



REAL MAN CODE • VOLUME 4

THE ARMOR OF GOD

Stand and fight the real battle

A 10-DAY JOURNEY

Ephesians 6 : 10-18 · Monday to Friday · Two Weeks

THIS JOURNAL BELONGS TO

HOW EACH DAY WORKS

Over the next two weeks you'll spend ten days — Monday to Friday, for two weeks — unpacking how a man of God stands and fights the real battle, straight from Ephesians 6. It's not about being perfect. It's about becoming the man God made you to be, one day at a time.

Each day runs over two pages and follows the same seven steps. Take your time, and use the space to write.

SCRIPTURE

God's Word for the day. Read it slowly, more than once.

TOPIC

The truth we're standing on — the doctrine behind the day.

LESSON

Unpacking what it means and why it matters for you.

BACK IT UP

Supporting scriptures that prove it's God's Word, not just a good idea.

PONDER

Sit with the questions. Be honest, and write what God shows you.

ACTION

Take it into your day — declare it and live it out.

NOTES & PRAYER

Room to journal and talk to God.

THERE'S A REAL FIGHT

SCRIPTURE

“Finally, be strong in the Lord, and in the strength of his might.”

EPHESIANS 6:10 • WEB

TOPIC • DOCTRINE

You're in a real spiritual battle — but not against the people you can see. Your strength for it comes from God, not yourself.

LESSON

Paul ends Ephesians with a battle cry: be strong in the Lord. There's a real fight on for your life, your family, your future.

But it's not against your brother, your parents, that guy at school. It's against a real enemy you can't see. When you fight people, you're aiming at the wrong target.

Over ten days you'll put on the full armor of God, piece by piece, and learn to stand.

BACK IT UP BY THE WORD

2 CORINTHIANS 10:4 Our weapons have divine power to demolish strongholds.

1 PETER 5:8-9 Be alert; resist the devil, standing firm in faith.

PHILIPPIANS 4:13 I can do all things through Christ.

PONDER

Where have you been fighting people instead of the real enemy?

Whose strength have you been fighting in — yours, or God's?

PUT IT INTO ACTION

Ask God to open your eyes to the real battle — and stop fighting the people around you.

DECLARE IT: *"I'm in a real fight — but I fight the enemy, not people, and I fight in God's strength."*

NOTES & PRAYER

God, make me strong in Your might. Show me the real enemy, and help me stop fighting people.

KNOW YOUR REAL ENEMY

SCRIPTURE

“For our wrestling is not against flesh and blood, but against... the spiritual forces of wickedness.”

EPHESIANS 6:12 • WEB

TOPIC • DOCTRINE

The enemy’s main weapon is keeping you fighting the wrong target. Know who you’re actually up against.

LESSON

The devil’s biggest trick is getting you to blame people — your family, your friends, yourself. If he keeps you fighting flesh and blood, he stays hidden.

His attacks aim at your identity, your peace, and your belief in God’s love. He’s a liar, and lies are his ammunition.

You don’t need to fear him — Jesus already won. But you do need to know he’s real, and refuse to fight the wrong battle.

BACK IT UP BY THE WORD

JOHN 8:44 The devil is a liar and the father of lies.

JAMES 4:7 Resist the devil, and he will flee.

2 CORINTHIANS 2:11 We’re not ignorant of his schemes.

PONDER

How does the enemy usually come at you — through what lies or attacks?

Who have you been blaming that isn't actually the real enemy?

PUT IT INTO ACTION

Next time you're triggered today, ask: "What's the real battle here?" and aim at the enemy, not the person.

DECLARE IT: *"I know my real enemy. I don't fight people — I fight the lies."*

NOTES & PRAYER

God, open my eyes to the real enemy. Help me fight the lies, not the people around me.

THE BELT OF TRUTH

SCRIPTURE

“Stand therefore, having the utility belt of truth buckled around your waist...”

EPHESIANS 6:14 • WEB

TOPIC • DOCTRINE

Truth holds everything together. Buckle up in God’s truth, and the enemy’s lies have nothing to grab.

LESSON

A soldier’s belt held everything in place. Truth is what holds your whole life together.

The enemy fights with lies — about who you are, about God, about your worth. Truth is how you fight back. You have to know what God says and stand on it.

Buckling on truth means living honestly too — no double life for the enemy to exploit. Truth is your foundation and your weapon.

BACK IT UP BY THE WORD

JOHN 8:32 You’ll know the truth, and the truth will set you free.

JOHN 17:17 Your word is truth.

PSALM 119:160 The sum of Your word is truth.

PONDER

What lie about yourself or God have you been believing?

What does God's truth say instead?

PUT IT INTO ACTION

Replace one lie with what God actually says — write both down, and stand on the truth.

DECLARE IT: *"I stand on truth. God's truth holds me together and shuts the enemy's lies down."*

NOTES & PRAYER

God, buckle Your truth around me. Show me the lies I've believed, and hold me together in what's real.

THE BREASTPLATE OF RIGHTEOUSNESS

SCRIPTURE

“...having put on the breastplate of righteousness...”

EPHESIANS 6:14 • WEB

TOPIC • DOCTRINE

The breastplate guards your heart. Right living — and the righteousness Christ gives you — protects it from the enemy’s accusations.

LESSON

The breastplate covered the heart. Righteousness guards your heart from the enemy’s number one weapon: accusation and guilt.

There are two parts: the righteousness Jesus gives you as a gift (your standing with God is secure), and the righteousness you live out (choosing right guards you from regret).

When the enemy accuses you, the breastplate answers: I’m made right by Jesus, and I’m choosing to live right. Your heart stays covered.

BACK IT UP BY THE WORD

2 CORINTHIANS 5:21 In Christ we become the righteousness of God.

ROMANS 8:1 No condemnation for those in Christ Jesus.

PROVERBS 4:23 Guard your heart above all else.

PONDER

Where does the enemy accuse you or load you with guilt?

Where do you need to choose right living to guard your heart?

PUT IT INTO ACTION

When guilt or accusation hits today, answer it with the truth that you're made right in Christ.

DECLARE IT: *"My heart is guarded by righteousness — Christ's gift, and my choices."*

NOTES & PRAYER

God, thank You that I'm made right in Jesus. Guard my heart, and help me choose what's right.

FEET READY WITH PEACE

SCRIPTURE

“...having fitted your feet with the preparation of the Good News of peace...”

EPHESIANS 6:15 • WEB

TOPIC • DOCTRINE

You stand firm and move forward on the solid footing of God's peace and the Good News you carry.

LESSON

A soldier's boots gave him grip and let him march. Your footing is the Good News of peace.

Because you're at peace with God, you can stand firm when the ground shakes — you're not fighting for your standing, you're standing in it.

And those same feet carry the Good News to others. You're not just defending; you're advancing. A man at peace with God brings peace wherever he walks.

BACK IT UP BY THE WORD

ROMANS 5:1 We have peace with God through Jesus.

ISAIAH 52:7 Beautiful are the feet that bring good news.

ROMANS 10:15 How will they hear unless someone goes?

PONDER

Where do you feel unstable or shaky right now?

Where could you carry God's peace to someone this week?

PUT IT INTO ACTION

Stand on your peace with God today – and carry it to one person who needs it.

DECLARE IT: *“My feet are planted in God's peace. I stand firm, and I bring peace wherever I go.”*

NOTES & PRAYER

God, plant my feet in Your peace. Make me steady, and send me out to bring peace.

THE SHIELD OF FAITH

SCRIPTURE

“...taking up the shield of faith, with which you will be able to quench all the fiery darts of the evil one.”

EPHESIANS 6:16 · WEB

TOPIC · DOCTRINE

Faith is your active defence. Lifted up, it stops every flaming lie the enemy throws.

LESSON

The Roman shield was big enough to cover the whole body, and soldiers locked shields together. Faith is your shield – and it covers everything.

The enemy fires flaming arrows: doubt, fear, lust, discouragement, lies. Faith – active trust in what God said – puts every one of them out.

Faith isn't a feeling; it's a choice to trust God's Word over the arrow. Lift the shield, and the flames die.

BACK IT UP BY THE WORD

1 JOHN 5:4 Our faith is the victory that overcomes the world.

HEBREWS 11:1 Faith is confidence in what we hope for.

2 CORINTHIANS 5:7 We walk by faith, not by sight.

PONDER

What “flaming arrows” is the enemy firing at you most – doubt, fear, lust, discouragement?

How can you actively lift faith against them?

PUT IT INTO ACTION

When an arrow hits today, lift the shield – answer it out loud with a promise of God.

DECLARE IT: *“I take up the shield of faith. It puts out every arrow the enemy throws.”*

NOTES & PRAYER

God, grow my faith. When the arrows come, help me lift the shield and trust You.

THE HELMET OF SALVATION

SCRIPTURE

“And take the helmet of salvation...”

EPHESIANS 6:17 • WEB

TOPIC • DOCTRINE

The helmet guards your mind. Knowing you're saved and secure protects your thoughts from the enemy's mind games.

LESSON

The helmet protected the head — and the battle is won or lost in your mind. The enemy's fight starts with your thoughts.

The helmet of salvation is knowing who and whose you are: saved, secure, a son of God. When that's settled, his lies about your identity bounce off.

Guard your mind. Don't let every thought run loose. Line your thinking up with what God says about you, not what fear whispers.

BACK IT UP BY THE WORD

ROMANS 12:2 Be transformed by the renewing of your mind.

2 CORINTHIANS 10:5 Take every thought captive to Christ.

1 THESSALONIANS 5:8 Put on the hope of salvation as a helmet.

PONDER

What thoughts about yourself has the enemy been feeding you?

What does your salvation say about who you really are?

PUT IT INTO ACTION

Catch one negative thought today and replace it with what God says about you.

DECLARE IT: *"I guard my mind with the helmet of salvation. I know who I am and whose I am."*

NOTES & PRAYER

God, guard my mind. Anchor my thoughts in who You say I am — saved, secure, Yours.

THE SWORD OF THE SPIRIT

SCRIPTURE

“...and the sword of the Spirit, which is the word of God.”

EPHESIANS 6:17 • WEB

TOPIC • DOCTRINE

The Word of God is your only weapon of attack — and it's the one Jesus used to beat the enemy.

LESSON

Every other piece of armor is defence. The sword is offence — and it's the Word of God.

When the enemy tempted Jesus in the wilderness, He didn't argue; He answered every lie with “It is written.” That's the sword in action.

A sword you never learn to use is useless. You have to know the Word — read it, memorise it, speak it — so you can swing it when the fight comes.

BACK IT UP BY THE WORD

HEBREWS 4:12 The word of God is living and active, sharper than a sword.

MATTHEW 4:4 Man lives by every word from God's mouth.

PSALM 119:11 I've hidden Your word in my heart.

PONDER

How well do you actually know God's Word — enough to swing it in a fight?

What lie could you cut down with a verse this week?

PUT IT INTO ACTION

Learn one verse by heart today — and use it the next time the enemy lies to you.

DECLARE IT: *"I fight with the sword of the Spirit. God's Word cuts down every lie."*

NOTES & PRAYER

God, make Your Word alive in me. Teach me to wield it like Jesus did.

PRAYING IN THE SPIRIT

SCRIPTURE

“...with all prayer and requests, praying at all times in the Spirit...”

EPHESIANS 6:18 • WEB

TOPIC • DOCTRINE

The armor is worn in an atmosphere of prayer. Prayer is how you actually fight — staying connected to your Commander.

LESSON

Right after the armor, Paul says: pray. All the armor in the world does nothing if you never talk to your Commander.

Prayer isn't a last resort — it's how the battle is actually fought. It's staying connected to God, alert, and covering others too.

A man who prays is a man who's dangerous to the enemy. Praying in the Spirit means depending on God, not just reciting words.

BACK IT UP BY THE WORD

1 THESSALONIANS 5:17 Pray without ceasing.

PHILIPPIANS 4:6-7 Pray, and God's peace will guard you.

JAMES 5:16 The prayer of a righteous man is powerful.

PONDER

Is prayer your first move or your last resort?

Who around you needs you to fight for them in prayer?

PUT IT INTO ACTION

Pray on the armor today, piece by piece — and pray for one other person too.

DECLARE IT: *“I fight on my knees. I pray at all times, staying connected to my Commander.”*

NOTES & PRAYER

God, teach me to pray — really pray. Keep me connected to You in the fight.

STAND FIRM

SCRIPTURE

“...take up the whole armor of God... and, having done all, to stand.”

EPHESIANS 6:13 • WEB

TOPIC • DOCTRINE

The goal of the armor isn't to run or to strut — it's to stand. Suit up daily, and hold your ground.

LESSON

Three times Paul says: stand. The goal isn't to win a fight you're already losing — it's to hold the ground Jesus already won.

You don't put the armor on once; you put it on daily. Truth, righteousness, peace, faith, salvation, the Word, prayer — every morning, suit up.

You've spent ten days learning the armor. Now wear it. Having done all, stand — and don't back down.

BACK IT UP BY THE WORD

1 CORINTHIANS 16:13 Be watchful, stand firm, be strong.

JAMES 4:7 Resist the devil and he will flee.

EPHESIANS 6:13 Having done everything, stand.

PONDER

Which piece of armor do you most need to put on daily?

Where do you need to stand firm and not back down this week?

PUT IT INTO ACTION

Put on the full armor in prayer this morning – and sign your name to standing firm.

DECLARE IT: *“I put on the full armor of God, and I stand firm. Having done all, I stand.”*

NOTES & PRAYER

God, help me suit up every day and stand. I hold the ground Jesus won — I won't back down.

THE ARMOR OF GOD

Ten days in the full armor. Read it back over your life, and keep standing.

01 I fight the enemy, not people.

02 I know my real enemy — I fight the lies.

03 I stand on truth.

04 My heart is guarded by righteousness.

05 My feet are planted in God's peace.

06 I take up the shield of faith.

07 I guard my mind with salvation.

08 I fight with the sword of the Spirit.

09 I fight on my knees in prayer.

10 I put on the full armor, and I stand firm.

I'M SIGNING MY NAME TO THIS — AND I MEAN IT.
