

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:*
