The Armor of God Pt. 1

Spiritual Warfare

Pastor Keith Shorter

Nov 1st, 2026

Standing Firm: How the Armor of God Protects You in the Invisible War

There is an unseen world all around us. In remote mountain villages of southern China, villagers gather at blood-stained rocks to offer sacrifices to spirits they cannot see. In the bustling streets of Chiang Mai, Thailand, nearly every shop, home, and hotel displays a spirit house adorned with offerings of fruit, flowers, and money — all in the hope of appeasing invisible forces. Cultures separated by thousands of miles, vastly different in language and custom, share one striking thing in common: a deep, instinctive awareness that there is more to reality than what the eye can see.

This awareness is not superstition. It is not primitive thinking. It is a recognition of something the Bible confirms as absolutely true. There is an invisible war happening around us, and whether we acknowledge it or not, we are in the middle of it.

The Apostle Paul addresses this reality head-on in Ephesians 6:10-14, reminding believers that the struggle we face is not ultimately against other people, circumstances, or bad luck. It is against spiritual forces of evil in the unseen realm. The encouraging news, however, is that we are not left defenseless. God has provided armor — six specific pieces of protection — for every believer who is willing to put it on.

Recognizing the Battle

Before reaching for the armor, it helps to recognize when you are actually under spiritual attack. Not every difficulty in life is spiritual warfare. Sometimes a bad day is just a bad day. But there are patterns worth paying attention to.

Unusual and repeated temptation, delays that seem to block you from obeying God, persistent encouragements to doubt Scripture, temptations in areas that never troubled you before — these can all be signs that the enemy has you in his crosshairs. So can prolonged discouragement, consuming worry, bitterness toward others, thoughts of abandoning your faith, a critical spirit toward fellow believers, or a growing impulse to hide your behavior from those closest to you.

None of these experiences automatically signals spiritual warfare, but when they persist and intensify, they are worth taking seriously. And that is precisely why the armor of God matters.

The Belt of Truth

Paul begins his description of the armor with a seemingly simple piece: the belt. For a Roman soldier, the belt was foundational. It held the entire uniform together and secured his weapons. Without it, everything else was unstable.

For the believer, the belt of truth serves the same function. It refers first to the truth of God revealed in Scripture — the truth that brought us to salvation and continues to sustain us through sanctification. In John 17:17, Jesus prays that the Father would sanctify his followers by the truth, identifying God's word as that truth.

When the enemy attacks with discouragement, fear, or confusion, the belt of truth calls us back to what we already know. Not what we feel — what we know. God is holy. God is faithful. Jesus rose from the dead. The Holy Spirit dwells in every believer. All things work together for good for those who love God. These are not feelings. They are facts. And rehearsing them — even singing them out loud — is a genuine act of spiritual warfare.

But the belt of truth is not only about knowing truth. It is about living it. Ephesians 4:25 calls believers to put off falsehood and speak truthfully to one another. Two words capture what this looks like in everyday life: honesty and integrity. Honesty means telling the truth every time. Integrity means letting your words match your actions. Every time a believer chooses to lie, or chooses to live a life that contradicts what they claim to believe, they are surrendering ground to the one Jesus called the father of lies in John 8:44. The belt of truth is the daily commitment to close that door.

The Breastplate of Righteousness

The breastplate was the piece of armor that protected a soldier's vital organs — his heart, his lungs, the core of his body. No soldier went into battle without it. Paul identifies righteousness as the believer's breastplate, and there are two dimensions to understanding it.

The first is the righteousness that God gives. Romans 3:21-22 describes a righteousness that comes from God through faith in Jesus Christ to all who believe. This is the great exchange at the heart of the gospel: our sin credited to Christ on the cross, and his perfect righteousness credited to us. When God looks at a believer, he sees the righteousness of Jesus covering them. When Satan comes with accusations — and he does — the believer can stand firm not because of personal perfection, but because of the righteousness of Christ that has been freely given.

This is not a license to live carelessly. That brings us to the second dimension: personal righteousness, the daily pursuit of a pure life. Not a perfect life — none of us will achieve that this side of eternity. But a pure life, where sin is confessed and repented of, where nothing is knowingly left unaddressed before God. Living in unconfessed, unrepented sin does not cancel

salvation, but it does open the door to the enemy. Nothing destroys joy, peace, and spiritual vitality faster than choosing to remain in sin.

The breastplate of righteousness, then, is living in a right relationship with God — resting in the righteousness Christ has provided, while pursuing purity in how we actually live.

Putting It On

Here is a practical way to bring these truths into your daily routine. Tomorrow morning, when you fasten your belt, say the word truth out loud. Remind yourself of what you already know about God, and commit to honesty and integrity throughout the day. When you put on your shirt, say the word righteousness. Thank God for covering you in the righteousness of Christ, and ask him to help you live a pure life in return.

The armor of God is not abstract theology. It is the daily, deliberate choice to stand firm in a world that is more spiritually charged than it often appears. The invisible war is real. But so is the God who arms his people for it.