

DAILY
DECLARATION

EPHESIANS 6 : 10-18
NIV

THE ARMOR OF GOD

YOU'RE IN A REAL FIGHT — BUT NOT
AGAINST THE PEOPLE YOU CAN SEE

You are in a real fight. But not the one you think. Your battle isn't with your sister, your parents, that girl at school, or whoever wronged you — **it's not against flesh and blood at all.** There's a real enemy, and he has one main target: **your identity in Christ.**

KNOW YOUR REAL ENEMY

He comes to rob your **joy** and your **peace** — and his biggest, sneakiest trap is to get you **doubting God's character and His unconditional love for you.** So don't waste your fight on people. **Don't fight the person — fight the enemy.** The armour below isn't six random items. It's God speaking over you, telling you who you are, so the lies have nowhere to land.

HELMET OF SALVATION

I GUARD MY MIND WITH WHAT GOD THINKS OF ME.

The fight starts in my head. The enemy aims at my thoughts first — lies about who I am, what I'm worth, whether I even matter. The helmet guards that. So I don't let every thought run loose. *I line my thinking up with what God says about me, not what fear or failure whispers.*

GOD SAYS OVER YOU

"You are saved, secure, and Mine — settled, not on trial." — When my mind is anchored there, the enemy loses his landing strip.

SWORD OF THE SPIRIT

I FIGHT LIES WITH WHAT GOD SAYS.

The sword is the Word of God — the one piece of armour that hits back. When Jesus was attacked in the wilderness, He didn't debate the enemy; He answered, "It is written." *I answer the lies in my head with the actual words God has spoken over me — out loud if I have to.*

GOD SAYS OVER YOU

"What I say about you is true — and it's louder than the accusation." — Faith comes from hearing, so I keep hearing what He says, not what the enemy keeps repeating.

SHIELD OF FAITH

I BELIEVE WHAT GOD SAYS OVER ME.

Faith is the shield that puts out the flaming arrows — doubt, shame, fear, accusation. It isn't about feeling strong in the moment. *It's deciding to trust what God said about me even on the days my feelings flat-out disagree.*

GOD SAYS OVER YOU

"You are loved, chosen, and never alone." — I take Him at His word, and the arrows burn out before they land.

BREASTPLATE OF RIGHTEOUSNESS

I SEE MYSELF THE WAY GOD SEES ME.

The breastplate guards the heart. Righteousness isn't a score I earn on my best day — it's a gift Jesus already gave me. So I stop defining myself by my worst moments. *I'm not my failures, my label, or my past. I'm made right with God — and that's how He sees me.*

GOD SAYS OVER YOU

"In Christ you stand before Me clean — no condemnation." — When I see myself through His eyes, shame has nothing left to grab.

BELT OF TRUTH

GOD'S TRUTH IS THE ONLY TRUTH I BUILD ON.

The belt holds the whole armour together. The enemy is a liar by nature — about me, about other people, and most of all about God. *So I anchor to one thing: what God says is the truth — over my feelings, the internet, the crowd, all of it.*

GOD SAYS OVER YOU

"My word is truth, and it holds when everything else shifts." — Everything else is just opinion. This is the foundation I stand on.

SHOES OF PEACE

I WALK IT OUT IN PEACE.

Knowing this isn't the same as walking in it. The shoes are about being ready and grounded — standing firm because I'm at peace with God. *I don't just read this; I carry it into my day, my home, my group chat, my reactions.*

GOD SAYS OVER YOU

"My peace is yours — guard it and walk in it." — The same God who armours me crushes the enemy under my feet.

MY PLEDGE

I'm not fighting people — I'm standing against the real enemy. **I refuse to let lies decide who I am.** I'll think, hear, believe, and see myself the way God does, stand on His truth, and walk in His peace. **His love for me is settled — and I'm armoured up in it.** I'm signing my name to this, and I mean it.

YOUR NAME

DATE

THE 30-DAY CHALLENGE



SUIT UP FIRST

Before the phone, read the six lines out loud. That's God's voice over you — get it in before the world gets a word in.



SPOT THE ATTACK

When your joy or peace suddenly drops, ask: which lie am I believing right now? Name it. That's the enemy — not you.



ANSWER WITH THE WORD

Don't argue with the lie — answer it with what God says. Out loud. "It is written" beats "what if" every time.



WALK IT OUT

Pick one person you've been fighting. Drop it — the real enemy was never them. Bring peace instead.