

Taking Your Stand Each Day Preparing for Spiritual Warfare

Each morning I am to begin each day by telling Christ that I want to live in obedience to Him and ask for His strength to be in me. Then I am to put on the “whole armor” of God. Satan will be tempting me at every opportunity to bring me down. My only hope is in how I prepare for the battle (before the daily battle begins). Here is how I am to prepare.

(Ephesians 6: 10 – 18)

*Finally, be strong in the Lord and in His mighty power.
Put on the full armor of God so that you can take
Your stand against the devil’s schemes.*

*For our struggle is not against flesh and blood,
But against the ... the powers of darkness ...
Forces of evil in the heavenly realms.*

*Therefore put on the full armor of God, so that when the day of
Evil comes you may be able to stand your ground.*

Stand firm with:

- 1. The belt of truth (vs. 14):** I am to begin each day reminding myself of the truth. The truth is: -God loves me and calls me His child, -Jesus died for me and promises to fill me with the Spirit of truth (Holy Spirit) which enables me to live above the temptations that Satan will place in my path, and, -Every thing that will touch my life must first pass through the hands of my Father before it gets to me. Now that’s the truth!
- 2. The breastplate of righteousness (vs14):** The breast plate protects your heart. I need to be careful what I allow into my heart through my eyes, ears, mouth etc. That’s why God tells me to think only on those things that are pure, and right and noble. I need to keep my heart clean and acceptable for the Holy Spirit to reside in. This has to do with guarding my emotions, which control my feelings. I am called to live a godly life and that only happens as I ask Christ to control my thoughts, motives and affections.
- 3. The shoes of peace (vs15):** Warriors in Bible times wore special shoes which held them firmly in place. I am to put on spiritual “combat boots” of peace. Every day Satan will attack me; but God has promised to give me the “peace that passes understanding.” This peace will sustain me (so long as I continue holding on to Christ – who gives me His strength).

The first three are to be worn at all times. Like soldiers in a war zone that sleep with their boots on their feet and their rifle in their arms. The next three begin with “In addition.” In addition to the first three that are worn at all times, we have:

4. **The shield of faith (vs16):** Bible warriors had two shields – one small one they wore on their arm for one-on-one combat and a larger one 2 ½ ft by 4 ft to stand behind when the enemy archers attacked. In this verse it applies to the larger shield that protects all of the warrior. Faith (trust in God) is the shield I stand behind when under attack. Christ lived and died by faith depending on His Father at all times. I am called to do the same. Faith is the most powerful thing I have. With every temptation or trial I should say, “Satan, I will turn this over to Christ and He will take care of it.” Faith is my shield against doubt.

5. **The helmet of salvation (vs17):** The helmet is to protect my mind from thinking thoughts that are contrary to the thoughts God wants me to be thinking. When I find myself thinking such a thought, I am to turn it over to Christ and ask Him to throw it out of my mind.

6. **The sword of truth (vs17):** This is the word of God. Each day I am to meditate on texts from the Bible and fill my mind with these thoughts. When satan tried to tempt Christ, Christ’s response to each of the three temptations was, “It is written (in the Bible)” I am to do the same, each time satan attacks; I am to have some anchor texts in my heart to think on. When I do this, God will give me victory over whatever my struggle is. The circumstances may not change, but how I relate to them will. James 4:7, says, “Resist the devil and he will flee from you.” The best way to resist the devil is to quote scripture to him.

The last thing Christ’s warrior is admonished to do is to, “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. (vs.18).

A thousand times a day, with every new decision I need to make or person I come into contact with I should say in a silent prayer, “Jesus, give me you’re thought on this. What should I do what should I say?” This will help me stay connected to Christ at all times through the day. This is what the Bible means when it says that I am to, “Pray without ceasing.” Christ wants me to include Him in everything. As I stay close to Him, He will stay close to me and provide His strength in every situation I face.