

Paul writes to the Ephesians

Paul wrote the book of Ephesians while he was imprisoned. Ephesians is one of four prison epistles along with Philippians, Colossians, and Philemon. While he was under house arrest, Paul was chained to Roman guards 24 hours a day. He used their armor as a metaphor for fighting spiritual warfare he talked about in Ephesians 6:10-20.

The armor of God represents the defense we must take in our spiritual lives. The Bible tells us that we are fighting a war against satan, who seeks to destroy us. Therefore, we must take action and put on God's armor. As Christians, it is important for us to understand the severity of this battle.

The first of these verses appears in Isaiah 59. It is the Lord who wears the armor. Now He shared it with us: "He put on righteousness like a breastplate, and a helmet of salvation on His head; and He put on garments of vengeance for clothing and wrapped Himself with zeal as a mantle" (Isaiah 59:17). The second group of verses that would have been well-known to Paul is found in Isaiah 11: "He will strike the earth with the rod of His mouth; with the breath of His lips He will slay the wicked. Righteousness will be His belt and faithfulness the sash around His waist" (Isaiah 11:4-5).

Paul leaves out the "mantle of zeal" and "garments of vengeance" as these belong to God alone (Romans 12:19), but the "breastplate of righteousness" and "helmet of salvation" are identical in both lists. The only items of armor Paul adds to those mentioned explicitly in Isaiah are the "shield of faith" and the shoes of the "gospel of peace," although the idea for the latter can also be found in Isaiah as well: "How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, 'Your God reigns!'" (Isaiah 52:7) – a verse which Paul quotes in Romans 10:15.

More important than the minor adjustments to the individual items, Paul's developed analogy of the armor of God differs from those found in Isaiah by applying the concept of the armor of God himself to the servant of God – the Christian. He also lifts the weapons of spiritual warfare out of the realm of things that we must somehow put together in our own strength, for the items of armor Paul shows we need badly are, like salvation itself, the gift of God.

"Finally, my brothers, be strong in the Lord and in the power of His might. Put on the whole armor of God that you may be able to stand against the schemes of the devil. For our fight is not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, and against spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God that you may be able to resist in the evil day, and having done all, to stand. Stand therefore, having your waist girded with truth, having put on the breastplate of righteousness, having your feet fitted with the readiness of the gospel of peace, and above all, taking the shield of faith, with which you will be able to extinguish all the fiery arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray in

the Spirit always with all kinds of prayer and supplication. To that end be alert with all perseverance and supplication for all the saints.”

Ephesians 6:10-18



“Finally, my brothers, be strong (חיל: chayl) in the Lord and in the power (תְּקוּפָה: toqeph) of His might.” Ephesians 6:10

The word strong means to tremble or shake in the Hebrew and Aramaic. It comes from an Akkadian word chalu which is a word used for a woman in labor, giving birth to a child. In other words, the Aramaic is drawing a picture of being strong in the Lord like a woman giving birth to a child. The same word is used for God’s might. God too is going through the pain as we go through yet experiencing the same joy knowing that the outcome will be worth it all. Look at this word for power, it is the word toqpa which means an immensity or superpower like the winds of a hurricane that has the ability to overcome any obstacle.

Paul is saying that just as a woman goes through the dichotomy of great pain or struggle and great joy in childbirth so too must we be willing to go through great pain or struggle but with great joy when we go into spiritual warfare. God will share the pain or struggle and joy of the battle with us.

We are encouraged to realize our strength in the Master; our union with Him is our limitless resource. (Remember my prayer for you at the outset of this letter to the Ephesians: 1:19 I pray that you will understand beyond all comparison the magnitude of His mighty power towards us who believe. Faith reveals how enormously advantaged we are in Christ. Eph 1:20 It is the same dynamic energy that He unleashed in Christ when He raised Him from the dead and forever established Him in the power of His own right hand in the realm of the heavens. Eph 1:21 Infinitely above all the combined forces of rule, authority, dominion, or governments; He is ranked superior to any name that could ever be given to anyone of this age or any age still to come in the eternal future. Eph 1:22-23, Paul wants you to see this: He subjected all these powers under His feet. He towers head and shoulders above everything. He is the head; the church (His redeemed image and likeness in mankind) is His body. The completeness of His being that fills all in all resides in us! God cannot make Himself more visible or exhibit Himself more accurately.)

“Put on the whole armor of God that you may be able to stand against the schemes of the devil.” Ephesians 6:11

In Aramaic zina, which means protection and security, but also something else, it means shinny. A good knight takes care of his armor, he polishes it every day. The very sight of a warrior

approaching in shiny armor scares off the foe before he ever reaches him. Shiny armor shows the warrior is a proud warrior, brave, one who is ready for battle at all times. He never lets that polished shine fade. If we don't take care of our armor, truth, righteousness, Gospel of peace, faith, salvation and the Word of God, if we don't polish that armor every day and it loses its shine, the enemy will take advantage of it and he will sneak in and scare you to death with his lies.

Fully immerse yourself in the detail and significance of every individual part of the armor of God. [Acquaint yourself with all that God's victory in Christ represents.] Just like every aspect in a soldier's armor significantly completes their battle uniform to best equip them to face every method and strategy that an enemy could possibly employ against them. (The word, *methodeia*, means strategy; *diabolos*, comes from *dia*, because of, and *ballo*, cast down; thus referring to the fall of mankind or the fallen mindset of mankind, often translated Devil, the accuser. [See 1 Cor 15:47] Human life was reduced to slavery and the soul-ruled earthly realm through Adam's fall but is now awakened to lordship in the heavenly realm of spiritual realities through the knowledge of our co-resurrection with Christ. [See Col 3:1-11] We theologially created the idea of a person being "sinful by nature" as if humans are flawed by design. In fact it is a distorted mindset that we inherited from Adam that Jesus had to free us from. Peter says that we were redeemed from the futile ways we inherited from our fathers. [1 Pet 1:18] "Your indifferent mindset alienated you from God into a lifestyle of annoyances, hardships, and labors, sponsored by the law of sin and death that lodged in your bodies hosting a foreign influence, foreign to your design; just like a virus that would attach itself to a person." Col 1:21. There is nothing wrong with our design or salvation, we were thinking wrong. [See Isa 55:8-11, Eph 4:17, 18 and also Eph 2:1-11.]

*** Paul also reminds his readers that we must not keep these elements of armor on display or locked in some spiritual armory (Ephesians 6:11). The armor of God is something with which we must practice. It is a gift to be used.

["For our fight is not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, and against spiritual forces of evil in the heavenly places."](#)

[Ephesians 6:12](#)

yilachim: fight

The root word for fight is *lechem* which is the word for bread. Used as a verb it means to feed or devour, eat or consume.

People are not the enemy, whether they be husbands, wives, children, or parents, slaves, or bosses. They might host hostile, law inspired thought patterns through their unbelief or ignorance but) to target one another is to engage in the wrong combat. We represent the

authority of the victory of Christ in the spiritual realm. We are positioned there (in Christ); we confront the mind games and structures of darkness, religious thought patterns, governing and conditioning human behavior. (The word, pros, face to face; confront. The word, poneros, is often translated as evil; this word is described in Thayer's Lexicon as, full of annoyances, hardships and labor, which is exactly what the DIY law-system of works produces.

[See 1 Cor 15:24] The complete conclusion in His work of redemption is celebrated in His yielding the full harvest of His reign to God the Father, having brought to nought the law of works which supported every definition of dominion under the fall, including all principalities, all authority and every dynamic influence in society. He brought to nought the law of works, from the word, katargeo, from kata, meaning intensity, and argos, meaning labor; thus free from all self effort to attempt to improve what God has already perfected in Christ. All principalities, arche, or chief ranks, i.e., kings, governors; this includes any governing system whereby one is ranked above the other on the basis of their performance or preference. All authority, 3exousia, comes from ek, denoting origin and eimi, "I am;" in this case, because of what I can do, I am defined by what I can do better than you; therefore, I have authority over you. Every dynamic influence in society, dunamis, means power, in this case, willpower. Every government structure in society will be brought under the dominion of grace where the Christ life rules. The kingdom of God is the dominion of the Christ-life in human life, where righteousness is based on who we are and not on what we do; who we are by God's doing and not who we are by our own doing; right being and not merely right acting. Where the law of works was duty and guilt driven, the law of faith is love driven; [Rom 3:27, Gal 5:6, 2 Cor 10:12], when they measure themselves by one another, and compare themselves with one another, they are without understanding.)

Corinthians 10:3-4: For though we walk in the flesh, we do not war according to the flesh. For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds.

["Therefore take up the whole armor of God that you may be able to resist in the evil day, and having done all, to stand \(תָּמַד: amad: remain, endure, position of readiness\)
Ephesians 6:13](#)

We are in an epic battle! A battle of good and evil. A battle that lasts from our very first breath until our last. It is a close and intimate war. Hand-to-hand combat. But our great God has equipped us to be victorious like His Son! It's our job to use what God has given us to overcome. We who know the Commander and put on His armor and use His weapon will come out of this battle as the victor!

The word for stand is ta'amod which comes from the root word 'amad and is used by a servant who is standing by his master ready to meet his master's every need. Sometimes we get our roles a little reversed and God becomes our servant rather than us His. We expect Him to be that faithful servant standing by our side to offer assistance in a moment's notice.

Ayin which speaks to us of spiritual insight, a deep examination into our own heart to understand our relationship with God.

The Mem which whispers the knowledge God has already given us. This is bringing to remembrance past victories, miracles, and the promises of His Word.

The Dalet which is the door that opens for us to enter God's comfort and ministry. In a real sense, it is the door to His heart.

God's idea of love is that we use the key to His heart (meditation on His revealed knowledge and faith) to enter into His heart to find His comfort. Once we enter His heart, we lock the door behind us and shut out all those other lovers of fear, grief and sorrow that pursue us and rest in the arms of our only true Lover.

It is most important therefore to acquaint yourself with every aspect of God's armor. You are fully fit to powerfully defeat any onslaught or contradiction on any day of confrontation, triumphantly standing your ground. The days where the law of hardships, annoyances and labor dictated your life are over. (God's armor represents His reputation; His victory defines you. Again the word, *poneros*, is used, to be full of hardships, annoyances, and labor; traditionally translated evil. [See 1 Cor 15:48] The reduced state of the individual left its mark on mankind as being earthly; now the redeemed state of mankind confirms their origin in God and marks their new heavenly life. [1 Cor 15:49] Just as the flesh (our earthly image) once defined us we are now defined by our spirit [our heavenly] image.)

I think Paul would answer. "You're right. Flesh and blood is real and it can be very evil. But what I mean is this. Whenever someone's flesh attacks me, or someone's blood boils against me, or my way is hindered by man, something else is also going on, something deeper, bigger, more terrible, more sinister, more destructive than meets the eye. I don't mean that flesh and blood can't hurt or hinder the cause of Christ. I mean that the prince of the power of the air is more dangerous than any of his subjects and that he must be overcome in every instance of conflict, or the battle is lost."

["Stand therefore, having your waist girded \(אַזַּר: azar: to bind, to gird, girdle, belt\) with truth \(אֱמֶת: emeth: firmness, faithfulness, sureness\), having put on the breastplate of righteousness,"](#)
[Ephesians 6:14](#)

The Belt of Truth was the central piece holding all the other pieces of armor together!

Take your position: you have the truth [of who you are in Christ] wrapped around your hips like a soldier's belt, holding the complete body armor together. We must know God's Truth; no one can do it for us. Know that your loins are protected from all manner of distractions, disception, lust, gluttony and sexual sins. His belt of truth that firmly secures His definition of the truth of who you are in Him, (the righteousness of God) to you, preventing you from being exposed to any lie that would attempt to contradict that truth.

Truth is the self-expression of God. This is the belt from which our weapons hang.

The belt is a symbol of what truth is and what truth does. Not only does truth display our affiliation with Christ, but it also displays what Christ is doing in us. Jesus is truth (John 14:6), therefore we cannot really have truth (Christ) unless truth (Christ) has us. Truth is inseparably related to, and linked, with action. Our weapons hang from it. This makes them based in truth. Since it is wrapped around our waist, it encompasses our whole personality.

I often think of how Jesus would slip away to a quiet place in the wee hours of the morning to spend time with His Father. Might He have been girding Himself with Truth?

Breastplate

It provided 360 degrees protection. Both pieces were hand made for the individual and were either latched or laced or buckled together.

His breastplate of righteousness (a robe that secures and protects your vitals) Guards your heart and we are reminded that we are pure and holy. Protected by the blood of Jesus. Righteousness covers your heart like a bulletproof breastplate. Righteousness means being in right standing with God. Our righteousness through Jesus!

Hebrew is tsadek: righteousness which means straight. It means both righteousness and justice. Righteousness is what God does as a warrior - it is justice at work. God imputes (credited) righteousness (Psalms 32:1-2; Romans 4:6-8)

The word "azar" is used for strength, He has a very strong grip of protection and provision around us. It is just not God's strength that is tightly wrapped around us, it is God Himself.

Emeth: faithfulness, stability, security, authenticity and sincerity before God the Father through His Son Jesus Christ and ministered by the Holy Spirit. There will be peace and stability as well as faithfulness from God and the assurance that when God makes a promise He will keep that promise.

["having your feet \(רגל: regal\) fitted with the readiness of the gospel of peace," Ephesians 6:15](#)

Soldiers' shoes were specifically designed with long marches in mind. You cannot go into battle on slippery ground, you need firm footing or a good foundation to stand on. Jesus is our foundation. Jesus' final command to His disciples contained a command about the gospel of peace. Mark 16:15-16

Just as shoes allow us to walk on otherwise painful terrain without fear, so the preparation of the gospel of peace allows us to traverse the otherwise painful trials and tribulations of life without fear. It is because we know that what awaits is greater than anything we could possibly suffer in this world (Romans 8:18).

In Judaism, feet represented humility.

Regal is spelled Resh, Gimel, Lamed. In its Semitic root it is a picture of the power of God running to bring divine revelation.

Resh: head, highest, most important, Christ

Gimel: lift up, give out

Lamed:rod, authority, tongue, teaching

His shoes of the gospel of peace (feet like brass) feet shod with shoes of Peace and His Truth; it shall be a light to all you encounter bringing peace into every situation, and pronouncing judgment to any and all chaos.

We wear our eagerness and passion to communicate the Good News like a soldier's shoes. Announce peace; the battle has already been fought and won. (Isa 52:7 How beautiful upon the mountains are the feet of him who brings good tidings, who publishes peace, who brings good tidings of good, who publishes salvation. Picture the body language of the messengers returning from the battlefield with the glad tidings of victory.)

***The aim of our warfare is that people would accept the terms of peace that God holds out, namely, faith in Jesus. And the only reason there is any conflict at all is because the power of sin and the powers of satan are dead set against making peace with God.

Shalom: shin, lamed, mem

Complete Peace: This is the Peace that is derived to destroy the ultimate chaos man has created. To destroy the authoritative tongue of lies and deceit. His authority and tongue is greater. His Peace that destroys the things not of Him by His Love and Authority which joins and secures us with His strength the strength of Christ. This is the Peace that breaks through the earth and sets those in prison free! He heals the brokenhearted and binds (כֹּוֹכָהּ kôwkâ) up our wounds. When He binds those wounds; He ties Himself to us. The Peace that was paid for in advance, that is perfect and complete! The peace that the Father gave you access through His Son to EXPERIENCE Him: Shalom Peace. What you have is all His to give; receive it now.

Jesus has a message of na'ah (beauty) and not degath (ugliness). When he makes an announcement, it is of peace, good (tov, harmony with God), and salvation. As we face the events of this day all we hear is bad news. Yet, when we put our eyes to the feet of Jesus we will see only na'ah, good news. The bad news of the world has to give in, it will pale in the face of the good news of Jesus. It is just a matter of who or what reigns in our lives. If circumstances and events reign, that will be degath bad news, but if our God reigns, that is na'ah beautiful news

To Shod means to bind under one's feet, to be in bonds, to tie, to wind, to knit or be at one with. It also has to do with your walk, or how you walk out your life from day-to-day.

Preparation means having a firm foundation or solid knowledge of something. In this case, preparation is knowing the Prince of Peace and His Word. The idea of preparation is really

readiness. We must be mobile, flexible, and ready with the truth. This is a place to have in the Christian life, to live in constant readiness and flexibility.

Gospel revealing the Heart of God

“and above all, taking the shield (מגן: magen) of faith, with which you will be able to extinguish all the fiery arrows of the evil one.” Ephesians 6:16

Shields are used to intercept specific attacks, whether from close-ranged weaponry or projectiles such as arrows, by means of active blocks, as well as to provide passive protection by closing one or more lines of engagement during.

The shield “faith” actively blocks ... It reminded me of how declaring in faith The Word .. blocks and cancels , extinguishes” the lies and attack of the enemy.”

The shield was also used as a means of visual identification. Shields were painted to identify the soldier's battle unit, and identified which cohort the soldier was attached to.

The use of shields allows the army to keep pushing forward. They are not cowering fear, they are protecting themselves as they move forward, until they are close enough that archers can no longer use their arrows against them. The image of the shield of faith is thus every bit as offensive as it is defensive. The church is called to put the powers under siege

THE SHIELD HE IS. A shield in Hebrew is magen: it means in the chaos and disorder the strength and might of the Father lifts one up and brings life. Let me take you a little further... “But in the depths of my heart I truly know that you, Yahweh, have become my Shield; You take me and surround me with yourself. Your glory covers me continually. You lift high my head when I bow low in shame.” Psalms 3:3 magen, derived from the Hebrew ganan (to defend) and also the root of gan or ganna (garden). What David has in mind is not a piece of metal that I hold in front of me but rather a wall or hedge that surrounds me. In other words, a protected garden.

The word shield is magen which is a play on the word negan. Magen means a shield, a protector. Indeed the Lord is a shield and protector. The word negan which means music or music played on a stringed instrument. David was a musician who played a stringed instrument. When he would go through a time of stress, he would retreat and play his stringed instrument and in that music, he would find a sense of peace. David was not only saying God was his protector, but that God was his source of peace in times of great trial. God is the only one who

could lift his head and encourage David. The word lifter is merim which has the idea of continuing always on going.

The word faith in Hebrew is emunah: what it really means, for a nail that it fastened to a secure place.

מגן: magen

Mem: water, chaos, disorder, strength, Messiah

Gimel: lift up, give out

Nun: life, activity, action

His shield of faith (Invincibility: shielded continuously from any fiery dart the enemy would try to from against and shoot at you) We will not be vulnerable to spiritual defeat

*** It is most important to engage your faith as a man-size shield that covers your whole person and empowers you to extinguish the flame in every arrow of contradiction that you might face. The only visible part of you is your faith! (The word, thureos means a door-size shield. To co-believe with God protects your whole person, body, soul and spirit.)

***Faith is not just saying that you believe something. Your faith is demonstrated by and through taking action, which brings about the powerful results that are associated with it. When you have faith you absolutely believe in something; so much so that you put whatever you have on the line to prove that it will be so.

[“Take the helmet of salvation \(יְשׁוּעָה: yashua\)](#)

[and the sword of the Spirit, which is the word of God.” Ephesians 6:17](#)

The helmet protects. It protects the head, which protects some of the most important sensory organs such as the eyes, ears, nose, and mouth. It also protects the brain which is highly susceptible to shock and therefore very sensitive to any type of damage. In very few places in the human body are so many important organs found in such a small compact area. The purpose of the helmet is to protect all of these vital organs simultaneously.

The helmet represents not just our own salvation, but the message that we as Christians have to offer the world.

The believer’s helmet of salvation is the most crucial piece of armor for the Christian. Without the indwelling Holy Spirit that enters a believer at the moment of salvation, all other armor is useless. Salvation empowers believers to fight. It protects us in our weaknesses. Without salvation, there is no victory.

The word salvation in Hebrew is yashua which is the Hebrew name for Jesus. Yet it also means deliverance, help, security, prosperity and victory.

So we will see our deliverance from our present trouble with our physical eyes and our spiritual salvation with our spiritual eyes.

We will not live in fear because we know one day we will see our Salvation face to face for Jesus Christ is our Salvation, our true reality.

The helmet (Crown, a kingly way of thinking about the way He sees your salvation) The Helmet keeps your mind focused on Him so the enemy will not have a strong hold of your thoughts. Placing your thoughts on things above.

*** Pondering redemption realities is your headgear that protects your mind; inspired thoughts give voice to God's word—this is your spiritual sword.

The all-powerful sword of the living God is able to cut through every defense our enemy can raise, down to the very division of bone and marrow. This sword does not bounce off the enemy, instead it pierces through, causing serious damage to him. When wielded by a servant of God, nothing can withstand its ability to cut straight to the core of a matter and uncover the truth.

And His sword of the Spirit (The Word), the two edged Sword of His Word ready to expose the enemy and cut off on one end and the other end to come right back around with healing and love which is thus sayeth the Lord! It cuts through every lie of the enemy, and reveals and makes known that which was previously hidden.

[By His Faith we keep in the Full Armor of God!] We are prepared and live in spiritual victory.

But we must also take the sword of the Spirit in the sense that He helps us to use it. Not only did the Spirit give us the Scriptures, but also He makes them alive to us (or us alive to them), and He equips us with the right thrust of the sword at the right time.

Remember that the sword hangs on the belt of truth when not being used

It brings to mind Jesus's own response to the enemy in the wilderness.

Jesus did not use the sword of the Spirit as a defensive weapon, he used it as an offensive weapon. Jesus counterattacked (struck back) by using scripture correctly, truthfully, and in context. Jesus knew how to use his sword.

The main duty of the army was not to quell rebellions, but to protect the empire from outside influences. In a manner of speaking, their first duty was to keep the peace. It is quite possible the Ephesians read Paul's letter about the "armor of God" from that perspective. The armor was to protect from the damaging effects of outside influences.

*** Prayer is an ongoing conversation; praying in the spirit includes every form of prayer, whether it be a prayer of request or a prayer of thanksgiving, or worship or interceding for all to

realize their saintly innocence. Oh, and remember, you do not have to do all the talking! Always be attentive to the voice of the Spirit. (Prayer is so much more than a one-way conversation



Offensive behavior is characterized as an attacking and active attitude, while defensive behavior, coming from the recipient of all action and intention, is a combination of alertness and a passive position.

Offensive describes rude or hurtful behavior, or a military or sports incursion into one's opponent's territory.

offensive behavior is a first-mover action that involves the use of force to attack and reach a certain goal whereas defensive behavior is a responsive action that also uses force, but it is exhibited only to protect oneself from attacks and it does not necessarily have a predetermined goal.

need the whole (offensive & defensive)



The order:

Paul's listing of the armor is not given in the order that a soldier would have used to put on his armor. An actual soldier would have started with undergarments and ended with the shield. Instead, Paul seems to have listed the armor in importance to the spiritual principles that he assigned to them. Please realize the order in which they are given is not as important as what they represent. For example, Paul starts out with the belt of truth, but in all actuality, the belt was the last item of clothing to be put on. Paul's list also leaves out some of the weaponry carried by the soldiers, and does not even mention the under garments, so please understand that this is not an all-inclusive list of what Roman soldiers wore or carried into battle.

Truth, by its very definition, is exclusive. Every other piece of the full armor of God is attached to the belt of truth. If you don't begin with truth, you'll never defeat the enemy. And Jesus said God's Word is true (John 17:17)."

Belt of Truth: lions protection

Shoes of Peace: feet protection: readiness

Breastplate of Righteousness: heart protection

Shield of Faith: power protection

Helmet of Salvation: mind protection

Sword of the Spirit: mouth protection

We go and then everything comes together

How do we put on the whole armor one.

Cannot put shoes on if have breastplate, shield of faith they are obstacles
Can protect head with shield

The Truth & Sword of Spirit girds the middle.
Aleph and Tav

In constructing the 'order of armor' we can think about it two ways: the first is the perspective of a soldier equipping themselves. They only have so much money, but many options for armor. What is purchased first? Where is the most money spent? And what pieces are only obtained as an afterthought, or if the cash is available? Likewise, if weight is an issue, what armor is discarded first? Last?

The other way to think about it is in terms of armor development: what kinds of protection develop first and why? What I have always found fascinating is that the answers to these two sets of questions actually correspond – not perfectly, but quite well. That is, armor development often follows the same priorities as an individual's armor purchase.

Belt of Truth & Breastplate of Righteousness

This is where all of your vital organs are and the area is a mess of important blood veins. As we'll see, the level of blood-flow through an area matters a great deal in prioritization between limbs and regions of limbs. This is no great surprise – apart from our skulls, the rib-cage is the only part of our body God saw fit to armor with a cage of bone.



Thank you, Father, for that in this very moment we rejoice in the Victory that has been already set before us. In the very hour all things are working for Your Good and Faithful Promise and purpose. There will be a new understanding and love. We may not see it immediately however, You are in full motion with ALL hearts. XXX wears Your righteousness today against all condemnation and corruption. Cover XXX with Your holiness and purity—defend XXX from all assaults against XXX heart and mind. Father, remind XXX they wear the belt of truth. XXX chooses a lifestyle of honesty and integrity. Expose the lies XXX has believed, and show the truths XXX will need today. Let Your words flow through XXX mouth and with Your great compassion. We choose to live for the Gospel in every moment. Show XXX where You are working and lead him to it. Give strength to walk daily with You. XXX is a Lover of Jesus and there is no other life apart from that. XXX knows that You are powerful against every lie and assault of the enemy. You have so much in store and for Your glory to shine through this hard moment. Nothing is coming today that can be overcome because You are with XXX. Never shall you leave or forsake XXX. Holy Spirit, show the truths of the Word of God that he will need to counter the traps of the enemy. Bring those Scriptures to mind today.

Ephesians 6:11-18 , Isaiah 54:17

Father we walk in step with You in everything commune with Your Son in prayer.

Father, Your Word says that no weapon formed against us shall prosper (Isaiah 54:17). Therefore we declare that no weapon formed against This friend prospers this day or any day to come in Jesus' name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore we declare that Satan cannot make trouble for him again, in this manner, as he did in the past. I declare all of these prayers accomplished and brought to pass by trusting you through faith and expectation in the name of Jesus.

We lay down at Your feet all of this today and let it roll onto You. Delight yourself in the Lord, and He will give you the desires of your heart. We commit our way to the Lord; we trust also in Him, and He will bring it to pass.

Thank You, Lord, for shedding Your precious blood for us. We stand on Your Word. No weapon formed against us shall prosper, for the Spirit of the Lord shall raise a standard against them. We declare all of these things accomplished by Your Word. Jesus, our Lord, we give You thanksgiving, praise, glory, honor and worship for Your righteousness and holiness given to us by Your Word on her behalf! Amen



- We stand in grace (Romans 5:2).
- We stand in the gospel (1 Corinthians 15:1).
- We stand in courage and strength (1 Corinthians 16:13).
- We stand in faith (2 Corinthians 1:24).
- We stand in Christian liberty (Galatians 5:1).
- We stand in Christian unity (Philippians 1:27).
- We stand in the Lord (Philippians 4:1).
- We should stand perfect and complete in the will of God (Colossians 4:12).