

Ephesians 6:10-18 "Protection Against Temptation: The Armor of God" ^{**}

Main Idea: In Ephesians 6:10-18 we learn two things about the protection that God has provided for His children.

I. Protection against temptation is something we have (10-13).

A. We have what we need.

1. The armor is Christ.
2. The armor is complete.

B. We need what we have.

1. We must appropriate all the armor.
2. We must appropriate all the armor all the time.

II. Protection against temptation is something we must use (14-18).

A. We must wear the belt of truth (14a).

1. A person puts on the belt of truth when he affirms that Jesus is the truth.
2. A person puts on the belt of truth when he resolves to walk in integrity.

B. We must wear the breastplate of righteousness (14b).

1. We need positional righteousness.
2. We need practical righteousness.

C. We must wear the gospel of peace boots (15).

1. The gospel protects us.
2. The gospel prepares us for action.

D. We must raise the faith shield (16).

1. The Christian life begins by faith.
2. The Christian life must be lived by faith day by day.

E. We must take the helmet of salvation (17a).

1. A Christian is someone who has been saved.
2. A strong Christian is someone who thinks like a saved person.

F. We must take the sword of the Spirit (17b).

1. The sword is God's Word.

2. The sword is effective to the degree that we know God's Word.

G. We must pray (18).

The Bottom Line: Soldiers of Christ, we're in a war, so let's live like it!

It cost \$170 to outfit a soldier for battle during WWII. That included his helmet, uniform, weapon, boots, and equipment belt. In the 1970s the cost rose to about \$1,100 as the military added a flak vest and some other equipment necessary for the Vietnam War. Anyone want to venture a guess as to today's price? According to the Associated Press it now costs \$17,000 to outfit a soldier, that's one hundred times more than it did during WWII (and that's with an adjustment for inflation). The report indicates, "Today, troops in Iraq and Afghanistan are outfitted with advanced armor and other protection, including high-tech vests, anti-ballistic eyewear, earplugs and fire-retardant gloves. Night-vision eyewear, thermal weapons sights and other gear makes them more deadly to the adversary."^[1]

A soldier would never go into battle without adequate protection, not if he could help it, nor would we send him, not if we could help it. Why not? A soldier knows that not only his personal safety but the very success of his mission depends on his equipment.

My original intent was to end our series *Lead Us Not Into Temptation* last week. But then I realized something was missing. We'd learned about our enemy and how he works in temptation—that was week one as we investigated the tempter at work in Genesis 3. And we'd learned about our own susceptibility in the temptation process—that was week two in James 1:13-15. Then we spent three weeks pondering how our Savior resisted the tempter in the desert in Matthew 4. Last time I shared with you some good news when tempted, as we unpacked together the promise of 1 Corinthians 10:13 which assures us that God is faithful and will always provide a way of escape when we are tempted. End of series.

But then it hit me. Something's missing. We're not ready for battle, not yet. You can't send soldiers into battle without protection. And that brings us to Ephesians 6.

Let me give you the outline at the outset. In Ephesians 6:10-18 we learn two wonderful truths about the protection that God has provided for His children. Protection against temptation is something we *have*—point one. It's also something we must *use*—point two.

I. Protection against temptation is something we have (10-13).

"Be strong in the Lord and in his mighty power," Paul exhorts as he begins the final section of Ephesians. He's writing to believers, and he wraps up the letter the same way he began it, by emphasizing that in Christ...

A. We have what we need. Verse 11, "Put on the full armor of God." We've got armor, a fact he reiterates in verse 13, "Put on the full armor of God." What does that command imply? It implies that we have available to us the armor of God.

What do you need armor for? You need armor if you are at war. And we are. We are in a battle. You and I are under attack. We have a fierce, cunning, powerful enemy.

Just what is this armor that we have? Simply put...

1. *The armor is Christ.* In a moment we'll look at six pieces of armor one by one: the belt of truth, the breastplate of righteousness, and so on. As we'll see these six virtues or qualities belong to Christ. So to put on the armor is to put on Christ.

By the way, if you don't know Christ as your Lord and Savior, you are defenseless and fair game for the enemy. But if you know Christ as your Lord and Savior, you have all you need for the battle, for the armor is Christ Himself. What's more...

2. *The armor is complete.* There is no chink in the armor that Christ has provided for His people. We have what it takes.

Let this sink in, fellow soldiers. When it comes to temptation, we have what we need. Yes, every day is a battle, and every day involves dangerous struggle. But if we know Christ, we have all we need to stand. This also is true...

B. We need what we have. By that I mean two things...

1. *We must appropriate all the armor.* "Put on the *full* armor of God." We have what it takes to stand against temptation, but it's not something within us. It's external. It's something we must put on. And we must put it *all* on.

You see, Satan will attack at your point of vulnerability. "But," you say, "I've put on most of the armor. There's just one little habit I want to hold on to. I'll be okay." Or maybe for you it's an attitude, "I have great relationships with people. What's wrong if I have one person I'm not willing to forgive? It's just one person."

To excuse one small sin is like a soldier saying as he heads into battle, "But I've only left one part of my body unprotected." How big of an opening does a flaming arrow need? Beloved, we have what we need, for God has given it to us. But we must appropriate it, *all* of it. And...

2. *We must appropriate all the armor all the time.* And why is that? Verse 12 makes it clear that we don't wrestle against flesh and blood. We're up against demonic forces. Granted, Satan is not omnipresent or omnipotent. He's not divine. He's a created being, a fallen angel. But Satan has at his disposal forces that are highly organized and extremely active. They are powerful (Mark 5:2-4), intelligent (Acts 16:16), and deceptive. They promote false doctrine and religions, can inflict illness, hinder Christian workers (1 Thes 2:18), oppose the spread of the gospel, and are able to work miracles.^[2]

You say, "Well I'm a Christian. I'm safe in Jesus' arms. Satan can't touch me." Be careful. The fact is, even believers can be enticed and duped by the devil so that they act as if they were his subjects (see the end of 2 Tim. 2:24-26). Satan incited David into sinning against God's command (1 Chr 21:1). He deceived Peter into denying the necessity of Christ's sacrifice (Matt 16:21-23). He filled the hearts of Ananias and Saphira to lie (Acts 5).

The point is, we have a great enemy and we must not underestimate him. Of course, the rest of the story is that we have a greater Savior! And when He came to the earth 2000 years ago and went to the cross, Colossians 2:15 says He "disarmed the powers and authorities" and "made a public spectacle of them, triumphing over them by the cross."

Yes, Jesus Christ defeated Satan at the cross. Since that's true, what must we do? First, make sure we are IN HIM. Then secondly, depend on Him. As we face temptation, we do not fight *for* victory, but *from* victory.

We have all we need. We need all we have. Protection against temptation is something we have. Not surprisingly...

II. Protection against temptation is something we must use (14-18).

We have some welders in our congregation. A welder knows the importance of protection. That's because he exposes himself to dangerous light every time he does his work. Which is why he has a

protective shield. But the shield will do him no good unless... *he uses it*. That's what we need to do with the armor of God. *Use it*.

Let's take a look at the pieces of protective armor that we have and must use.

A. We must wear the belt of truth (14a). "Stand firm then, with the belt of truth buckled around your waist." The Roman soldier's belt was usually made of leather. He put it on first. Actually it was an undergarment, and not a piece of armor, yet it was essential. The belt held his sword. The belt wrapped around the soldier's waist in order to draw up his tunic and keep it from dangling down to his feet.

Football players don't wear loose fitting clothes. Why not? They don't want to leave the opponent any handles by which they can grab hold. Similarly, the belt gave the Roman soldier mobility and freedom.

What is our belt as Christians? Paul says our belt is *truth*. What is truth? The Word of God is truth. Ultimately, Jesus Christ is truth, for He said, "I am the way, the *truth*, and the life," (John 14:6)."

So how do you on the belt of truth? You do it in two ways...

1. *A person puts on the belt of truth when he affirms that Jesus is the truth.* Initially, that happens at conversion. But it also needs to happen in our lives every day.

2. *A person puts on the belt of truth when he resolves to walk in integrity.* If Jesus is the truth, then one would expect His followers to be truthful. In reality, when we put on falsehood, dishonesty, and scheming, we are playing the devil's game, for he is a liar and the father of lies.

Charles Hodge observed, "Let not anyone imagine that he is prepared to withstand the assaults of the powers of darkness, if his mind is stored with his own theories or with the speculations of other men. Nothing but the truth of God clearly understood and cordially embraced will enable him to keep his feet for a moment, before these celestial potentates. Reason, tradition, speculative conviction, dead orthodoxy, are a girdle of spider webs. They give way at the first onset."^[3]

Which raises a problem. There is a great lack of truthfulness in people today, even Christians. Their word means little. You can't count on them. And they're certainly not fit for the battle, for they're not wearing the belt of truth.

Beloved, you'll never stand against the powerful forces of Satan unless you affirm that Jesus is the truth and then resolve to walk in truth and integrity every day.

Remember, you have what you need, but you need what you have. So put on Christ, who is the truth. And choose to walk in His steps. When you're closing that business deal. When you're doing your homework for school. When you're filing your tax return. Put on the belt of truth, and then you'll be able to stand against the wiles of the evil one.

B. We must wear the breastplate of righteousness (14b). "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place."

Satan is the accuser (Rev 12:10). He loves to whisper, "You call yourself a Christian. There's no way you can be a Christian, not after what you've done." How can we withstand his accusations? He's right, isn't he? We have done some terrible things in thought and deed. In ourselves, we lack righteousness.

Thankfully, God says that righteousness isn't something we achieve. It's something we put on. We're supposed to put on the breastplate of righteousness.

The breastplate was obviously a critical piece of equipment. Just think about this. A soldier could be in great shape and great at hand to hand combat. But he was a fool if he went into battle without his breastplate. Why? What did this piece of armor protect? It covered his heart and the rest of his vital organs. No matter how great his skills, all it takes is one arrow through his heart and his fighting days are

over.

Paul says we must put on the breastplate of *righteousness* (lit. "breastplate which is righteousness"). Basically, righteousness is used in two ways in the Bible and we need both.

1. *We need positional righteousness.* Positional righteousness pertains to a right standing with God. We enter this world as sinners cut off from God. We need to be reconciled to God, made right with God. The Bible calls that justification.

When a person repents of his or her sin and believes in Christ, God declares that person to be right with Him. He does so on the merit of His Son's accomplishments. God actually declares a repenting sinner to be righteous based on the perfect righteousness of Jesus' life.

That's where spiritual protection starts, with *positional* righteousness. Listen to Isaiah 61:10, "I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of righteousness..." Can you say that? Has God clothed you with the robe of His Son's righteousness?

2. *We need practical righteousness.* We could call that moral righteousness. Again, we have what we need (see 2 Corinthians 6:7), but what we have we are to put on. Ephesians 4:24 tells us "to put on the new self, created to be like God in true righteousness and holiness."

I chuckled at first, but the more I reflect the more I agree with an observation made by John MacArthur in his book, *The Believer's Armor*. He says the typical breastplate many Christians are putting on today resembles a paper bib more than the breastplate of righteousness in Ephesians 6. A paper bib may keep baby food off an infant but it won't protect him from a sniper's bullet. What are some examples of paper armor? When we substitute programs, techniques, and methods in the place of biblical righteousness, we're exchanging the biblical breastplate for a paper bib!

Here's something you'll never see happen in the military. They don't say, "Well thanks for coming to boot camp. Since you're here, it would be nice if you'd wear our uniform. And oh, if it wouldn't be too much of an inconvenience, would you like to live in our barracks, eat our food, and take our orders?"

No way. You're expected to do that! So for the Christian. You have all you need, but you need all you have. You need to put on the righteousness of Christ daily. How? I recommend that you begin your day by affirming out loud your position, and do that by quoting verses like 2 Corinthians 5:21 and Philippians 3:8-9 and Isaiah 61:10. Affirm the truth those verses communicate. The Lord has clothed me with the robe of His righteousness. Affirm what you have, then resolve to live in light of it.

C. We must wear the gospel of peace boots (15). "Stand firm then...with your feet fitted with the readiness that comes from the gospel of peace."

My daughters love shoes. I know they're not alone in this passion, for in western society shoes are to a large degree a fashion item. Originally shoes were for protection. John MacArthur observed "Frankly we don't need that much protection for our feet. Our streets are paved. Our cars, churches, and offices are carpeted. For the most part we aren't walking over rough stones, wading through mud, or strolling across thorny bushes. We need to understand how terrible the terrain was during the time of Christ."

A soldier needed shoes. But not just any shoes would do. The Roman soldier wore a battle boot. It was like a leather sandal with hob nails on the bottom, tied up with leather straps around the ankles and shins (like a studded tire). Why the studs? To keep the soldier's feet from slipping! In close, hand to hand combat, sure footing was critical. One slip and you're done.

What is it that gives the Christian stability in his or her life? Paul tells us in verse 15 that we need to have our feet fitted with the "readiness" that comes from the "gospel of peace." The gospel, of course, is the good news of what God has done to reconcile sinners to Himself through the life, death, burial, and resurrection of His Son. But the gospel does more than just save us. The gospel is part of our armor and

as such does two things for us.

1. *The gospel protects us.* That's why we cover our feet with it. Hodge states, "As the Gospel secures our peace with God, and gives the assurance of his favor, it produces that joyful alacrity [i.e. readiness] of mind which is essential to success in the spiritual conflict. All doubt tends to weakness, and despair is death."^[4]

2. *The gospel prepares us for action.* That's what our feet are for, for mobility. And when our feet are covered with the gospel of peace boots, it means we're taking the gospel with us wherever we go in life.

Generally speaking, do you know who the most stable Christians are? They're the ones who are sharing the gospel with others. Why would that be the case? It's because the gospel is what gives us stability, when I'm continually affirming what God has done for me. So if I'm sharing the gospel, then that's evidence that I'm wearing it on my feet. But if the gospel doesn't mean enough to me that I'm sharing it with others, that would indicate that I've taken off my boots. And a soldier without his boots lacks stability.

What did Jesus say is to be our #1 task in life as His follower? "Go into all the world and preach the gospel (Mark 16:15)." He left us here to spread the gospel to others.

Are you doing that? Are you *prepared* to do that? Do you begin your day with the intent to do that? I challenge you, if you're serious about standing in the face of temptation, when you begin your day tomorrow morning, put on your gospel boots.

D. We must raise the faith shield (16). "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

The soldier's shield was a big, thick plank of wood, about 4 feet by 2 feet. It was covered on the outside with metal and even leather at times. The metal would deflect arrows, while the leather would extinguish the fiery pitch on the arrows.

What is our shield? It's the shield of *faith*. Of course...

1. *The Christian life begins by faith.* Ephesians 2:8 says so. But know this...

2. *The Christian life must be lived by faith day by day.* That's the kind of faith Paul's talking about here. Remember our definition of faith from our Hebrews series? Faith is...*trusting in the person of God and acting on the promises of God regardless how I feel.* That's what I need to do every day, to pick up my faith shield and in so doing affirm that today I'm going to trust in God's person and act on God's promises regardless what my feelings tell me.

By the way, I need to make that affirmation *in community*. I read that the edges of the first century, Roman shields were made to interlock. An entire line of soldiers could hook their shields together and march into the enemy like a solid wall. My shield of faith is meant to interlock with yours, beloved. We are not in this battle alone, and certainly can't succeed alone. We need each other.

Now, why specifically do we need a shield of faith? Verse 16 says we need it to "extinguish all the flaming arrows of the evil one." What are these "flaming arrows"? In the Roman battles, archers would put a cotton material on the tip of their arrows and soak it in pitch, which would burn slowly but was very hot. Before they shot the arrow, they would light it. When the arrow hit its target, the pitch would splatter and start little fires on the clothing of the soldier. That's why a shield was so vital.

Where do these fiery arrows originate? They come from the "evil one," Satan himself. According to Paul, the devil is like an archer on a wall shooting down on us. Before he launches his arrows, he sets them on fire. The word "all" in the text would seem to indicate that Satan has a variety of flaming missiles in his arsenal: seduction, selfishness, fear, disappointment, lust, greed, vanity, covetousness, doubts, hateful thoughts.

Several years ago I was in my study on a Tuesday morning when I took a break from studying and looked out the window. It was snowing. The ground was bare. Millions of individual snowflakes were falling out of the sky. One at a time they hit the ground. And one at a time they disappeared. It didn't seem like those little flakes were having an impact on anything. They were so small, so seemingly insignificant. But over the course of time, something happened. Before long I didn't see the individual flakes anymore. What I saw was a thick blanket of snow.

That's the way Satan's fiery darts work. He tempts us to sin in ways that at first seem so small, so insignificant. But then it escalates, it builds, and before long it blankets our lives.

Do you have the shield of faith in place when you go to school, young people? We have a fierce enemy. We cannot afford to walk the halls without affirming by faith that God is right there with us.

E. We must take the helmet of salvation (17a). The word "take" is in the imperative, and the aorist tense indicates we are to take this piece of armor, put it on, and leave it on.

Put on your helmet, Paul says. The Roman soldier's helmet was made of a tough metal-like bronze or iron. It was obviously heavy. The inside was lined with sponge or felt to make it bearable to wear. Nothing short of a blow from an axe or hammer could penetrate the helmet.

Why does a soldier need a helmet? Obviously, to protect his *head*. Why do you need a helmet, Christian friend? For the same reason, to protect your head.

That's where you're most vulnerable, and Satan not only knows that, but he attacks your mind with all the ammunition he can muster.

How can we protect our minds? Paul says we must put on the helmet of salvation. [\[5\]](#) What exactly does Paul mean by that? Is he telling us to "get saved"? No. He's talking to Christians. He's writing to people who are already in God's army, who already have access to God's armor.

The Bible is very clear about this...

1. *A Christian is someone who has been saved.* A saved person is someone who has admitted he was lost as a sinner and condemned to suffer God's wrath. A saved person is one who accepted the teaching of the Bible that Jesus Christ lived and died in the place of sinners, taking God's wrath in their stead. A saved person is someone who has placed his full confidence and trust in Jesus Christ. That's a saved person.

What then does it mean to put on the helmet of salvation? Think of it this way. If a Christian is someone who has been saved, then...

2. *A strong Christian is someone who thinks like a saved person.* Christians who are successful in overcoming the evil one think differently. They think differently about their goals in life, about money, and about entertainment. Their desires are different. Their ambitions are different.

Paul put it this way in Philippians 4:8, "Finally, brothers, 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.*"

It's true. Christians are supposed to think differently than non-Christians. And strong Christians do just that. When they put on the helmet of salvation, they're making a decision that they are going to think differently than they used to, by God's help. They're choosing to think like a saved person.

You and I are living in a pagan world. We are being bombarded continually with vile, godless ideas and perspectives. It's vital that we put on the helmet of salvation and think like saved people.

I'll be frank. It burdens me the kinds of things I see many Christians taking into their minds. Take

entertainment, for example. Just because the world says a movie is entertaining is no reason for us to watch it. Dads and moms, when you see an unwholesome movie coming on the television, do you talk with your kids about it? Do you tell them, "We are Christians. What that movie is about is something that Jesus saved us *from*, so let's find something else to watch, something that will please our Savior."

The same goes for the music we listen to, and the sites we visit online. Brothers and sisters, I urge you to be careful about what you take into your mind. Resolve to think the thoughts that Christ would think. Put on the helmet of salvation.

F. We must take the sword of the Spirit (17b). "Take...the sword of the Spirit, which is the word of God." This is our only offensive weapon. Notice that we're told...

1. *The sword is God's Word.* That's what Paul says. The sword is God's Word. That being the case...

2. *The sword is effective to the degree that we know God's Word.* Leroy Eims tells the following story, "One spring our family was driving from Fort Lauderdale to Tampa, Florida. As far as the eye could see, orange trees were loaded with fruit. When we stopped for breakfast, I ordered orange juice with my eggs. "I'm sorry," the waitress said. "I can't bring you orange juice. Our machine is broken." At first I was dumbfounded. We were surrounded by millions of oranges, and I knew they had oranges in the kitchen--orange slices garnished our plates. What was the problem? No juice? Hardly. We were surrounded by thousands of gallons of juice. The problem was they had become dependent on a machine to get it. Christians are sometimes like that. They may be surrounded by Bibles in their homes, but if something should happen to the Sunday morning preaching service, they would have no nourishment for their souls. The problem is not a lack of spiritual food--but that many Christians haven't grown enough to know how to get it for themselves." [\[6\]](#)

What would have happened if the American soldiers in Afghanistan paid the same attention to the commands of their General that we do to our Commander, Jesus Christ? Can you imagine a soldier saying, "I really didn't hear what the general said. I think he said the enemy was to the north (or was it south?). And I think he said the enemy was using swords (or was it poisonous gas?). Oh, it won't matter."

No way! A soldier is expected to know what his commander has said. His life depends on it. The success of his mission depends on it.

Fellow soldiers of Christ, if we're going to stand against temptation, we will be in real trouble if our minds are not filled with the Word of God. Frankly, if you don't have God's Word stored away, you are prey for Satan's deadly darts.

A few years ago cult researcher Walter Martin commented on a common tragedy. It's his observation that a 90-day-wonder from Jehovah's Witnesses can take apart the typical Christian in 30 minutes. Why? We don't know the Word like we should. We can't defend ourselves.

Make it personal. Do you know what verses from God's Word to use in order to defend yourself against discouragement, or to overcome the temptation of lust, or to deal with anger? We have what we need, but we need what we have.

I'm very concerned about the Sunday morning Christian. That's the person who comes to church because he knows it's the "right thing to do," but the Word isn't his daily food.

Perhaps you're searching. That's why you've been coming to church on Sunday mornings. You probably feel good when you hear God's Word. You leave pumped up, filled with hope. But then you leave and the Bible stays on the shelf and you don't receive one ounce of spiritual nourishment for the next six days, only Satan's darts. You don't use the shield of faith that could protect your mind. And Satan is having a hey-day with you. By Thursday you are overwhelmed with feelings of doubt and discouragement. You begin thinking, "Where are you God? What's wrong? Why doesn't Christianity work for me?"

Know this. The problem is not with Christianity. The problem is that you are neglecting what you need. God offers you all the equipment necessary to be on the winning side in life. The question is, what are you doing with the armor God has provided for you?

Notice the first words of verse 18, "And pray." Is Paul giving another piece of armor? I don't think so. I think prayer is an activity that's vital for the use of all the rest of the armor. Indeed, if we're going to use what we have...

G. We must pray (18). Why is prayer so vital? Because while protection against temptation is something we have, it's also something we must *use*. And prayer is the first step to using it! And pray "with all kinds of prayers and requests," says verse 18. And "for all the saints."

I can't improve on the charge Charles Wesley put into lyrics over 250 years ago...

*Soldiers of Christ, arise,
And put your armor on,
Strong in the strength which God supplies,
Through His eternal Son;
Strong in the Lord of Hosts,
And in His mighty pow'r,
Who in the strength of Jesus trusts
Is more than conqueror.*

*Leave no unguarded place,
No weakness of the soul,
Take every virtue, every grace,
And fortify the whole.
To keep your armor bright
Attend with constant care,
Still walking in your Captain's sight
And watching unto prayer.*

*Pray, without ceasing pray,
Your Captain gives the word;
His summons cheerfully obey,
And call upon the Lord:
To God your every want
In instant prayer display;
Pray always; pray, and never faint;
Pray, without ceasing pray.*

*From strength to strength go on;
Wrestle, and fight, and pray;
Tread all the powers of darkness down,
And win the well-fought day:
Still let the Spirit cry
In all His soldiers, "Come!"
Till Christ the Lord descend from high,
And take the conquerors home.*

Wesley said it well, didn't he? When it comes to temptation, here's the bottom line. Soldiers of Christ, we're in a war, so let's live like it! Let's use what we have!

******Note: This is an unedited manuscript of a message preached at Wheelersburg Baptist Church. It is provided to prompt your continued reflection on the practical truths of the Word of God.

[1] The NPR News Blog, "It Ain't Cheap to Outfit a Soldier," http://www.npr.org/blogs/news/2007/10/it_aint_cheap_to_outfit_a_sold.html

[2] See 2 Cor. 11:14-15 for a description of how Satan works.

[3] Hodge, C. 1996. *Commentary on Ephesians*. Index created by Christian Classics Foundation. (electronic ed.). Christian Classics Foundation: Simpsonville SC

[4] Hodge, C. 1996. *Commentary on Ephesians*. Index created by Christian Classics Foundation. (electronic ed.). Christian Classics Foundation: Simpsonville SC

[5] We see this image elsewhere in the Scriptures. It's in Isaiah 59:17, "He put on righteousness as his breastplate, and the helmet of salvation on his head; he put on the garments of vengeance and wrapped himself in zeal as in a cloak." Paul also referred to the helmet in 1 Thessalonians 5:8, "But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet."

[6] Leroy Eims, *The Lost Art of Disciple Making*.