

# Putting on the Armour of God

Simon Guillemin – 31 May 2026

My message today is entitled:

## **Slide 1: Putting on the Armour of God.**

St Paul tells us that God has, through His Spirit, given us His armour. Emphasis on “HIS”.

## **Ephesians 6:13-17:**

**Slide 2:** “<sup>13</sup>Therefore put on the full armour 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. <sup>14</sup>Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup>and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup>In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup>Take the helmet of salvation and the sword of the Spirit, which is the word of God.”

Two things strike me about this passage:

1. The putting on of the armour is not passive – we are told to actively / consciously “put on the armour of God” and secondly,
2. It is God’s armour we are given, that we might “stand firm”.

We are given:

## **Slide 3:**

- the belt of truth
- the breastplate of righteousness
- the [Sandals] of readiness that comes from the gospel of peace
- the shield of faith
- the helmet of salvation
- the sword of the Spirit, which is the word of God

The symbolism is important and in the context of the days in which Paul was writing, reminiscent of a foot soldier in the Roman army.

**The belt** – used to carry the scabbard for the sword. But also, used to “gird up one’s loins” – to hitch up loose clothing that might impede movement (running / fighting). The saying “gird your loins” speaks to getting ready for action, preparing for the fight, removing impediments that might cause us to fall or fail. Buckle the Truth around your waste.

**The Breastplate** – essential for the protection of vital organs especially the heart. In the context of the passage, to protect our “heart for the Lord”. We speak of love being felt in the heart. Thus, the breastplate, shields the heart. God’s love is the breastplate that protects our spiritual heart. Living in righteousness will guard our hearts.

**The Sandals** – for the soldier, as for the ordinary people who walked almost everywhere, but especially for a soldier, the footwear had to be strong, sturdy, comfortable, and have good grip in every situation – lest they slip and fall. So too, must we be well prepared in our willingness to serve. To go and to do as directed – to boldly spread the Good News, and to serve.

**The Shield** – this was the soldier’s first line of defence. Whether in hand-to-hand combat or under a shower of arrows. The shield deflects the spears, shafts, and barbs of the enemy. Our strongest defence therefore is Faith. Faith in our salvation. Trust in our God. Certainty that we have been forgiven, and knowledge that in all things the Holy Spirit is with us and strengthens the arm that holds the shield (Faith).

**The Helmet** – protecting the head, the brain, the mind. It is called the Helmet of Salvation simply because, with the mind, we are to remember that we have been saved / forgiven / redeemed / washed by the blood of the Lamb. I believe this passage also speaks to us of the need to guard our minds, and especially our thoughts.

### **Philippians 4: 8:**

**Slide 4:** “<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

As I mentioned when last I spoke here, Jill and I have been listening to messages from Max Lucado, pastor of Oak Hills Church, San Antonio, Texas, and author of over 100 books. In one, entitled “Tame your Thoughts”, Max points out that “even though we have a thought, it doesn’t mean we have to think it.” One of the fruits of the Spirit

(Galatians 5: 23) is “self control” – which requires that we discipline ourselves as to what we think, and not just what we do. After all, our thoughts direct our actions. Control one and you control all.

**The Sword** – of all the armoury items given to us by God, only the Sword is used to destroy the enemy. All others are defensive. “[The sword of the Spirit, which is the Word of God](#)”. Thus, to be truly effective, we must read and know scripture – as has been given us in the Bible. I know I’m not telling you anything you don’t already know, but it’s worth contemplating the simple fact that, without the Sword of the Word, we can only defend ourselves, we cannot win the battle unless we are prepared to use the Sword.

It came to me while I was preparing this message, that perhaps one of the greatest examples of someone who really understood the true meaning of the Armour of God, was David when he faced Goliath. He spurned the human armour – even the finest available, that of King Saul:

### **1 Samuel 17: 38-40:**

**Slide 5:** “<sup>38</sup> Then Saul dressed David in his own tunic. He put a coat of armour on him and a bronze helmet on his head. <sup>39</sup> David fastened on his sword over the tunic and tried walking around, because he was not used to them.

“I cannot go in these,” he said to Saul, “because I am not used to them.” So he took them off. <sup>40</sup> Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd’s bag and, with his sling in his hand, approached the Philistine.”

So David faced the giant, with no physical armour to protect him, and said to Goliath so all who were gathered there would hear:

**Slide 6:** “<sup>45</sup> ... “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. <sup>46</sup> This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. <sup>47</sup> All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and he will give all of you into our hands.”

David went into battle with the simple skills he had developed while watching over his father's flocks, not relying on human protection, but only on what he firmly believed that God would do that day, through him. And God honoured his faith, his willingness to risk all and to act, and gave him a great victory for all of Israel, but above all, for the Lord God Almighty in whose name David went out to face his giant.

David's example stands as an example of God's promise to us all.

David knew – as do we also – that the fight is not only physical, but first and foremost, it is spiritual.

### **Ephesians 6: 10-13:**

**Slide 7:** “<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armour of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For 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. <sup>13</sup> Therefore put on the full armour 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.”

Putting on the armour of God is not something we do just when we find ourselves facing our giants. It's what we need to do every day.

But it's not that easy, is it?

Think again about David, the one-time giant-slayer, now become King David. He dropped his guard and allowed himself to be tempted with Bathsheba – and we know what a tragedy that turned out to be. The armour of God is always available – but we need to remain vigilant and keep it on or keep putting it back on whenever we have dropped out guard.

Like most things, it's about forming a habit. Something we do frequently until it becomes second nature.

Thinking again, about the various parts of the armour we are given to put on – be reminded, this is an **active** thing we are advised to do. It doesn't just happen – at least not without practice. The armour of our God is a gift, and like salvation and forgiveness of sin, it is something we must actively accept. To put it on we must first take it up.

So, in order to be always ready to face our giants, we should:

- Buckle on the belt to truth – complete with the scabbard in which to hold the Sword of the Spirit (the Word of God) – ready to use as soon as we are confronted by untruth, challenges to our faith in Jesus, criticism that we are being naive, or the hundred other challenges we may face as believers in God the Father, God the Son (Jesus Christ) and the God the Holy Spirit.
- Strap on the breastplate of righteousness. Protect your heart which is the new heart given by the Spirit when we accepted Jesus.
- With our feet firmly in the sturdy sandals of readiness to walk the path that God has set before us – wherever that may lead. Refer Romans 10: 15 “.... As it is written: “How beautiful are the feet of those who bring good news!””
- Take up the shield that is our faith. We trust – have assurance – because we believe. As the writer of Hebrew says in chapter 11: 1 “<sup>1</sup> Now faith is confidence in what we hope for and assurance about what we do not see.” And that faith protects us, it causes us never to give up or give in. It is a powerful defence against the weapons of the enemy.
- Then, put on the helmet of salvation – the sure knowledge that by accepting Jesus Christ we have been saved. And so long as we remain true to Christ – we can be certain, as it says in:

### Romans 8: 37-39:

**Slide 8:** “<sup>37</sup> ...., in all these things we are more than conquerors through him who loved us. <sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons,<sup>[b]</sup> neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

- And finally, take up the Sword – that is the Word of God. There is power in the word. There is truth. Scripture helps us put into words what we believe and to rebuff and rebut the lies of Satan.

### Hebrews 4: 12:

**Slide 9:** “<sup>12</sup> For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

### 2 Timothy 3: 16-17:

“<sup>16</sup>All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, <sup>17</sup>so that the servant of God may be thoroughly equipped for every good work.”

Even Jesus, when he was tempted in the desert (Mathew 4 / Mark 1 / Luke 4), quoted scripture as His defence against Satan’s wiles.

And, in closing, remember that, as soldiers, we are part of an army. God’s church. God’s Family. We need not face our giants along – unless we choose to. We can call upon each other for support. Prayer is another weapon we can use and even ask others to use on our behalf, when the going gets really tough.

May God bless us all, give us strength and the presence of mind to remember all that we have learned. And may the “[peace of God, which transcends all understanding, guard your hearts and your minds in Christ Jesus.](#)”

**Philippians 4: 7.**