



A FREE BIBLE STUDY GUIDE

# The Armour of God – Free Printable Ephesians 6 Guide PDF

A gentle, practical guide to Ephesians 6:10–18 and the spiritual resources God gives us for daily life.

## Stand firm in faith

Explore what the armour means, how each image points to life with God, and how prayer helps us remain attentive and steadfast.

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### READ THE PASSAGE

## Strength for the struggle

Paul writes to Christians about standing firm in faith. The passage uses the familiar picture of a soldier’s equipment to describe spiritual resources, not physical combat or literal clothing. Its central call is to rely on God’s strength, remain grounded in the good news of peace, and keep praying for one another.

## Ephesians 6:10–18

King James Version (KJV), public domain. Verse numbers are included for reference.

10 Finally, my brethren, be strong in the Lord, and in the power of his might.  
11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.  
12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.  
13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.  
14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;  
15 And your feet shod with the preparation of the gospel of peace;  
16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.  
17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:  
18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

### A note on the imagery

The armour is a spiritual metaphor. Paul is not instructing believers to wear physical armour or to treat other people as enemies. The passage points us towards truth, faithful living, peace, trust in God, salvation, Scripture and persistent prayer.

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### THE SIX IMAGES OF THE ARMOUR

## What each piece teaches

Paul names familiar parts of a soldier’s kit, then connects them to a life shaped by God. These pictures are not a checklist for earning God’s love. They remind us of what God provides and how we can respond with faithfulness.

### 01 Belt of truth

Truth holds our life together: God’s truth, honesty with ourselves and others, and a willingness to reject deception. Practise it by speaking truth with kindness and bringing difficult questions honestly to God.

### 02 Breastplate of righteousness

A breastplate guards the heart. Righteousness points to being made right with God and living in ways that reflect God’s goodness, not to claiming perfection. Practise it through repentance, fairness, mercy and choices that protect what is good.

### 03 Shoes of readiness

The shoes picture readiness grounded in the gospel of peace. We are prepared to carry peace into strained conversations and to share the good news with gentleness. Practise by listening carefully, seeking reconciliation where it is safe and wise, and taking one peaceful next step.

### 04 Shield of faith

Faith is trust in God, especially when fear, accusation or discouragement presses in. The shield is not denial of hardship; it is confidence in God’s character and care amid hardship. Practise by recalling God’s promises and asking a trusted believer to stand with you.

### 05 Helmet of salvation

The helmet protects the head and represents the hope and assurance of salvation. In Christ, our identity is held by God’s grace rather than by our worst moment or our changing feelings. Practise by reminding yourself that you are loved by God and can return to him when you stumble.

### 06 Sword of the Spirit

Paul identifies this sword as the word of God. Scripture helps us recognise what is true, resist harmful lies and respond with wisdom. It is not a weapon for attacking people or winning arguments. Practise by reading a short passage, understanding its context and asking how it calls you to love God and neighbour.

Prayer belongs with the whole picture. Verse 18 calls believers to pray continually, stay alert and persevere in prayer for all God’s people. In plain terms, keep turning to God, bring real needs to him and remember others in your prayers.

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### PUT IT INTO PRACTICE

## A steady rhythm for daily life

The passage invites us to depend on God, not to perform perfectly. You might use this simple rhythm at the start or end of a day. Take a quiet moment, read Ephesians 6:10–18 slowly, and let one phrase stay with you.

#### 01 Remember

Name one truth about God or one promise in Scripture that you need today.

#### 02 Choose

Choose one action that reflects truth, righteousness, peace or love in your situation.

#### 03 Pray

Ask God for help, then pray for someone who needs encouragement or peace.

## Questions for reflection

- Where do I need God’s truth to steady my thoughts or words?
- What would a just, compassionate response look like in one situation I face?
- How might I bring peace without ignoring harm or avoiding needed boundaries?
- Who can I pray for today, and what might they need?

## A closing prayer

God, thank you for your strength and care. Help me to live truthfully, choose what is right, carry your peace, trust you when I feel afraid, and remember the hope of salvation. Guide me through your word and teach me to pray with patience for myself and for others. Give me courage to stand firm in faith and to treat every person with love. Amen.

You do not have to face the day alone. Return to God’s strength, take the next faithful step, and keep praying for one another.

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