



Welcome to
Heart-to-Heart!



Armor Up!

Part 2: Dressing for the Battle
on the Home Front



Week 3 | 11.12.12 (PM) | 11.14.12 (AM)



Religion is man's effort to earn salvation
or favor with God.



¹⁰Finally, be strong in the Lord and in his mighty power.

¹¹Put on the full armor of God so that you can take your stand against the devil's schemes. ¹²For 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.

¹³Therefore 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."

Ephesians 6:10-13 (NIV 1984)

¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.”

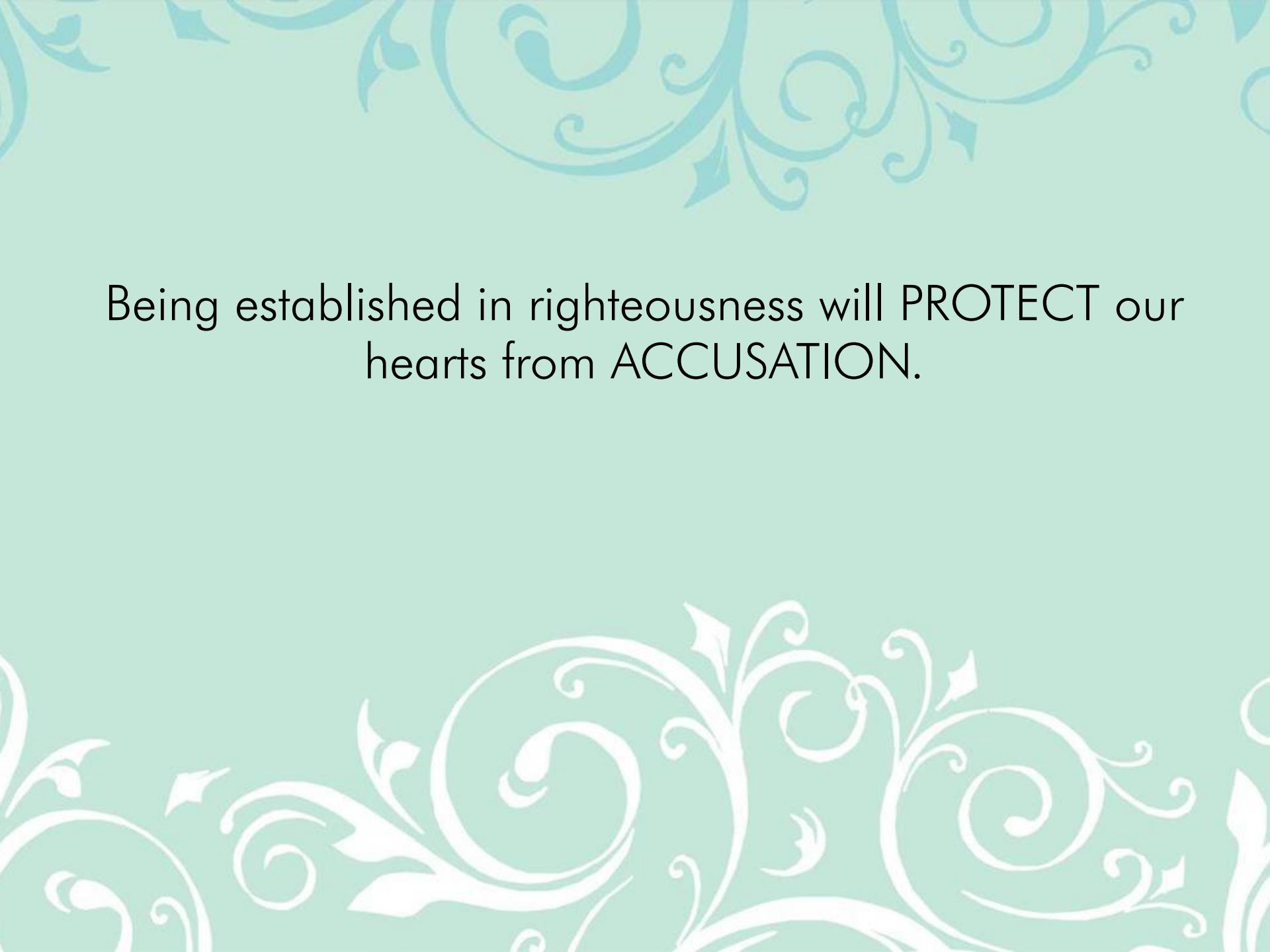
Ephesians 6:14-18 (NIV 1984)

1. BELT OF TRUTH – truth holds our armor in place

2. BREASTPLATE OF RIGHTEOUSNESS – protects our heart

What do we do with feelings of guilt?

James 5:16 (AMB) “Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].”



Being established in righteousness will PROTECT our hearts from ACCUSATION.

Often, the enemy's battle plan is simply to hurt our hearts.

EVERY time our hearts get hurt, we struggle with:

- **Doubting God's goodness**
- **Being discouraged by what we see**
- **Feeling defeated as a believer**

Proverbs 4:23 "Above all else, guard your heart, for it is the wellspring of life."



We protect our heart by guarding what words
go out of our mouth.

We protect our heart by guarding what words
come INTO our mind.



Satan is “the accuser of brethren” (Revelation 12)

The main ways the devil accuses us:

- through our longings**
- through God's law**
- through his lies**

3. GOSEPL OF PEACE – protects our footing

"having underbound the feet"

A Roman soldier prepares their feet for battle by:

- (1) Fitting their sandals or shoes with nails or spikes on the bottom, to make them hold firm to the ground.
- (2) Fitting their "greaves" to their legs to protect the lower legs, like boots, in order to keep their shins strong and injury free.

Living in the gospel of peace means that we accept that

- God is sovereign; in control.
- God's peace is not natural, it's supernatural.

4. SHIELD OF FAITH – protects whatever is being attacked

Hebrews 11:1 “Now faith is being sure of what we hope for and certain of what we do not see.”

In the Amplified Bible: “... faith (is) perceiving as real fact what is not revealed to the senses.”

The shield of faith extinguishes the fiery darts (flames) of the evil one!

"fiery darts"

- small pieces of sugar cane filled with flammable materials and set on fire
- literal darts with flammable material wrapped around them and set on fire

5. HELMET OF SALVATION – protects
our mind from the enemy

Remind yourself often of your salvation: past, present and future.

- **Rejoice in your salvation.** You have been saved from the penalty of sin and death, and made alive to God!
- **Encourage yourself with your salvation.** The promise that the Lord is changing you, for the better!
- **Remind yourself often of your promised future.** Heaven is your promised future because of your salvation by faith in Jesus Christ!

6. SWORD OF SPIRIT (Word of God)– protects us from accusations

God's Word is our only OFFENSIVE weapon!
ALL other armor used *in response* to an attack.

“For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart.”

Hebrews 4:12 (AMP)

6. PRAYER – protects us from deceit

and keeps us alert to the
enemy's schemes!

“No matter how complete the armor; no matter how skilled we may be in the science of war; no matter how courageous we may be, we can be certain that without prayer we shall be defeated. God alone can give the victory; and when the Christian soldier goes forth armed completely for the spiritual conflict, if he looks to God by prayer, he may be sure of a triumph.” – A Bible Scholar

Romans 8:26 -27 “... the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God’s will.”

English and Greek “groan” both mean; a sound like a sigh; a sound that comes from deep within

But the Greek adds: inexpressible with words

