



## *Put on the Armor of God*

By Kathleen Nowak

In St. Paul's letter to the *Ephesians*, he reminds us to put on the armor of God so that we may be able to stand firm against the tactics of the devil (6:10-17).

### ***The Belt of Truth***

In biblical times, the belt served as a sort of anchor, securing a soldier's armor in place. Our spiritual "**belt of truth**" refers to who we are and what we believe at our core--the larger worldview that binds together our beliefs and influences our decisions.

Our culture is filled with deceptive teachings and beliefs: atheism, materialism, and consumerism. In order to discern what is true or not true, we must be steeped in God's Word, reading it on a daily basis. We also need to read, see and hear good Christian literature--books, magazines, CDs, podcasts, apps.

### ***The Breastplate of Righteousness***

The breastplate was worn on the front, to protect a soldier's vital organs as he faced his enemy. Our spiritual breastplate is the righteousness that comes through Jesus death on the cross. We are good not because of who we are but because of what Jesus has done for us, His death and resurrection.

## ***The Shoes of Peace***

Shoes are used for action, not passivity. We wear "**shoes of peace**" when we spread the Good News of peace with God. Isaiah 52:7 says:

*How beautiful upon the mountains  
are the feet of him who brings glad tidings,  
Announcing peace, bearing good news,  
announcing salvation, and saying to Zion,  
"Your God is King!"*

## ***The Shield of Faith***

A shield was a Roman soldier's main defense, intended to protect him from volleys of arrows. Likewise, our spiritual shield helps us to "**extinguish all the flaming darts of the evil one**" (Ephesians 6:16). Satan's big weapon is deception--he's always firing lies at us with the goal of weakening our faith and trust in God. We resist these attacks through faith, "**the assurance of things hoped for, the conviction of things not seen**" (Hebrews 11:1)

## ***The Helmet of Salvation***

Just as a soldier's helmet protects his head, so our spiritual helmet protects our minds. We believe in God's love for us and His gift of salvation. No matter what may happen to us here on earth we know we will be in Heaven someday with Jesus, the saints, and all our loved ones who have gone on before us in faith.

## ***The Sword of the Spirit***

A soldier's sword could deliver stinging blows to the enemy or defend against an attack. **Our spiritual sword is God's Word.** Jesus himself used God's Word when He fought off Satan's temptations in the wilderness. We too can use God's Word when we are faced with temptation. That's one reason why it's important for us to read Scripture daily and spend time studying it. Then when temptation comes, the Holy Spirit will bring those words to mind. There is power in the Word of God.



Kathy Nowak-(on the right) is a cradle Catholic who has been ministering in the Church in many areas since she received the Baptism in the Holy Spirit in 1975. Before the churches were shut down, she helped facilitate the Evening Bible Study group at the Church of Epiphany in Brick and served as a prayer group leader for JOY Prayer Group. She is also a member of Light of Life Prayer Group at St. Joseph's Catholic Church in Toms River. She and her husband, Deacon Ron Nowak, are the parents of four children and are blessed with nine grandchildren. You can read more of her writing at [www.pathwaypeace.blogspot.com](http://www.pathwaypeace.blogspot.com).