

Spiritual Warfare: The Armor of God
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5-Day Bible Reading Plan and Devotional Guide

Day 1: The Strength That Is Not Your Own

Reading: Ephesians 6:10–13

Devotional: There is a temptation in the Christian life to believe that spiritual maturity means needing God less. Paul dismantles that assumption immediately. He does not say, "find the strength within yourself." He says be strong in the Lord. The armor belongs to God. The strength belongs to God. Our role is not to generate what only He can supply, but to stand in what He has already provided. Before this day demands something from you, acknowledge that your sufficiency is not in yourself. Open your hands. Ask God to be your strength before you discover you need it.

Reflection: In what area of your life are you relying on your own strength rather than the Lord's?

Day 2: Anchored in Truth

Reading: John 8:31–32; Ephesians 6:14

Devotional: The enemy's oldest strategy is not brute force. It is a question. "Has God indeed said?" Doubt about God's Word and God's character has been the point of attack since the garden. This is why truth is the first piece of armor Paul describes. A life unanchored in Scripture is a life vulnerable to whatever sounds convincing in the moment. Emotions will speak. Culture will speak. Accusation will speak. But none of those voices gets final authority. When you know what God has said, you can recognize what contradicts it. Truth is not merely something you believe on Sunday. It is the standard by which you evaluate everything on Monday.

Reflection: Which voice currently has the most influence over how you see yourself, your circumstances, or your God?

Day 3: Standing in Righteousness and Peace

Reading: 2 Corinthians 5:21; Romans 5:1; Ephesians 6:14–15

Devotional: Two pieces of armor address the same fundamental question: Where do you stand with God? The breastplate of righteousness reminds the believer that our confidence before God rests not on our record but on Christ's. He took what belonged to us and gave us what we could never earn. The shoes of the gospel of peace remind us that this reconciliation is not uncertain or conditional on our performance. We have peace with God through Jesus Christ. That settled reality gives the believer stable footing. When you fail, you do not run from God wondering if He will take you back. Because of Christ, you run toward Him.

Reflection: Do you approach God as someone who has been fully reconciled to Him, or do you still live as though you must earn your way back after failure?

Day 4: Faith, Salvation, and the Word

Reading: Hebrews 4:12; Ephesians 6:16–17

Devotional: Paul describes faith as a shield because spiritual attacks rarely come as obvious temptations. They come as lies dressed in the language of reason, emotion, and circumstance. "God has abandoned you." "You will never make it through this." "Your past will always define you." Faith does not answer these darts with positive thinking. Faith answers with what God has revealed. Jesus modeled this in the wilderness. When temptation came, He did not offer His feelings or His opinions. He said: "It is written." The Word of God is the only offensive weapon Paul names in this list. A sword sitting on the ground helps no one. Scripture must be known before it can be used.

Reflection: If a spiritual attack came today in the form of a specific lie, do you know which Scripture you would use to answer it?

Day 5: Pray Always, Stand Together

Reading: Ephesians 6:18; 1 Peter 5:8–9

Devotional: Paul surrounds the entire armor passage with prayer. This is not accidental. Prayer is the posture of a life that has not confused putting on God's armor with becoming self-sufficient. Every piece of armor points back to what God has provided. Prayer keeps the believer oriented toward the One who provided it. Paul also widens the circle. He does not picture isolated Christians fighting private battles. He pictures the church standing together, praying for one another with perseverance. Spiritual drift rarely announces itself. It is gradual. Watchfulness and community are two of God's provisions against it. You were not designed to stand alone.

Reflection: Where are you most spiritually vulnerable right now? Is there someone who knows that about you and is praying for you?