

HOLY ARMOUR CHECKLIST



DAILY
REMINDER



INTRODUCTION

Every day we step onto a battlefield that we cannot see. It is not a war of flesh and blood, but a spiritual one. The Holy Armour Checklist is a daily reminder to clothe yourself with God's truth, strength, and protection preparing your heart for the day ahead and reminding you to stay spiritually equipped from morning to night. Just as a soldier never enters battle without armour, we too must be intentional about what we put on spiritually.

This checklist brings together the list of how to put on your armour along with key scriptures that remind us:

- God has already equipped us with everything we need to stand firm.
- His Word is our weapon, His promises our protection, and His love our covering.
- The enemy will try to distract, deceive, and discourage, but through Christ, we already have the victory.

Use this checklist as part of your prayer or devotion.

Read each scripture, reflect on it, and declare it aloud. Add more that come to mind.

Let it remind you that you are not powerless, unprotected, or alone.

You are clothed in Holy Armour, strong, covered, and ready to stand firm in Christ.

THE ARMOUR OF GOD

Eph 6:10-16 (NLT)

A final word: Be strong in the Lord and in His mighty power.

Put on all of God's armour so that you will be able to stand firm against all strategies of the devil.

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armour so you will be able to resist the enemy in the time of evil.

Then after the battle you will still be standing firm.

Stand your ground, putting on the belt of truth and the body armour of God's righteousness.

For shoes, put on the peace that comes from the Good News so that you will be fully prepared.

In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.



DAILY DECLARATION

Today, I put on the full armour of God.

I stand firm in His truth.

I rest in His righteousness.

I walk in His peace.

I lift the shield of faith.

I take up the sword of the Spirit.

And I stand in victory, covered,
chosen, and strong in Christ.



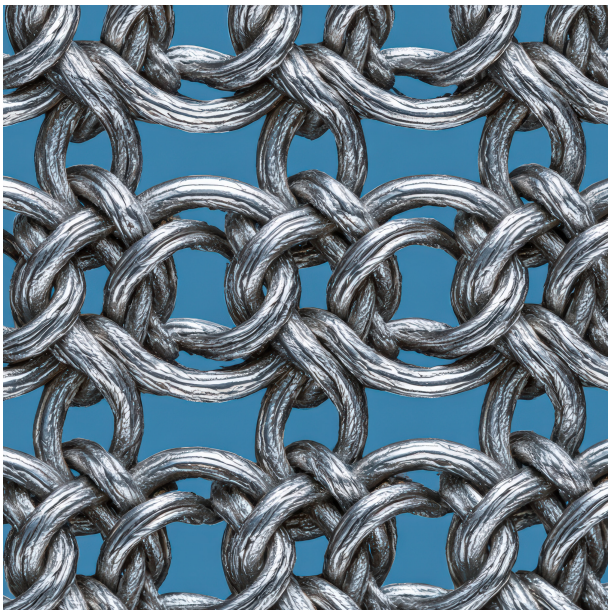
1. The Belt of Truth (6:14):

How to put it on:

Start your day with truth. Speak it. Declare it. "I live in God's truth."

Ask yourself, "What lie have I believed? What truth do I need to put on today?"

Live with honesty before others, before God, and before yourself.

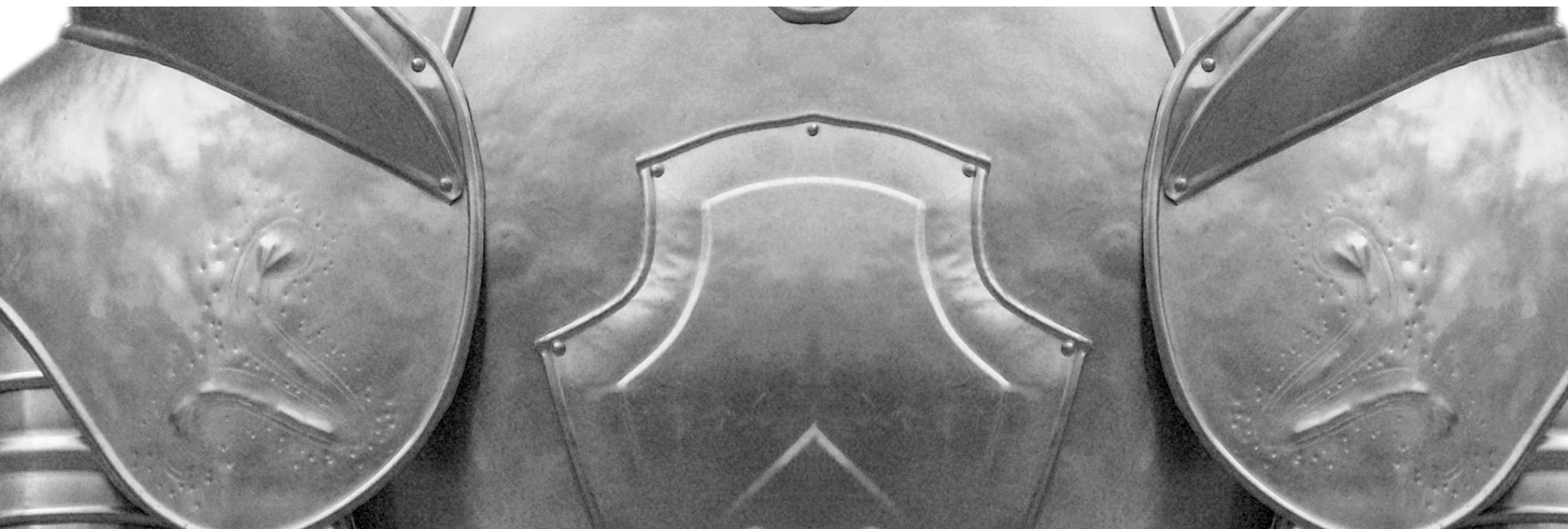


2. The Breastplate of Righteousness (6:14):

How to put it on:

When the enemy brings up your past, remind him, "I am righteous through Christ Jesus."

Pray Psalm 139:23-24. Ask God to help you walk and live in righteousness.



3. The Shoes of Peace (6:15)

How to put it on:

Reflect on Philippians 4:6-8.

Lay down your worries and fix your thoughts on what is true, noble, right, pure, lovely, and admirable.

Pray, "God, equip me to bring Your peace into every situation I walk into today."

4. The Shield of Faith (6:16)

How to put it on:

Find specific scriptures that affirm God's promises for you.

Daily declare, "I trust God more than I trust what I feel or see."

When negative thoughts assault you, lift up your shield and stand firm.

5. The Helmet of Salvation (6:17)

How to put it on:

Guard your mind. Use Philippians 4:6-8 to refocus.

Renew your thoughts in God's Word.

Declare, "My mind is captive to the Word of God," as seen in 2 Corinthians 10:5, and I choose to think of the things above, not things on earth (Col 3:1-2)

6. The Sword of the Spirit - God's Word (6:17)

How to put it on:

Read God's Word regularly. Memorise key passages.

Speak it aloud. Say, "It is written,..." as Jesus did.

Move from quoting the Word to declaring it, walking in it and living it.



Pray continually

How to put it on:

Begin your day in prayer. Ask God to fill you with his spirit and clothe you in each piece of armour.

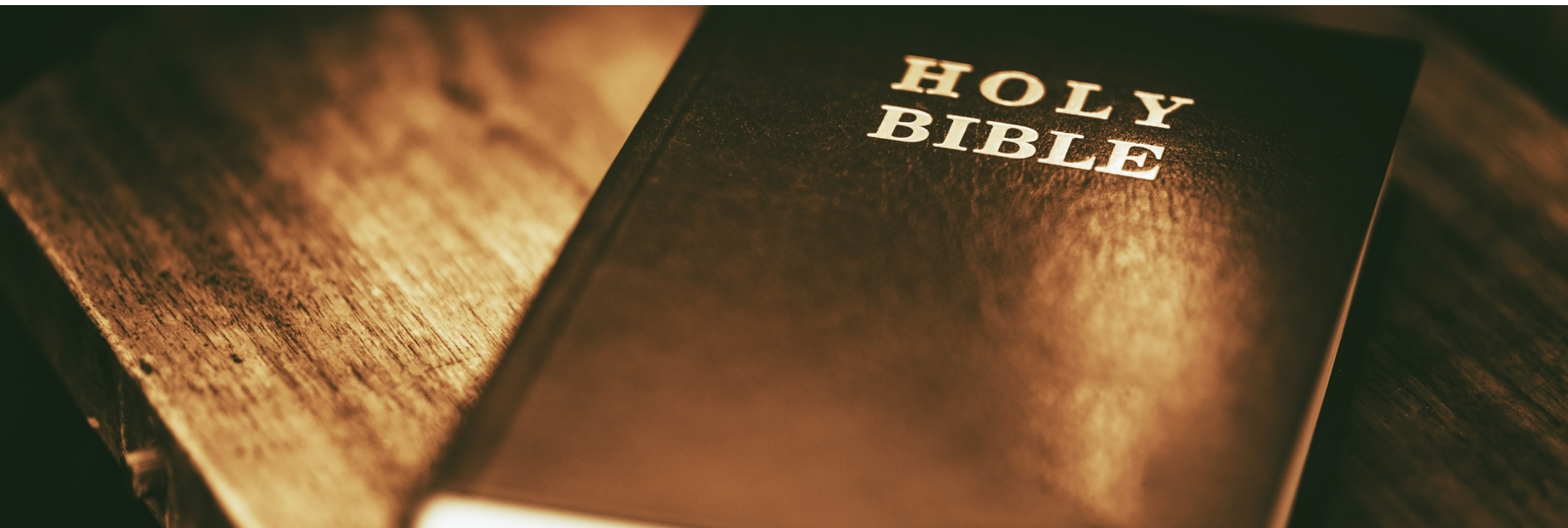
Keep the conversation with God going throughout your day.

Pray not just for yourself, but for others too. Pray continually.

Prayer is where battles are won.



SCRIPTURE REMINDER



God Is Our Protection – Ps 91:1–16 (NLT)

Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. For he will rescue you from every trap and protect you from deadly disease.

He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armour and protection.

Do not be afraid of the terrors of the night, nor the arrow that flies in the day.

Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday.

If you make the Lord your refuge, if you make the Most High your shelter, no evil will conquer you; no plague will come near your home.

For he will order his angels to protect you wherever you go.

They will hold you up with their hands so you will not even hurt your foot on a stone.

You will trample upon lions and cobras; you will crush fierce lions and serpents under your feet.

The Lord says, “I will rescue those who love me. I will protect those who trust in my name.

When they call on me, I will answer; I will be with them in trouble.

I will rescue and honour them.

I will reward them with a long life and give them my salvation.

The Enemy Seeks to Destroy – 1 Pet 5:8 (NLT)

Stay alert. Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

God's Word Is Powerful – Heb 4:12 (NLT)

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

God Provides a Way of Escape – 1 Cor 10:13 (NLT)

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.

Jesus Has Overcome the World – John 16:33 (NLT)

I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.

Overcoming the Devil – Rev 12:11 (NLT)

And they have defeated him by the blood of the Lamb and by their testimony. And they did not love their lives so much that they were afraid to die.

The Cross Defeated the Demonic Realm – Col 2:15 (NLT)

In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by his victory over them on the cross.

Life through Christ – John 3:16 (NLT)

For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.

Abundant Life – John 10:10 (NLT)

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

Living by the Holy Spirit's Power – Galatians 5:16,22-25 (NLT)

So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.

