

Daily Habits to Strengthen Your Spiritual Armor

Based on Ephesians 6:14–17

Daily Checklist

Belt of Truth

- ☐ Spend time in God's Word to know and live by the truth.
- ☐ Be honest in all communication and relationships.
- ☐ Reject lies and replace them with truth.
- ☐ Pray for discernment and clarity in decisions.

Breastplate of Righteousness

- ☐ Confess sins and receive God's forgiveness.
- ☐ Choose obedience even when it's hard.
- ☐ Avoid influences that pull you into sin or compromise.
- ☐ Ask God to help you live with integrity and compassion.

Shoes of the Gospel of Peace

- ☐ Start your day in prayer, resting in God's peace.
- ☐ Seek reconciliation where there's conflict.
- ☐ Be ready to share the Gospel when opportunities arise.
- ☐ Practice gratitude and worship.

Shield of Faith

- ☐ Trust God's promises by declaring them out loud.
- ☐ Pray with faith, especially during challenges.
- ☐ Journal answered prayers and signs of God's faithfulness.
- ☐ Spend time with a faith-building community.

Helmet of Salvation

- ☐ Meditate on your identity in Christ.
- ☐ Reject thoughts of fear, condemnation, or unworthiness.
- ☐ Memorize verses about salvation and grace.
- ☐ Start the day by thanking God for saving you.

Sword of the Spirit (Word of God)

- ☐ Read and memorize Scripture daily.
- ☐ Speak Scripture in prayer and life situations.
- ☐ Use verses when facing temptation or discouragement.
- ☐ Encourage others with God's Word.

Daily Journal Page

Date: _____

****Armor I focused on today:**** _____

****Scripture that encouraged me:****

****What I heard from God in prayer or the Word:****

****Victories, challenges, and prayer needs:****

****One step I'll take tomorrow to stay strong in the Lord:****
