



*Prepare Yourself in
Truth & Righteousness*

Eph 6:14





Eph 6:14

Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness



Eph 6:10

Finally, be strong in the Lord and in his mighty power.



Eph 6:11-12

¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Eph 6:13

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.



Focus on the Family

Mothers in Singapore are at risk of having **poor emotional wellbeing**, a Focus on the Family Singapore survey of over 800 mothers reveals. As a result of time pressure and other stress factors, mums today experience **high levels of guilt, anxiety, anger and frustration.**

Opponents = Devil

[Father of Lies/Accusations]

**Objective = Be Strong in the Lord +
Stand Firm against evil forces**

Strategy + Resources = Armour of God

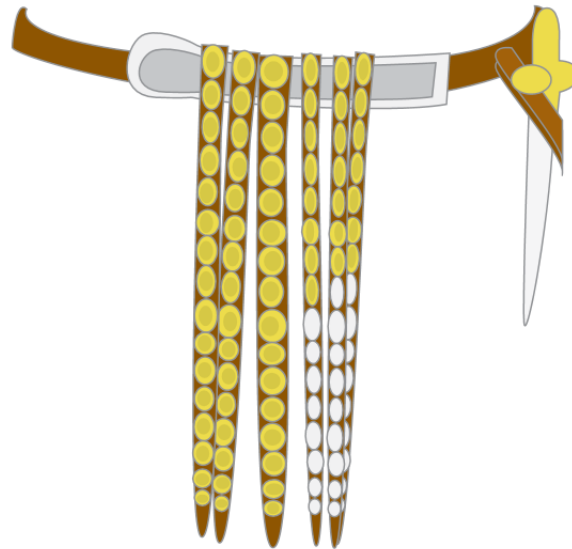
**[Belt of Truth/Breastplate of
Righteousness]**



**God's truth to fight
against the father
of lies**

ARMOR OF GOD **Belt**

The leather belt was tied around a wool tunic. Connected bronze plates hung from the belt to protect the soldier's groin area.



ARMOR OF LEGIONARY **Cingulum (Girdle or Belt)**

Supports sword, dagger and bronze apron

Worn at all times, even without other armor pieces

ARMOR OF GOD **Belt of Truth**

“Stand therefore, having fastened on the belt of truth...”
Ephesians 6:14a



**God's truth to fight
against the father
of lies**



**God's Righteousness
to protect against
Satan's accusations**

ARMOR OF GOD **Breastplate**

The iron or bronze scaled armor was built in four sections to cover each shoulder and side of the chest. The plates were sewn to a stiff leather vest, which was put on like a jacket before the front plates were tied with leather straps.



ARMOR OF LEGIONARY
**Lorica Segmentata
(Breastplate)**
Guarded vital organs

ARMOR OF GOD
**Breastplate of
Righteousness**

"...and having put on the
breastplate of righteousness..."
Ephesians 6:14b

Ps 34: 18 - 19

**The Lord is close to the brokenhearted
and saves those who are crushed in
spirit. The righteous person may have
many troubles, but the Lord delivers
him from them all**



“In heaven we shall appear not in armour but in robes of glory; but here they (*sc.* the pieces of armour specified) are to be worn night and day; we must walk, work and sleep in them, or else we are not true soldiers of Christ.’ In this armour we are to stand and watch, and never relax our vigilance, for ‘the saint’s sleeping time is Satan’s tempting time; every fly dares venture to creep on a sleeping lion.” – William Gurnall