

## D-LIFE BOOT CAMP

Training for a lifestyle  
of discipleship.



*Keeping it Real*  
CHRISTIAN FELLOWSHIP

*Pastor Dale L. Crawley Sr.*

*"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20*

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# Spiritual Warfare: “Living Armored: How to Walk in Daily Victory”

*Ephesians 6:10–18*

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## CLASS OVERVIEW

In this final class of the Spiritual Warfare series, we explore the **Armor of God** — what it is, what it protects, how it works, and how believers activate it daily.

This lesson teaches:

- What each piece of armor means spiritually
- What attack each piece is designed to stop
- How the armor connects to your identity, authority, and stability
- How to walk in continual victory, not occasional survival

The Armor of God is not symbolic — it is **spiritual equipment for daily warfare**.

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## I. WHAT IS THE ARMOR OF GOD?

Paul instructs believers:

*“Put on the whole armor of God, that you may be able to stand against the schemes of the devil.”*

— **Ephesians 6:11**

The armor is **God’s supernatural protection**, covering:

- Your **identity**
- Your **integrity**
- Your **mind**
- Your **stability**
- Your **authority**
- Your **spiritual life**

The armor is meant to be worn **daily**, not occasionally.

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## II. THE SIX PIECES OF THE ARMOR

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## 1. The Belt of Truth — Identity Protection

### ***Ephesians 6:14***

Truth holds everything together.

#### **The enemy attacks with:**

- Lies
- Confusion
- False identity
- Emotional deception

#### **This armor piece protects:**

- Who you are in Christ
- What God has spoken about you
- Your ability to recognize truth from falsehood

#### **Key Principle:**

When you know the truth, the enemy loses access.

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## 2. The Breastplate of Righteousness — Integrity Protection

### ***Ephesians 6:14***

The breastplate guards your heart — your emotions, motives, and self-worth.

#### **The enemy attacks with:**

- Shame
- Condemnation
- Guilt
- Feelings of unworthiness

#### **This armor piece protects:**

- Your identity in Christ
- Your purity and character
- Your emotional center

#### **Key Principle:**

You are righteous because of Christ, not performance.

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## 3. Shoes of the Gospel of Peace — Stability Protection

### ***Ephesians 6:15***

Roman soldiers wore thick-soled shoes with spikes to remain firmly planted.

#### **The enemy attacks with:**

- Anxiety
- Chaos
- Instability
- Emotional imbalance

#### **This armor piece provides:**

- Spiritual grounding
- Emotional steadiness

- Confidence in God's guidance

**Key Principle:**

Peace is a weapon that keeps you from slipping.

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**4. The Shield of Faith — Authority Protection**

***Ephesians 6:16***

Faith extinguishes "all the flaming arrows of the evil one."

**The enemy attacks with:**

- Fear
- Doubt
- Intimidation
- Discouragement
- Spiritual pressure

**This armor piece protects:**

- Your trust in God
- Your confidence in His promises
- Your authority as a believer

**Key Principle:**

Faith does not deny reality — it believes God beyond it.

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**5. The Helmet of Salvation — Mind Protection**

***Ephesians 6:17***

The helmet protects your mind, thoughts, and perspective.

**The enemy attacks with:**

- Confusion
- Negative thoughts
- Hopelessness
- Mental warfare

**This armor piece protects:**

- Your spiritual identity
- Your thought life
- Your eternal perspective

**Key Principle:**

Salvation secures your mind from spiritual identity theft.

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**6. The Sword of the Spirit — Offensive Power**

***Ephesians 6:17***

The only offensive weapon in the armor is the **Word of God** spoken out loud.

**The enemy attacks with:**

- Lies
- Temptation

- Deception
- Accusations

**This armor piece gives:**

- Authority to strike back
- Power to resist temptation
- Boldness to defeat lies

**Key Principle:**

The Word is not a weapon until it is SPOKEN.

### III. THE ARMOR AND THE ATTACKS THEY STOP

Armor Piece	What It Protects	Enemy's Attack
Belt of Truth	Identity	Lies, confusion
Breastplate of Righteousness	Heart / Integrity	Shame, guilt
Shoes of Peace	Stability	Fear, anxiety
Shield of Faith	Authority	Intimidation, doubt
Helmet of Salvation	Mind	Confusion, hopelessness
Sword of the Spirit	Spirit / Victory	Temptation, deception

### IV. HOW TO PUT ON THE ARMOR DAILY

The armor is activated through **prayer and confession**, not imagination.

**Daily Armor Declaration**

Say aloud:

- "I put on the Belt of Truth."
- "I guard my heart with the Breastplate of Righteousness."
- "I walk in the Shoes of Peace."
- "I lift the Shield of Faith."
- "I cover my mind with the Helmet of Salvation."
- "I take up the Sword of the Spirit."
- "I pray in the Spirit at all times."

This is a **biblical practice** — Ephesians 6:18 connects prayer directly to wearing the armor.

### V. DISCUSSION QUESTIONS

1. Which piece of the armor do you feel you use most often?
2. Which piece of the armor do you tend to forget?
3. Why do you think Paul uses military imagery for spiritual life?
4. How does each piece help believers stand firm in difficult seasons?
5. What changes when you view the armor as daily necessity rather than symbolic language?

## VI. PERSONAL REFLECTION

- Which piece of the armor is God highlighting to you?
  - What area of your life needs the most protection right now?
  - What Scripture can you begin declaring daily as a sword?
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## VII. CLOSING PRAYER

***“Lord, help me walk fully armored every day. Protect my identity, mind, heart, and steps. Strengthen my faith and sharpen my sword. Teach me to stand firm, walk in authority, and live in victory. In Jesus’ name, Amen.”***