

## Armor of God

Eph 6:10-Eph 6:18 NET

“Finally, be strengthened in the Lord and in the strength of his power. Clothe yourselves with the full armor of God, so that you will be able to stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world rulers of this darkness, against the spiritual forces of evil in the heavens. For this reason, take up the full armor of God so that you may be able to stand your ground on the evil day, and having done everything, to stand. Stand firm therefore, by fastening the *belt of truth* around your waist, by putting on the *breastplate of righteousness*, by fitting your feet with the *preparation that comes from the good news of peace*, and in all of this, by taking up the *shield of faith* with which you can extinguish all the flaming arrows of the evil one. And take the *helmet of salvation* and the *sword of the Spirit* (which is the word of God). With every prayer and petition, pray at all times in the Spirit, and to this end be alert, with all perseverance and petitions for all the saints.”

Some may think the above passage is mentioning the armor in just a metaphorical sense, however, the armor is real in the spirit realm. Paul used the armor as imagery since Christians in that day saw Roman soldiers in it consistently and wanted to emphasize the importance of standing firm against the enemy's attacks. Each piece represents a part of a Christian's repertoire that protects against the lies of the enemy.



## Belt of truth



[Ferrell Jenkins 2011](#)

- The ***cingulum militare*** was the belt the soldiers used in order to fasten the rest of the armor. This belt was over the soldier's tunic and was where his sword hung from.
- There is some confusion about the translation compared to the physical context. The cingulum was put over the breastplate. So why did Paul mention putting on a belt first?
- *Girding* was the act of putting on an inner rope or cord around the waist. Thus the KJV version is more accurate, mentioning the name of the act. Soldiers wore a tunic under his armor. A portion of the tunic was pulled upward above the cord and bunched up around it, providing a firm, thick wrapping which encircled the soldier's waist. This girding would transfer much of the weight of the breastplate to the hips, as well as reinforcing the soldier's back and abdominal muscles.
- Jesus is the Truth mentioned here, and girding in this context means we accept that He is the Son of God; He lived a life without sin; He died for our sin; and He defeated death itself by His resurrection.
- Accepting those truths then releases us from bearing the burdens of life and giving them to Jesus just like how girding transferred the armor's weight.

## Breastplate of righteousness



- The Roman breastplate was usually layers of brass plates strung together so a soldier could move that covered the shoulders down to the top of the thighs.
- In the order of the verse, it's not coincidence this follows the belt of truth. We must have understanding and agreement with God's truth before we can follow His definition of righteousness in our lives.
- We put on the breastplate of righteousness by faith in Christ who is our righteousness (1 Corinthians 1:30).
- This means we accept Christ's righteousness in deciding on what is good or bad, thus avoiding temptation and trying to define what's right from our own understanding.
- Tolerating sin is the equivalent of having exposed patches in armor that can then be used by the enemy for further attacks.

**Sandals of the gospel of peace**



[Wikipedia](#)

- The soldiers wore a boot sandal hybrid called a “caligae”. The bottom was like a sandal, but it would have straps and sometimes calf guard like a boot. On the bottom would be hobnails or sharp studs that would allow the soldiers to traverse uneven ground or stomp on enemies.
- In terms of the verse, Paul stated we should be prepared because he knew the enemy would be relentless, but the peace of being in God gives us firm footing no matter the attack.

**Shield of faith**





[Bible Study Tools](#)



[Last surviving Scutum artifact](#) - Excavated by the Yale-French Excavations at Dura-Europos (Tower 19), present-day Syria, 1928–37; Yale University Art Gallery, New Haven, Conn.

- The Greek word translated shield (θυρεός, thureos) refers to the Roman soldier's large rectangular wooden shield, called in Latin Scutum, about 4 ft (1.2 m) high, covered with leather on the outside. The middle would have a bar for the soldier to hold it covered with a umbo, while the external side would have either wings (signifying the goddess Nike), laurels, animals and/or thunderbolts.
- Before a battle in which flaming arrows might be shot at them, the soldiers wet the leather covering with water to extinguish the arrows.
- "To quench the fiery darts" back then meant when the soldiers would deal with archers shooting arrows at them when they were in formation. Soldiers in line behind the front would have their shields raised overhead to block the attacks called a "testudo" formation which protected all sides.
- Our faith is the shield whenever the enemy starts to send attacks towards us. Faith is confidence that God is who He said He is, and He will do what He said he would do. We've already taken a look at the enemies' "arrows" previously ("Enemy's subtle tactics doc"), so when thoughts start to come in that aligns with those arrows, remember everything God has done.

### Helmet of salvation



Roman army headgear replicas in Roman Army Museum, Greenhead, England



[Roman Auxiliary Infantry Helmet, c. 98-117 AD Israel Museum, Jerusalem.](#)

- The Galea tended to be conical in shape and made from brass. The helmets had a small extension at the back as a neck guard to protect the back of the neck from sword blows and aerial projectiles such as arrows. The brow guard would deflect sword blows away from the eyes and face.
- The centurions would have plumes or transverse crests on the top from ear to ear to give their soldiers visual aid during battle.
- The helmet is there to block the lies and doubts of the enemy that try to settle in our minds.
- *Why wasn't the helmet the first piece we put on?* After all, if a soldier experienced head injuries, the rest of the armor wouldn't matter. That's because salvation is a protection that comes only from The Lord. We can't put it on, only God can.
- The Greek word for salvation, used in this verse is "soteriou – σωτηρίου" (which is an adjective - descriptive word). As an adjective, soteriou should be interpreted as "bringing salvation." In the context of putting on the armor, however, the image of grasping the helmet of salvation is meant to place on the church the task of bringing liberation to those in bondage.
- An allusion to [Isa 59:17](#) (NET), "He wears his desire for justice like body armor, and his desire to deliver is like a helmet on his head. He puts on the garments of vengeance and wears zeal like a robe."

### Sword of the Spirit

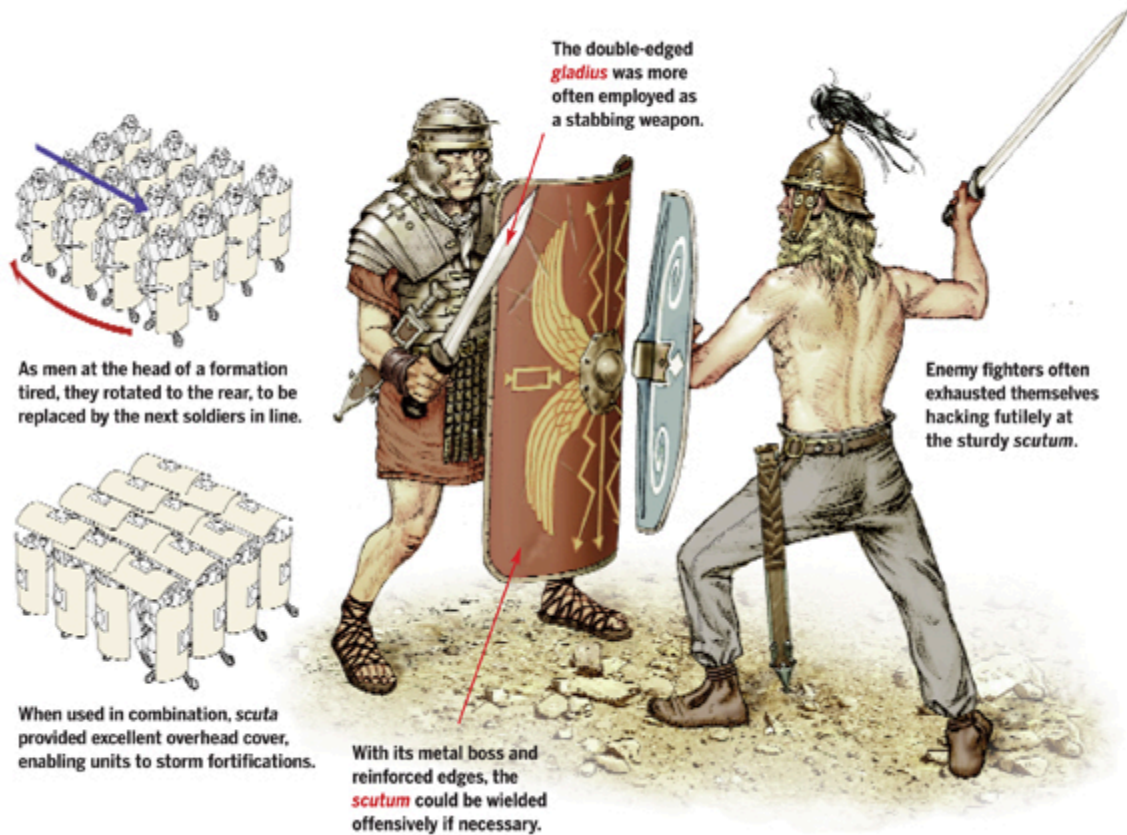
- In the physical, the translation was referencing the roman sword, gladius, which was a double sided sword about 2ft\60cm long.



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- This is the only offensive piece mentioned, thus emphasizing our need to rely on the Word to fight against the enemy.
- This also reflects in how the soldiers fought, focusing on blocking the enemies attacks, forcing them to tire before stabbing them with the sword.
- When the Word is used properly, nothing can stand against its truth. Remember that the sword hangs on the belt of truth when not being used.
- When Jesus was tempted, He counterattacked with the Word each time. This shows us that we must have the Word ready whenever a temptation comes.





[historynet.com](http://historynet.com)

As mentioned earlier, these aren't just metaphors, each one of these pieces are equipped on you in the spirit realm when you call upon them in Jesus name. I have seen the outline of the shield and image of the sword multiple times during worship or intercession. It makes sense because our enemy attacks in the spirit that then reflects in the physical, so our equipment from God is also there and our weapon has a physical representation. We must continue to "equip" our armor everyday in order for us to be properly protected in our daily war against the enemy\ flesh.

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