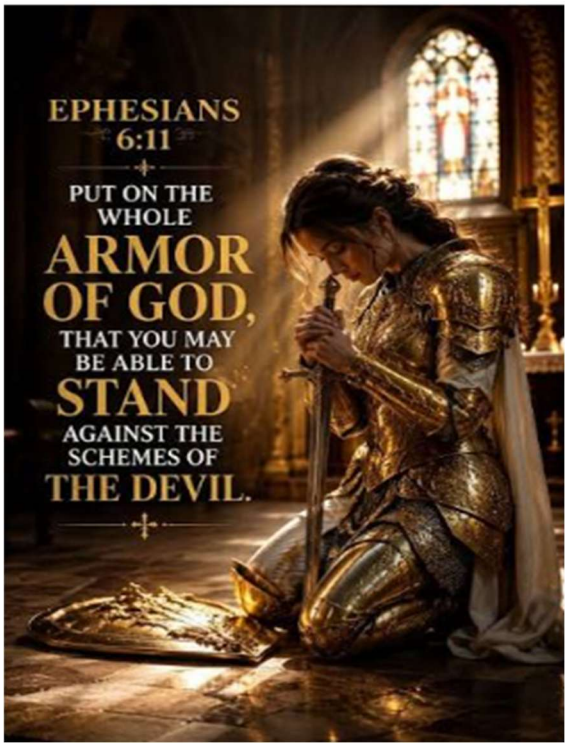
God is Marshaling His Army for the Rescue of His Truth
Victory Through Girding on Your Armor
By Sylvia Powell, November 3, 2026

ARMOR OF GOD



Heavenly Father, these warriors sitting before you today you knew before they were born. You called them by name. You placed gifts inside them that the world hasn't fully seen yet. And you have not, for one single moment, taken your eyes off them. God, I pray against every weapon the enemy has formed against their homes, their minds, their bodies, their relationships, and their finances. I also pray that this person would know who they are—not who their past says they are. Not who their fears say who they are. But who You say they are. A warrior who is chosen, called, and covered by You. Amen.

Romans 8:28 "And we know that all things work together for good to them that love God, to them who are the called [*dare to be called*] according to his purpose."

If you desire to be a soldier in the Lord's army, please take what I am going to say as your mantra: **I am a soldier in the army of my God. The Lord Jesus Christ is my commanding officer. The Holy Scriptures are my code of conduct. Faith, prayer, and the Word are my weapons of warfare. I have been taught by the Holy Spirit, trained by experience, tried by adversity and tested by fire. I am a volunteer in this army, and I am enlisted for eternity.**

This is not an army that drafts you. No one is forcing you to be part of it. You choose to be in this army. Once in, you become a warrior for God. You need to work hard to be the best warrior you can be.

I Will Not Fear for Christ is My Commander and Has Given Me Authority



Satan doesn't want you in God's army. He will pull out all the stops to keep you from joining. He will attack those who, when they find their footing, he knows will shake the ground around them; the ones whose prayers move mountains and whose testimonies set other people free. He will attack you because he has already seen what God is going to do through you.

One of the reasons God knows you will make a good soldier is because a good soldier will always submit to their leader, never question and always obey.

1st Corinthians 15:58 "Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord."

2nd Timothy 2:3 Paul tells Timothy, "Thou therefore endure hardness, as a good soldier of Jesus Christ."

Paul is saying we need to be prepared, as being in God's army is not going to be easy. Just like in the real army we need to be prepared for battle at all times. A good soldier would never go into battle straight off the street. This is where today's lesson comes into play. Jesus Christ is our Commander and we have been given all the equipment we need to succeed in battling our enemy, satan. It's called the Armor of God.

You know that satan is preparing for this battle, too. He has collected a huge box of tools to bring us down, separate us from God and even to destroy us. Some of those tools are our senses: sight, smell, hearing, touch and taste. God gave us these senses and the emotions they produce to bring us pleasure and joy. Satan, as we know, twists everything around and uses them as stumbling blocks for mankind. But look what God had planned for us from the beginning of time.

Ephesians 6:10-12 "… my brethren, be strong in the Lord, and in the power of his might. Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

The world we live in can be a very dark place. This is why it is so important to every day put on His holy armor and maintain a close walk with the Lord.

Psalm 51:10 "Create in me a clean heart, O God, and renew a righteous spirit within me."

I believe this is what each of us desires. We know without God's Holy Armor we will not be able to survive the battle. This is our box of tools to use to make us aware of satan's tools and be able to defend ourselves from them. This will enable us to stay close to our commander and to hear and perform whatever He asks of us. Thus, it is imperative that we put each piece of the armor on before we rise in the morning.

Ephesians 6: 13-18 "Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness. And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints."

LOINS GIRT ABOUT WITH TRUTH

Paul was using the type of armor a Roman soldier used as an example. A soldier is only ready for battle when he is girded with his belt. A Roman soldier's belt was made of metal and thick heavy leather and was the carrying place for his sword. It also had a protective piece that hung down in the front. His belt held all other pieces of his armor together. To be fitted with this belt, meant he was ready to face action.

Truth is the belt that holds the believers' armor together as well. Ultimate truth can be found in God's Word and in the person of Jesus Christ.

The belt is also a sheath for the Sword of the Spirit/Word of God. It keeps it in place, making it easy to draw the sword out for spiritual warfare. It guides our decision making, frees us from the devil's lies; and sanctifies and purifies us. Ladies, ignorance is not bliss. We need to know and live by the Word of God.

John 12:35 "Then Jesus said unto them, Yet a little while is the light with you. Walk while ye have the light, lest darkness come upon you; for he that walketh in darkness knoweth not whither he goeth. While ye have light, believe in the light, that ye may be the children of light."

Light is so important. You notice how it's not that important when the sun is shining but it is sorely needed when it's dark.

Jesus is our light. If we follow Him we will never get lost.



John 14:6 "I am the way, the truth, and the life; no man cometh unto the Father, but by me."

We must know this truth and have a close relationship with the Lord in order to protect ourselves against our flesh, the world, and the father of lies. Truth grounds us and reminds us of our identity in Christ.

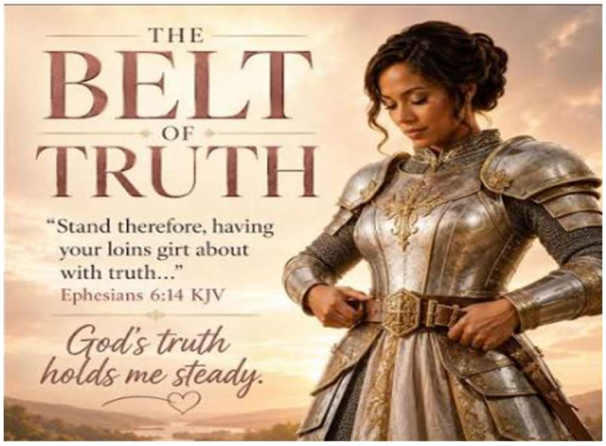
Isaiah 5:20 "Woe unto them that call evil good, and good evil; that put darkness for light, and light for darkness; that put bitter for sweet, and sweet for bitter!"

D&C 1:4(c) "The weak things of the world shall come forth and break down the mighty and strong ones, that man should not counsel his fellowman, neither trust in the arm of flesh, but that every man might speak in the name of God the Lord, even the Savior of the world."

In the day we live in we definitely see these things happening. It is imperative that we don't take things at face value, but research them out. It has become apparent that we cannot believe what the main stream media is telling us. It seems like every time we turn around we are being told that there isn't a problem with illegal aliens, inflation isn't high, that the figures at the gas pump, or on our grocery receipt aren't real. It seems like there are people who are trying to take our constitutional freedoms from us.

John 8:31-32 "Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free."

THE BELT OF TRUTH



Ignorance is not bliss.
We need to be seekers of the truth and pray daily for discernment.

How can we use our belt of Truth?

1. Start and end your day in the Word. How you start your day is vital to winning the daily battles that you will inevitably face. Set aside at least 10 minutes to begin your day in the Word. It is important that you are able to immerse yourself in scripture without distraction. Studying before you go to bed helps you to relax and causes you to sleep better. Many people have tried this and most of them say that they end up studying a lot more than 10 minutes, and it does make their day and night go better.

2. Memorize scriptures based on the things you are struggling with. The scriptures are the guide for life. No matter what you are struggling with there is a scripture to point you in the right direction. Do a Google Search for a scripture on what you are struggling with to find verses that speak directly to your heart. Then memorize and speak it aloud whenever satan attacks you.

3. Listen to songs of praise and worship. If you sing along with the music it helps you to start your day with a positive attitude, and helps you to count your blessings—past and present.

BREASTPLATE OF RIGHTEOUSNESS

The Roman soldier was always equipped with a breastplate. This piece of armor protected his vital organs in the heat of the battle when he wasn't quick enough to take up his shield. The breastplate was for the quick and unexpected advances of the enemy. We know not when or in what manner satan will attack us.

As believers we have no righteousness apart from that which has been given to us by Christ. Our breastplate is His righteousness. His righteousness will never fail. Though we have no righteousness of our own, we must still, by His power, choose to do right. Living a right life, rooted in God's Word, is powerful in protecting our heart, killing our flesh, and defeating the enemy.



What Paul is talking about by the breastplate of righteousness are our emotions and will. Too often we fall into the devil's traps because we make our decisions based on how we feel at the moment rather than on what is actually true and right. So that is why the breastplate is connected to the belt of truth.

To get the breastplate of righteousness doesn't just take the initial act of salvation, being baptized, etc. But we continue to put it on by living out our faith and taking action. Not just reading what the scriptures say but doing what they say. Remember, actions speak louder than words.

What kind of example are we setting for those around us? Do people see us speaking in a positive, loving way, do we seek opportunities to be of service, do we use our gifts and talents for His glory? Remember, God created each of us to fulfill a specific purpose.

Philippians 4:4-9 "Rejoice in the Lord always; and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be afflicted for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things. Those things which ye have both learned, and received, and heard, and seen in me, do; and the God of peace shall be with you."

Ephesians 4:31-32 "Let all bitterness, and wrath, and anger, and clamor, and evil speaking, be put away from you, with all malice; And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

How to use the breastplate of righteousness:

1. For each of us, this is going to be different. We need to figure out what it is that we have in our lives that keep us from living righteously. Is it social media, TV, movies, eating improperly, our language or carrying grudges against another? The list goes on. As stated above, whatever you are struggling with you can start with finding scriptures to help you give that up.

2. Identify and thank God for the activities in your life that reflect God's love. Find your niche whether it's sending cards, making phone calls, taking food in, volunteering with charitable organization or perhaps it is just offering a smile or a kind word to someone who needs it.

FEET SHOD WITH THE PREPARATION OF THE GOSPEL OF PEACE



Roman soldiers' feet were fitted with sandals. These weren't any ordinary sandals, though, they were made to help protect soldier's feet during their long marches into battle. They had extremely thick soles and wrapped perfectly around their ankles in a way that protected against blistering. They also had spikes on the bottom to help them stand firm as they traveled, and during the battle. This helped them have a firm foundation.

As believers we have a firm foundation in the gospel. We have peace in knowing we are secure in what Jesus has done for us. He is our firm foundation. Life will happen and satan will attempt to make us feel unstable, shaky, and defeated. Having our feet shod with the preparation of the gospel of peace creates a stability that even satan can't undo.

Alma 16:228 "For behold, this life is the time for men to prepare to meet God; yea, behold the day of this life is the day for men to perform their labors."

This truly is a time of preparation. When we prepare for something, repetition is a good tool. If we do things over and over it becomes ingrained in us. And we will be prepared to meet the task ahead of us. When we have prepared the best we can, like the girls did, we will have peace to enable us to do the task that is set before us. Knowing that God is with us also helps give us that peace.

Ways to use the gospel of peace:

1. Just like with the girls repeatedly practicing swimming we need to continually preach the gospel to ourselves as well as others. Reminding ourselves of the hope we have in Jesus Christ. Because of His sacrifice and our belief in Him, we shall not perish but have eternal life. We shouldn't wait until the trials come along to remind ourselves of this. We need to build our foundation on a daily reminder of this hope, and we will be able to get through anything.

2. Share your testimonies with others. The easiest and most effective way to share the gospel is to tell your story of how Jesus changed your life and the blessings He has bestowed upon you.

SHIELD OF FAITH



Take up the shield of faith wherewith ye shall be able to quench all the fiery darts of the wicked.

The Roman soldier's shield was a complex piece of armor. The shield was a primary defensive weapon. It was made of impenetrable wood, leather, canvas, and metal and could be doused in water to extinguish the fiery arrows of the enemy.

Just as the soldier's shield was able to extinguish the fiery darts of the enemy so faith is the shield we, as believers, use. Trusting in God's power and protection is imperative in remaining steadfast. When the battle rages, we must remember that God works all things for good. He is always true to His promises.

Matthew 21:20 "And all things, whatsoever ye shall ask in prayer, in faith believing, ye shall receive."
Our Heavenly Father rewards us for our faith. A lot of times our faith is heightened when we are going through a trial and we see God's hand at work and, hopefully, we give Him the honor and glory for that blessing. But do we give him the same honor and glory when our prayers aren't answered the way we desire?

Psalm 62:8 "Trust in Him at all times; ye people, pour out your heart [longings] before Him."

There have been many times in my life when I've cried out to the Lord in prayer asking for Him to take care of a trial I was going through.

God heard her prayer and took care of that situation. I'm not sure why I have this "thorn in my side" but I know God knows what is best for me.

As I look back on my life, it amazes me that despite not always giving God the credit He deserved, He still continued to bless me. Now I try to remember to thank Him for even the smallest things like dropping a heavy pan and it missing my foot. I sent a quick thank you up at that very moment. We need to acknowledge and thank God for all our blessings, both big and small.

Shield of Faith, continued:

Our faith in God is like an anchor. When stormy times come it holds us steady.

The moment we take our eyes off the Lord we sink into fear and distrust like Peter. We, of all people, should never fall for the adversary's tools of depression, despair and disillusionment.

Isaiah 12:2 "I will trust, and not be afraid; for the Lord Jehovah is my strength and my song."

If we are living in fear there cannot be any peace for us. Now, more than any other time in my life, I see fear running rampant. Yes, we do live in dark times, but what a wonderful opportunity for us to show others where our strength comes from by letting our light shine. We are so blessed to have the gospel and the assurance of how much God loves us.

I believe it is imperative for us to remember:

Jeremiah 17: 5 "Thus saith the Lord; Cursed be the man that trusteth in man, and maketh flesh his arm; and the man whose heart departeth from the Lord."

The Lord is the only one we can totally put our faith and trust in. Man is human and has flaws and weaknesses, but we know that God will always have our back.

1st Chronicles 4:9 "And Jabez was more honorable than his brethren; and his mother called his name Jabez, saying, Because I bear him with sorrow. And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested."

Jabez had a close relationship with God. He knew how much He loved him and wanted to bless him. So, in faith believing, he prayed for specific things. He knew that if those things were good for him that God would grant him his requests and He did. This is a good reminder of the need to be specific in our prayers.

Do we have that kind of faith? When we say "thy will be done" do we truly mean it? What if what we are asking for is not in our best interest and will cause us or someone else harm, physically, emotionally or more importantly spiritually? Will we continue to trust in Him?

Shouldn't we be like David? He wrote in **Psalm 31:24**, "Be of good courage, and He shall strengthen your heart, all ye that hope in the Lord," and in **Psalm 7:1,** "Oh Lord my God, in thee do I put my trust; save me from all them that persecute me, and deliver me." As He did many times for David, God can deliver us from whatever battle we may find ourselves in.

Shield of Faith, continued:

So, how can we use this shield of faith?

1. Take time to remember the promises of God. When fiery darts try to impact your heart, extinguish them with reminders of God's goodness over your circumstances. Here are some of his promises you can rely on:

   Deuteronomy 31:6 "Be strong and of a good courage, fear not, nor be afraid of them; for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee."

   Philippians 4:19 "My God shall supply all your need according to his riches in glory by Christ Jesus."

   Proverbs 3:6 "In all thy ways acknowledge him, and he shall direct thy paths."

2. Don't ever forget that God will never forsake you, as His desire is for you to be part of His kingdom.

3. Band with other believers in the fight of faith. The best way to band together is through the closeness of a small group. This is how the Church was in the beginning. I thoroughly enjoy Wellington's prayer service and women's class and Lexington's Sunday morning service. With a small group you feel freer to share your thoughts.

4. Recount God's past victories in your life. In the movie "The War Room," Miss Clara had a framed plaque on her wall with all of her answered prayers. Make a list or journal of all the ways God has come through for you in the past. Whenever your faith waivers, recite these blessings and remember in detail how God made a way for you to overcome.

HELMET OF SALVATION



The soldier's head is one of his most vulnerable areas. Without his helmet one blow to the head would prove fatal. His helmet covered his entire head, face and between the eyes. His armor would prove useless if he wasn't equipped with his helmet.

The believer's helmet of salvation is the most crucial piece of armor for the Christian. Without the indwelling Holy Spirit that enters a believer all other armor is useless. Salvation empowers us to fight for what is right and it protects us in our weaknesses. Without salvation, there is no victory.

Helmut of Salvation, continued:

Christ gave us the greatest gift of all time. He went to the cross and died for our sins. Through that action we have been given the gift of repentance. Repentance is the key to our having the opportunity to be part of God's Kingdom. We are told to repent every day because we, as humans, are carnal and sinful. Do we acknowledge and use this mighty gift or put it on a shelf until we commit a whopper of a sin. Remember, a sin is a sin is a sin.

Perhaps you got caught up in a gossip session with your friends or you saw someone's new car and desired it. Again, that is why we need to repent, on a daily basis.

1st Nephi 3:27-29 "For he is the same yesterday, today and forever. And the way is prepared from the foundation of the world, if it so be that they repent and come unto him; For he that diligently seeketh shall find."

Salvation is not limited to a one-time act of the past. The Lord's salvation is an ongoing process. The helmet protects our mind. It is daily protection and deliverance from our sinful nature and satan's schemes.

Focusing our minds on Christ and His salvation will protect us from ungodly thoughts and keep our eye single to God's glory. Our minds can be one of the biggest battlefields, and it can determine the course of our lives.

Romans 12:2-3 "Be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what that good, and acceptable, and perfect will of God is."

The path to knowing God's will is by knowing his Word. Ignorance is not an excuse for doing something wrong. We have the scriptures at our fingertips. All we have to do is discipline ourselves to open them up and turn the pages.

We are very blessed to know that God is always here for us if we just turn to him. Think how hopeless people who don't know the Lord must feel when they are caught up in the stranglehold of sin and don't see any way out. Again, this is where we come in. Share your testimony of God's love in your life. You may not have sinned in the same manner; but, just let them know that sincere repentance can wipe the slate clean. Did you catch that important word – sincere?

So, how can we apply this helmet of salvation in our lives:

1. We need to stand on the conviction of our salvation. When you know, without a doubt, that you have an opportunity to be part of God's Kingdom, because of Christ dying on the cross and giving us that gift of repentance, not even death can defeat you. We will all face extremely dark times. In those times your salvation will light the way and carry you home. My mother used to say, if you don't have any trials in your life you need to check and see whose team you are playing on.

2. Place your thoughts on things above by listening to sermons, uplifting worship and praise music, and classes like you are today. Be intentional about feeding your mind with spiritual food throughout the day.

SWORD OF THE SPIRIT



The Sword of the Spirit is The Word of God

All other pieces of the soldier's arsenal are defensive weapons. But, not his sword. The sword was a deadly weapon in the hands of a skilled warrior. He could pierce through even the strongest armor with it.

Our sword is the Word of God, both the written and the incarnate Word. Every other piece of armor protects us against attacks. With God's Word, we are truly able to fight and defeat all enemies. We need to use it often, both to drive satan away and to cut the cords which bind us in sin. Christ used scripture to defeat satan when he was tempted in the desert. We must learn to do the same.

Hebrews 4:12 "For the word of God is quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of body and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."

David was a good example of what a person can do when being led by God's Spirit. He was far from perfect, but he definitely believed my favorite scripture:

Philippians 4:13 "I can do all things through Christ which strengtheneth me."

He overcame many obstacles in his life that would have brought most men to their knees and crushed them. That won't happen to us if we place our lives in God's hands like David did.

Sword of the Spirit, continued:

With God's Spirit dwelling in us we can overcome any obstacle that is placed before us.

When my husband left me, it allowed me to see that God's Word is true and that He will never leave us. This is why we are called to give thanks in all things, even our trials. We need to trust that God's way is always the best way. I can look back now and see that because of that trial I have a close walk with God, and I'll always be grateful for that.

Galatians 5:25 "If we live in the Spirit, let us also walk in the Spirit."

If we do that, we will reflect the fruit of the Spirit found in:

Galatians 5:22-26 "The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, Meekness, temperance; against such there is no law. ..."

Our countenance and the way we speak are reflectors of each of these. When we're having a bad day does our face and tone of voice reflect that? This is a perfect opportunity for us to grow. Face it ladies, do you want to smile when your car doesn't start? Of course not, but He gives us the strength to overcome any obstacle and testify by our actions just how great our God is.

How to use the Sword of the Spirit:

1. When attacked, fight back with the Word of God. Remember the example Christ set for us and respond in like manner.

2. When you feel beaten down, immerse yourself in the scriptures. Even those with great faith are going to have days when they feel like they are barely hanging on. On those days go back and read your journal where you've written all the blessings God has given you and how he answered your prayers. Also, the best way to regain a positive attitude is to reach out to another. Many times you may find yourself thanking God for your trials and that you don't have theirs.

PRAYER



So, what enables us to put this armor on?

Ephesians 6:18 "Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints."

Colossians 4:2 "Continue in prayer, and watch in the same with thanksgiving." Don't be weary in prayer. Keep at it. Watch for God's answers and remember to be thankful when they come.

In prayer we show our reliance upon God to act and move. Our entire armor is rooted in His strength. Without His presence we are powerless in the fight. We must fight on our knees and remember that the one who has won the war is with us in the battle. We will definitely see victory when we fight in His power.

Joshua 1:9 "Have not I commanded thee? Be strong and of a good courage, be not afraid; neither be thou dismayed; for the Lord thy God is with thee whithersoever thou goest."

God knows the battles we are going to find ourselves in and He provides us with everything we needed to defeat satan. Every morning I put my holy armor on. If we do this every day, we become the mighty soldiers that he created us to be. So, just like He told Joshua, "Be strong and of good courage" for we know who wins in the end. I guarantee you I definitely want to be on the winning side – how about you?

WARRIOR'S PRAYER

Heavenly Father, your warrior prepares for battle.

Today I claim victory over satan by putting on your holy armor.

I put on the belt of truth!
May I stand firm in the truth of your Word
so I will not be a victim of satan's lies.

I put on the breastplate of righteousness!
May it guard my heart from evil
so I will remain pure and holy,
protected under the blood of Jesus Christ.

I put on the sandals of peace!
May I stand firm on the good news of the gospel
so your peace will shine through me
and be a light to all I encounter.

I take the shield of faith!
May I be ready for satan's fiery darts of doubt, denial and deceit
so I will not be vulnerable to spiritual defeat.

I put on the helmet of salvation!
May I keep my mind focused on you
so satan will not have a stronghold on my thoughts.

I take up the sword of the spirit!
May the two-edged sword of your Word
be ready in my hands
so I can expose the tempting words of satan.

By faith your warrior has put on your holy armor
and I am prepared to live this day in spiritual victory!

Amen.