

**“In conclusion, be strong in
the Lord [draw your
strength from Him and be
empowered through your
union with Him] and in the
power of His [boundless]
might.”**

Ephesians 6:10 AMP



**“Put on the full armor of God
[for His precepts are like the
splendid armor of a heavily-
armed soldier], so that you
may be able to [successfully]
stand up against all the
schemes and the strategies
and the deceits of the devil.”**

Ephesians 6:11 AMP



“For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places.”

Ephesians 6:12 AMP



“Therefore, put on the complete armor of God, so that you will be able to [successfully] resist and stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [in your place, fully prepared, immovable, victorious].”

Ephesians 6:13 AMP



**“So stand firm and hold your
ground, HAVING TIGHTENED THE
WIDE BAND OF TRUTH (personal
integrity, moral courage) AROUND
YOUR WAIST and HAVING PUT ON
THE BREASTPLATE OF
RIGHTEOUSNESS (an upright
heart)**

Ephesians 6:14 AMP



**“and having strapped on
YOUR FEET THE GOSPEL OF
PEACE IN PREPARATION [to
face the enemy with firm-
footed stability and the
readiness produced by the
good news].**

Ephesians 6:15 AMP



**“Above all, lift up the
[protective] shield of faith
with which you can extinguish
all the flaming arrows of the
evil one. And take THE
HELMET OF SALVATION, and
the sword of the Spirit, which
is the Word of God.**

Ephesians 6:16-17 AMP



**“With all prayer and petition pray
[with specific requests] at all
times [on every occasion and in
every season] in the Spirit, and
with this in view, stay alert with
all perseverance and petition
[interceding in prayer] for all
God’s people.”**

Ephesians 6:18 AMP



Before You Go OUTSIDE...

Ephesians 6:10-18 AMP



If you
STAY READY...
you don't have
to get ready



“Therefore, put on the complete armor of God, so that you will be able to [successfully] resist and stand your ground in the evil day [of danger], and having done everything [that the crisis demands], to stand firm [*in your place, fully prepared*, immovable, victorious].”

Ephesians 6:13 AMP



**STAY
READY**

*Get Yourself Together
&
Put Your Clothes On*



Get Yourself Together...

*The organization
and commitment to
healthy daily habits*



Put Your
clothes
On...

Ephesians 6:14-17

