

The whole armor of God

Ephesians 6:10-18

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What are the pieces of the armor of God, and what are believers told to do once they have put it on?

2. What does it show me about people — and about myself?

Notice how much of the armor is simply the gospel — truth, righteousness, peace, faith, salvation, God's word. What does that tell you about how a believer stands?

3. What will I obey this week? (a concrete step, with a day)

Which piece of the armor will you deliberately put on this week, and how?

4. Who will I tell?

Who feels under attack right now that you could encourage with this passage this week?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, you tell me to be strong in you and in your mighty power — not my own. Clothe me in your armor so I can stand firm, praying at all times.



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