we feed it with garbage, we will get a similar output.

Hence, for us to bring forth good output, we need to allow only good input. This necessitates the need for an effective filtering mechanism, and this is where the helmet of salvation comes in.

When a person gets saved, the helmet of salvation becomes his filtering system for sieving off filthy stuff while allowing in only that which edifies the soul.

The helmet of salvation implies walking in the knowledge that you are saved. When you do that, God's commandments become written in your heart. It thus becomes easy to denounce works of the flesh and walk in the Spirit.

## **Why a believer needs the helmet of salvation**

### **a) *The helmet of salvation enables the believer to walk in the Spirit and not in the flesh.***

This is in line with what the scripture says in Galatians 5:16–17, that is:

*"I say then: walk in the Spirit, and you shall not fulfill the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish."*

### **b) *The helmet of salvation enables the believer to lay aside all filthiness and the overflow of wickedness.***

This is in line with what the Apostle James teaches in James 1:21. The scripture says:

*"Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls."*

### **c) *The helmet of salvation enables the believer to counter thoughts, beliefs, and arguments that contradict the word of God.***

This is recorded for us in 2 Corinthians 10:4-6, where it says:

*"For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, and being ready to punish all disobedience when your obedience is fulfilled."*

**d) *The helmet of salvation helps to transform the believer's life through constant renewal of his mind.***

This is recorded for us in the book of Romans 12:2. The scripture says:

*"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good, acceptable, and perfect will of God."*

**e) *The helmet of salvation enables the believer to denounce worldliness and embrace godliness.***

This is according to Titus 2:11–12, which says:

*"For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ."*

That is all we can say about the helmet of salvation for now. Kindly read the scriptures to get more insight into this interesting armor.

## **Armor of God component #6: Sword of the Spirit**

A sword is 'a weapon with a long metal blade and a hilt guard, used for thrusting or striking the enemy in battle' (Oxford Languages Dictionary).

According to our lead scripture, the sword of the spirit is said to represent the word of God.

Therefore, when we say that the sword of the spirit is the word of God, it means that it is through this word that a believer can go on the offensive against the enemy.

The harm a natural sword will inflict on an enemy in physical combat is what the word of God does to the enemies of our faith. These include principalities, powers, rulers of the darkness of this age, and spiritual hosts of wickedness in the heavenly places (Ephesians 6:12).

### **Why a believer needs the word of God**

#### **a) *Believers live by the word of God.***

Moses taught the children of Israel that, apart from the natural food that nourishes the physical body, men need to feed on the word of God in order to nourish their spirit man. This is according to Deuteronomy 8:2–3, which says:

*"And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. So He humbled you, allowed you to hunger, and fed you with manna, which you did not know nor did your fathers know, that **He might make you know that man shall not live by bread alone, but man lives by every word that proceeds from the mouth of the LORD.**"*

**b) *Believers need the word of God to quash the advances of the enemy against their lives.***

Jesus left us a perfect example of how to deal with the advances of the enemy against our lives. This happened during the temptations in the wilderness (Matthew 4:1–11).

Every time the enemy brought up a suggestion to Jesus, Jesus responded by saying, "It is *written*". After three unsuccessful attempts, the enemy left Jesus alone.

Likewise, every time the enemy attacks us, we should respond with the word of God. It is only by doing so that we will overcome him.

In order to use scripture to fight the enemy, you need a proper grounding in it. This calls for a commitment on the part of the believer to study the word of God personally and corporately. This helps to build a large enough deposit of the word of God to ward off any advances the enemy makes against us.

**c) *Believers need the word of God in order to equip them for good works.***

This is recorded in 2 Timothy 2:16–17, which says:

*"All scripture is given by inspiration of God and is profitable for doctrine, for reproof, for correction, and for instruction in righteousness, that the man of God may be complete and thoroughly equipped for every good work."*

Through the word of God, we are taught, reproofed, corrected, and instructed in righteousness. This brings us to the place of maturity or completeness in matters spiritual. It also fully equips us for the good works expected of every child of God.

**d) *Believers need the word of God in order to walk in the blessings therein.***

Jesus taught His disciples that whoever hears and keeps the word of God shall be blessed. We read this in Luke 11:28. It says:

*"But He said, 'More than that, blessed are those who hear the word of God and keep it!'"*

**e) *The word of God is crucial to activating our faith.***

The Bible teaches that "*faith comes by hearing, and hearing by the word of God*" (Romans 10:17).

In other words, hearing is not possible in the absence of the word of God. In that case, faith will be lacking.

**f) *The word of God sanctifies our food.***

The Bible teaches that a time will come when the doctrine of abstinence will be taught all over the place. For instance, teachers will arise and declare that it is sinful to eat certain things.

But the Apostle Paul tells us that nothing is evil as long as it is received with prayer and the word of God. We read this in 1 Timothy 4:4-5. The scripture says:

*"For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer.*

That's all for now with regards to the sword of the spirit, or, simply put, the word of God.

## **Armor of God component #7: Prayer and Supplication in the Spirit**

Prayer is a means of communication between man and God. It is one of the key pillars of the Christian faith.

### **Why a believer needs to put on prayer**

#### **a) *Prayer carries power to heal the sick***

There several people in the Bible who fell sick but got healed after praying to God. One of them was King Hezekiah. We read his story in 2 Kings 20:5. The scripture says:

*"Return and tell Hezekiah the leader of My people, 'thus says the LORD, the God of David your father: 'I have heard your prayer, I have seen your tears; surely I will heal you. On the third day you shall go up to the house of the LORD.'"*

Similar sentiments are echoed in James 5:15. The Bible says:

*"And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven."*

As a believer, you can also pray to God asking Him to heal you whenever you fall ill.

#### **b) *Prayer delivers from the hand of the enemy***

The Bible has examples of people who were under the attack of the enemy but prayed to God and got delivered.



For instance, in 1 Chronicles 5:20, the children of Israel came under attack by the enemy and prayed to God for help. God heard their cry and helped them out. This is what the scripture says:

*"And they were helped against them, and the Hagrites were delivered into their hands, and all who were with them, for they cried out to God in the battle. He heeded their prayer because they put their trust in Him."*

**c) God delights in the prayer of the upright.**

Believers need to pray because the prayer of the upright is His delight (Proverbs 15:8). This is what the scripture says:

*"The sacrifice of the wicked is an abomination to the LORD, but the prayer of the upright is His delight."*

**d) God hears the prayers of the righteous.**

Believers are the righteousness of God through Christ Jesus. So when they pray, God hears and answers them. This is according to Proverbs 15:29, which says:

*"The LORD is far from the wicked, but He hears the prayer of the righteous."*

**e) Prayer casts out demons.**

A day came when the disciples of Jesus were unable to cast out a demon from a young boy. The father of the boy then brought him to Jesus, requesting healing. Jesus healed him but rebuked the disciples for their unbelief.

This is recorded in Mark 9:28, which says:

*"And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" So He said to them, "This kind can come out by nothing but prayer and fasting."*

**f) Jesus left us an example of a prayerful lifestyle.**

Jesus led a life of prayer that each and every believer needs to emulate. This is recorded for us in Luke 6:12, which says:

*"Now it came to pass in those days that He went out to the mountain to pray and continued all night in prayer to God."*

**g) Believers should pray so as not to fall into temptation.**

When Jesus came down from the Mount of Olives with His disciples, He urged them to **pray so as not to enter into temptation**. This is recorded in Luke 22:39–40, which says:

*"Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him. When He came to the place, He said to them, "**Pray that you may not enter into temptation.**"*

Jesus repeats the same instruction in Luke 22:46, where the Bible says:

*"Then He said to them, "Why do you sleep? **Rise and pray, lest you enter into temptation.**"*

Matthew 26:40–41 puts it this way:

*"Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me one hour? **Watch and pray, lest you enter into temptation.** The spirit indeed is willing, but the flesh is weak."*

**h) Our prayers go before God for a memorial.**

Our prayers are never in vain because they usually go up to God for a memorial. This is according to the account of Cornelius recorded for us in Acts 10:1-4. The Bible says:

*"There was a certain man in Caesarea called Cornelius, a centurion of what was called the Italian Regiment, a devout man and one who feared God with all his household, who gave alms generously to the people, and who prayed to God always. About the ninth hour of the day, he saw clearly in a vision an angel of God coming in and saying to him, 'Cornelius!'*

*And when he observed him, he was afraid and said, "What is it, lord?" So he said to him, "Your prayers and your alms have come up for a memorial before God."*

**i) The Bible urges believers to pray without ceasing.**

The Bible instructs believers to pray always, as recorded in the following scriptures:

**Luke 18:1**

*"Then He spoke a parable to them, saying that men always ought to pray and not lose heart."*

**Romans 12:12**

*"Rejoicing in hope, patient in tribulation, **continuing steadfastly in prayer**"*

**Ephesians 6:18**

*"**Praying always with all prayer and supplication** in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."*

## **Colossians 4:2**

*"Continue earnestly in prayer, being vigilant in it with thanksgiving."*

## **1 Thessalonians 5:17**

*"Pray without ceasing."*

### **j) *Believers should stand in the gap and make prayers for all men.***

Believers are watchmen strategically placed in the world to offer prayer and supplication on behalf of all people. This is recorded for us in 1 Timothy 2:1, which says:

*"Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men."*

Similar sentiments are echoed in James 5:16. The Bible says:

*"Confess your trespass to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."*

I believe that apart from what I have mentioned here, the Bible has many more reasons why believers ought to put on prayer as part of the armor of God. I thus kindly request that you search the scriptures and dig out these reasons for your own good.

## Conclusion

This article discussed the full armor of God as documented in Ephesians 6:13–18. It identified seven components that make up this armor, including *the belt of truth, the breastplate of righteousness, the preparation of the gospel of peace, the shield of faith, the helmet of salvation, the sword of the Spirit, and praying with all prayer and supplication in the Spirit*. I believe this write-up will add value to the already-existing body of knowledge on this topic. To the believer, I hope the article is just a reminder of the basic things you should do in order to effectively run the race of faith. Thank you, and God bless you.