

The Armor of God & Spiritual Characteristics

Based on Ephesians Chapters 1–6

Belt of Truth (Eph. 6:14)

- ☐ I speak the truth in love and seek spiritual maturity. (4:14-15)
- ☐ My words are truthful, kind, and encouraging. (4:25, 29)
- ☐ I understand that I am saved by grace, not by works. (2:8-10)
- ☐ I know I am chosen, adopted, and redeemed in Christ. (1:4-14)

Breastplate of Righteousness (Eph. 6:14)

- ☐ I have put off my old self and live in righteousness. (4:22-24)
- ☐ I imitate Christ and walk in love and sacrifice. (5:1-2)
- ☐ I avoid impure and ungodly behavior. (5:3-4, 8-11)
- ☐ I forgive others and let go of bitterness. (4:31-32)

Shoes of the Gospel of Peace (Eph. 6:15)

- ☐ I pursue peace and unity with others in Christ. (2:14-16)
- ☐ I work to keep unity in the Spirit through peace. (4:3-6)
- ☐ I live with humility, gentleness, patience, and love. (4:1-2)
- ☐ I use my spiritual gifts to serve and build others up. (4:12-13)

Shield of Faith (Eph. 6:16)

- ☐ I trust in God's mighty power working in me. (1:19-20)
- ☐ I boldly live out my God-given purpose. (3:7-12)
- ☐ I am strengthened in my inner being by the Holy Spirit. (3:16-17)
- ☐ I live with wisdom and seek God's will. (5:15-17)

Helmet of Salvation (Eph. 6:17)

- ☐ I know I am chosen, adopted, and redeemed in Christ. (1:4-14)
- ☐ I understand that I am saved by grace, not by works. (2:8-10)
- ☐ I am filled with the Spirit and live a life of praise. (5:18-20)
- ☐ I live with wisdom and seek God's will. (5:15-17)

Sword of the Spirit (Word of God) (Eph. 6:17)

- ☐ I speak the truth in love and build others up with God's Word. (4:14-15, 29)
- ☐ I submit to others in reverence for Christ. (5:21-33)
- ☐ I live a Spirit-filled life that aligns with God's Word. (5:18-20)
- ☐ I trust and proclaim the truth of God's promises. (1:13-14, 2:13)