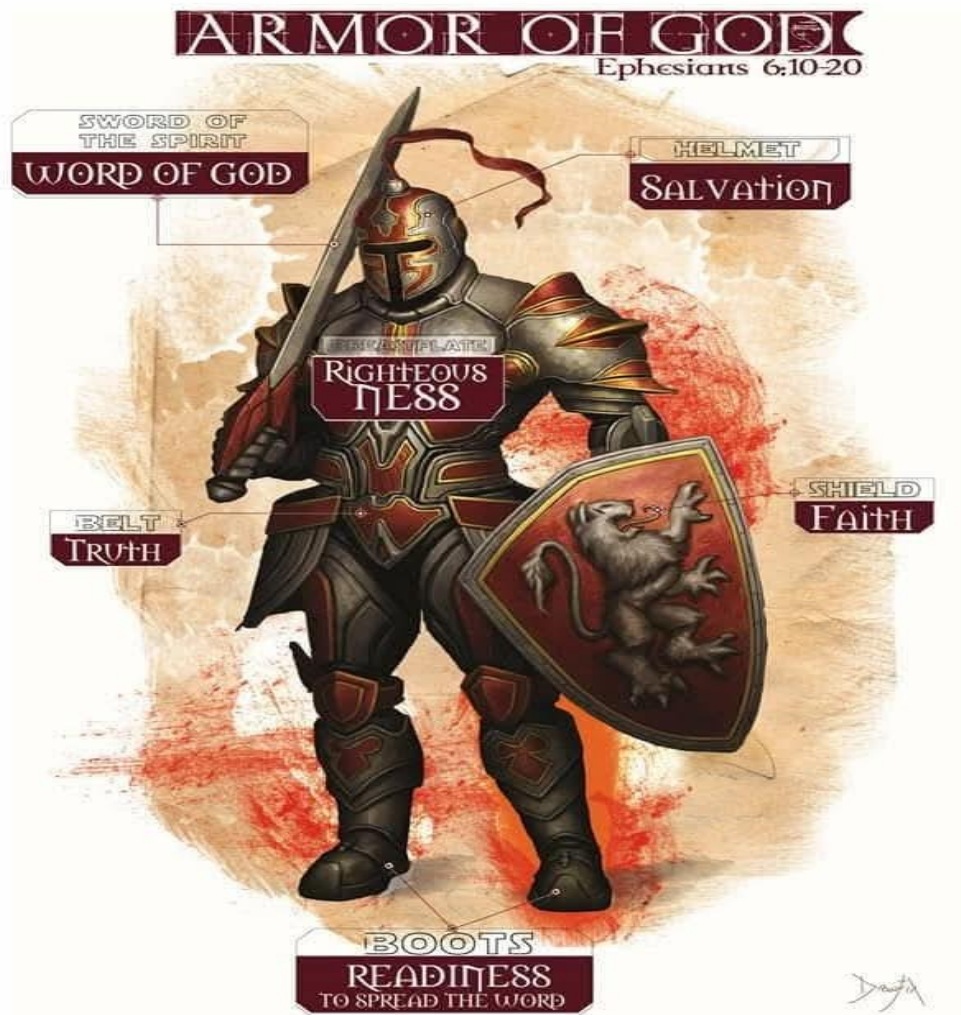


San Bernardino Pastors United

SEPU

Theme 2026

Insulation 2026 – Programmed for Victory “Ephesians 6: 10”



For God has given us the insulation as result of going through the fire and coming out on the other side, on one accord. Sanctified people, making disciples for the next generation of spirit filled warriors.

The Whole Armor of God –Eph 6: 10-20

¹⁰ Finally, my brethren, be strong in the Lord and in the power of His might. ¹¹ Put on the whole armor of God, that you may be able to stand against the ^(a)wiles of the devil. ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of ^(b)the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

[Armor of God](#) is an illustration in the Bible that reminds Christians about the reality of spiritual battle and describes the protection available to them. Each piece of armor has a distinct purpose and means of defense against temptation and evil. The pieces of God's armor as described in [Ephesians 6](#) ESV:

What Is the Armor of God?

- [Belt of Truth](#)
- [Breastplate of Righteousness](#)
- [Shoes of the Gospel of Peace](#)
- [Shield of Faith](#)
- [Helmet of Salvation](#)
- [Sword of the Spirit: Word of God](#)

Armor of God: Bible Passage

“Finally, be strong in the Lord and in his mighty power. Put on the full [armor of God](#), so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

*“Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, and with your feet fitted with the readiness that comes from the **gospel of peace**.*

*“In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.” ([Ephesians 6:10-18](#))*

Daily suiting up in the armor of God can feel abstract. But with prayer and practice, Christians can better understand and implement habits of putting on the full armor of God.

[Ephesians 6:10-18](#) Explained

[The Belt of Truth](#)

“Stand firm then, with the belt of truth buckled around your waist,” ([Ephesians 6:14](#)).

What It Means:

Some translations use a phrase like: “having girded your loins with truth” (NASB). The loin is an uncommon term in modern vernacular. It refers to the lower back but includes the crotch area. In ancient days, men would wear long robes that would get

in the way of work or fighting, so they would wrap up the long, draping material. This was girding up one's loins.

The Lord knew our loins needed to be wrapped in truth. Regardless of our culture or time, the Lord has seen all our paths and how they have hurt and derailed us. He knows we need truth.

Our identity is more than our sexuality, but this is one facet of our lives that we often view as a definer. The first area of life in which the enemy frequently attempts to rattle is our sense of identity. And the things pertaining to sex are easy pickings for him. We need freedom regarding sexuality. We need the truth about who we are. And only Jesus is the Truth that sets us free.

“The first piece of the armor is the belt of truth. Truth, by its very definition, is exclusive. It means something is true, and other things are lies. The evil one is the father of lies ([John 8:44](#)). Every lie finds its origin in him.

“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](#)).”

How to Apply It: Pursue the truth on a specific topic, but don't forget to grab hold of the fullness of Scripture. Don't just study the parts that come easy for devotional reading. Press into the whole counsel of God's word.

- Pray with God's word. Use the word of Truth as a template to guide your prayers.
- Memorize the truth for quicker access when you need it. Cover your world with Scripture on post-it notes, screen savers, décor, and anything that will help you remember God's word in the spiritual battle.

The Breastplate of Righteousness

“...with the breastplate of righteousness in place...” ([Ephesians 6:14](#)).

What It Means:

Righteousness means being made right. Sometimes Scripture refers to righteousness that Christ gives us – His righteousness ([2 Corinthians 5:21](#)). Sometimes, Scripture refers to righteousness that God carries out through us, like “the righteous acts of the saints” ([Revelation 19:8](#)).

In daily spiritual battles, both varieties of righteousness protect the heart. We need the complete righteousness of Christ but also the continuing righteousness that comes as a response to God’s gift.

The enemy tempts us with all kinds of sinful entanglements, but righteousness protects our hearts. God’s instructions are often viewed as killjoys or burdens. But obedience to God protects your heart from being wounded by sin.

How to Apply It:

- Soak in and obey instructions from the Lord. If an area of life feels like it gets easily tangled up in sin, ask a church leader to share some scriptural truths that might help you walk in the Lord’s plan more fully.
- Ask a trusted person to pray for you if you struggle with obedience. All Christians struggle, but none were meant to struggle alone. We make easy targets for the enemy when we do not obey God.

Shoes of the Gospel of Peace

“...and with your feet fitted with the readiness that comes from the gospel of peace” ([Ephesians 6:15](#)).

What It Means:

Peace is an attribute of the Lord's very person and character ([Galatians 5:22](#)). In Greek, "peace" means oneness or wholeness. The gospel, which means good news, is the forgiveness of sins and access to and oneness with God through faith in Christ. This oneness with the Lord produces peace.

Ephesians repeatedly reminds us to "stand" and "stand firm." One of the easiest ways for the enemy to succeed in shaking us loose from standing firm is to tempt us with worry. When we carry anxiousness and worry with us, we are robbed of peace. But the gospel of peace keeps our feet anchored and standing firm.

How to Apply It:

- Ask the daily Lord to remind you of His gospel work on your behalf.
- Set your security and identity in His work and not yours.
- Surround yourself with Scripture about the truth of your place with Christ into your heart. And remove the input that steals your sense of security in Christ.

The Shield of Faith

"In addition to all this, take up the shield of faith," ([Ephesians 6:16](#)).

What It Means:

When Paul wrote this passage, Roman soldiers carried shields that were covered with heavy animal hide. Before a battle, they would dip their shields into the water so that when fiery darts hit them, the wet hide would extinguish the darts.

Similarly, a Christian's shield of faith needs to be regularly dipped in the water of God's word to be replenished and fully functional –

because “faith comes by hearing and hearing by the word of God” ([Romans 10:17](#)).

How to Apply It:

- If your faith feels less confident than you wish it did, ask the Lord to increase your faith ([Mark 9:24](#)).
- Find verses that feed your faith and fill your world with them.
- Set your faith in God’s righteousness, not in a circumstance.

The Helmet of Salvation

“Take the helmet of salvation” ([Ephesians 6:17](#)).

What It Means:

Salvation comes the moment we place our trust in Jesus’ death and [resurrection](#) as the payment for our sin. But salvation is also worked out through a lengthy process of sanctification.

The helmet of salvation (like the breastplate of righteousness) rests on the work of Christ to save us, but also involves us as we journey with the Lord and allow Him to work that salvation into every part of our thoughts. The battlefield of our mind is the primary place spiritual battle is fought. The Lord works His freeing truth into our perspectives while the enemy fights for strongholds to bind us ([John 10:10](#)).

How to Apply It:

- Surrender thoughts that don't line up with Scripture. As [Colossians 3:2](#) says, "Set your minds on things above, not on earthly things."
- Remember the Lord's character and faithfulness in Scripture as well as in your life experience.
- Wash your mind with the renewing of God's Word. As [Romans 12:2](#) says, "Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will."

Sword of the Spirit: Word of God

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

What it Means and How Jesus Applied It

The explanation of this piece of armor is right there in the verse – it is the word of God. And it is the only piece of armor that is both defensive and offensive. Greg Laurie [explains further](#):

"When we are tempted, the most effective weapon that God has given to us as believers is the sword of the Spirit, which is the Word of God.

"Jesus modeled this so beautifully during His temptation in the wilderness. When the devil tried temptation after temptation against Him, Jesus used the sword of the Spirit (see [Luke 4:1-13](#))."

When the devil tempted him three times, Jesus responded with the truth of God's word – every time.