



EPHESIANS

BE STRONG

Jeremiah 12:5

If you have run with the footmen, and they have wearied you, then how can you contend with horses? And if in the land of peace, in which you trusted, they wearied you, then how will you do in the floodplain of the Jordan?



BE STRONG IN THE LORD

Psalm 121:1–2

I will lift up my eyes to the hills—From whence comes my help? My help comes from the Lord, Who made heaven and earth.



WITHSTAND

James 4:7

Therefore submit to God. Resist the devil and he will flee from you.



ARMOR OF GOD

Belt	Truth	Having Girded
Breastplate	Righteousness	Having Put On
Shoes	Peace (Gospel)	Having Shod
Shield	Faith	Above All Taking
Helmet	Salvation	And Take
Sword	Word Of God	And



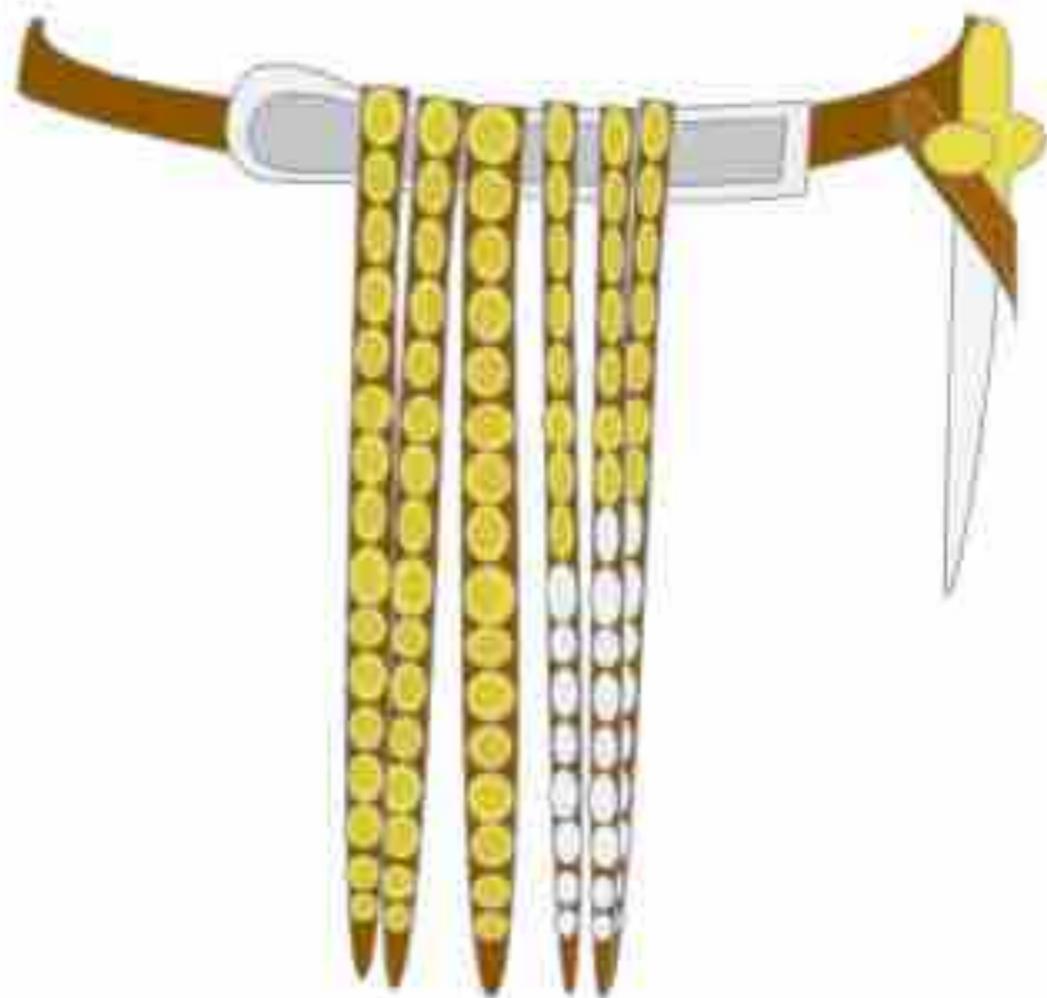
ARMOR OF GOD

Belt	Truth	Know the Truth
Breastplate	Righteousness	Live the Truth
Shoes	Peace (Gospel)	Share the Truth
Shield	Faith	Believe the Truth
Helmet	Salvation	Assured of Truth
Sword	Word Of God	Wield the Truth



ARMOR OF GOD **Belt**

The leather belt was tied around a wool tunic. Connected bronze plates hung from the belt to protect the soldier's groin area.



ARMOR OF LEGIONARY **Cingulum (Girdle or Belt)**

Supports sword, dagger and bronze apron

Worn at all times, even without other armor pieces

ARMOR OF GOD **Belt of Truth**

"Stand therefore, having fastened on the belt of truth..."
Ephesians 6:14a

ARMOR OF GOD **Breastplate**

The iron or bronze scaled armor was built in four sections to cover each shoulder and side of the chest. The plates were sewn to a stiff leather vest, which was put on like a jacket before the front plates were tied with leather straps.



ARMOR OF LEGIONARY
**Loric Segmentata
(Breastplate)**
Guarded vital organs

ARMOR OF GOD
**Breastplate of
Righteousness**

"...and having put on the
breastplate of righteousness..."
Ephesians 6:14b

2 Corinthians 5:21

For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.

ARMOR OF GOD **Breastplate**

The iron or bronze scaled armor was built in four sections to cover each shoulder and side of the chest. The plates were sewn to a stiff leather vest, which was put on like a jacket before the front plates were tied with leather straps.



ARMOR OF LEGIONARY
**Lorica Segmentata
(Breastplate)**
Guarded vital organs

ARMOR OF GOD
**Breastplate of
Righteousness**

"...and having put on the
breastplate of righteousness..."
Ephesians 6:14b

1 Timothy 3:7

Moreover he must have a good testimony among those who are outside, lest he fall into reproach and the snare of the devil.

ARMOR OF GOD Breastplate

The iron or bronze scaled armor was built in four sections to cover each shoulder and side of the chest. The plates were sewn to a stiff leather vest, which was put on like a jacket before the front plates were tied with leather straps.



ARMOR OF LEGIONARY
**Lorica Segmentata
(Breastplate)**
Guarded vital organs

ARMOR OF GOD
**Breastplate of
Righteousness**

"...and having put on the breastplate of righteousness..."
Ephesians 6:14b

ARMOR OF GOD

Sandals

Thick leather soles, embedded with hobnails or bits of rock for increased traction, were tied to the feet with numerous leather straps.



ARMOR OF LEGIONARY

Caligae (Sandals)

Fit for both marching and fighting

Became more comfortable with constant wear

ARMOR OF GOD

Readiness/Preparation of the Gospel of Peace

"...and, as shoes for your feet, having put on the readiness given by the gospel of peace."
Ephesians 6:15

John 16:33

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”

ARMOR OF GOD Sandals

Thick leather soles, embedded with hobnails or bits of rock for increased traction, were tied to the feet with numerous leather straps.



ARMOR OF LEGIONARY Caligae (Sandals)

Fit for both marching and fighting

Became more comfortable with constant wear

ARMOR OF GOD Readiness/Preparation of the Gospel of Peace

“...and, as shoes for your feet, having put on the readiness given by the gospel of peace.”
Ephesians 6:15

Isaiah 52:7

How beautiful upon the mountains
Are the feet of him who brings good news,
Who proclaims peace,
Who brings glad tidings of good things,
Who proclaims salvation,
Who says to Zion,
“Your God reigns!”

ARMOR OF GOD Sandals

Thick leather soles, embedded with hobnails or bits of rock for increased traction, were tied to the feet with numerous leather straps.



ARMOR OF LEGIONARY Caligae (Sandals)

Fit for both marching and fighting

Became more comfortable with constant wear

ARMOR OF GOD Readiness/Preparation of the Gospel of Peace

“...and, as shoes for your feet, having put on the readiness given by the gospel of peace.”

Ephesians 6:15

Romans 10:15

And how shall they preach unless they are sent? As it is written: “How beautiful are the feet of those who preach the gospel of peace, Who bring glad tidings of good things!”

ARMOR OF GOD Sandals

Thick leather soles, embedded with hobnails or bits of rock for increased traction, were tied to the feet with numerous leather straps.



ARMOR OF LEGIONARY Caligae (Sandals)

Fit for both marching and fighting

Became more comfortable with constant wear

ARMOR OF GOD Readiness/Preparation of the Gospel of Peace

“...and, as shoes for your feet, having put on the readiness given by the gospel of peace.”

Ephesians 6:15

ARMOR OF GOD

Shield

The curve was created using three bonded layers of thin wood strips. Covered by linen or leather, the shield was painted according to legion. A bronze rim covered the rounded edges as additional protection.



ARMOR OF LEGIONARY Scutum (Shield)

Overlapping shields allowed soldiers to advance together

Shield was used to defend the entire body, including the back

ARMOR OF GOD

Shield of Faith

“In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one...”
Ephesians 6:16

ARMOR OF GOD

Helmet

The iron helmet was forged from one piece of metal and lined with leather. Crests made of dyed horsehair indicated rank. Plates hung down along the cheeks and another plate protected the back of the neck and shoulders.



ARMOR OF LEGIONARY

Galea (Helmet)

Protected head and neck from enemy attacks

ARMOR OF GOD

Helmet of Salvation

"...and take on the helmet of salvation..." Ephesians 6:17a

1 Thessalonians 5:8

But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation.

ARMOR OF GOD

Helmet

The iron helmet was forged from one piece of metal and lined with leather. Crests made of dyed horsehair indicated rank. Plates hung down along the cheeks and another plate protected the back of the neck and shoulders.



ARMOR OF LEGIONARY Galea (Helmet)

Protected head and neck from enemy attacks

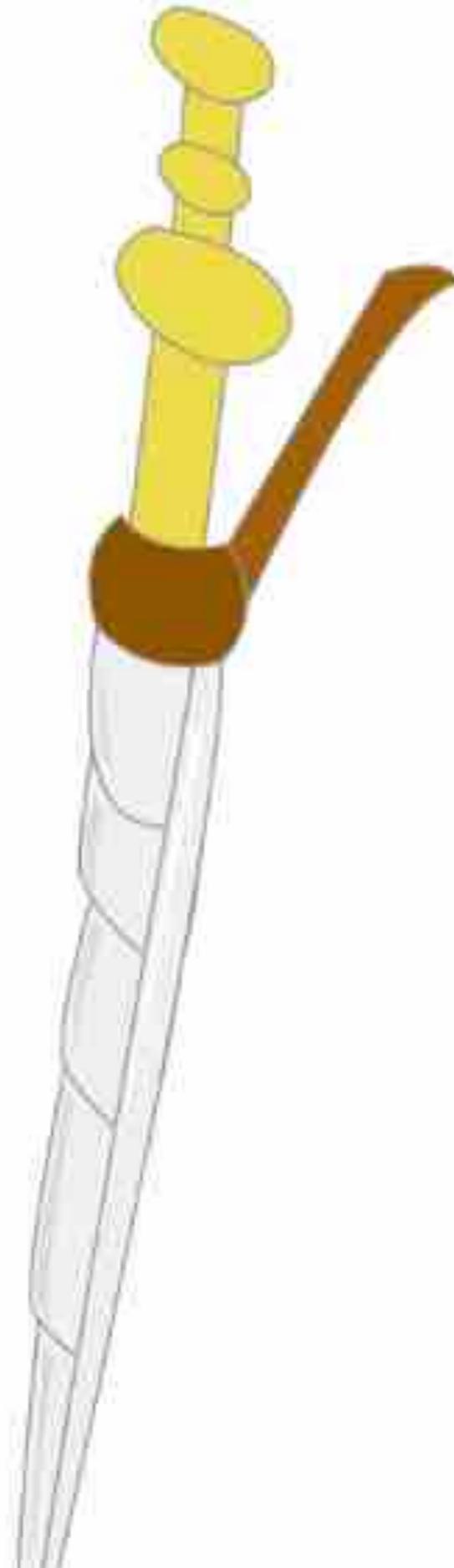
ARMOR OF GOD Helmet of Salvation

"...and take on the helmet of salvation..." Ephesians 6:17a

ARMOR OF GOD

Sword

The sword was carried on the right side and hung from the belt or a leather strap over the shoulder.



ARMOR OF LEGIONARY

Gladius (Sword)

Powerful offensive weapon in the hand of a skilled soldier

Waving it served as a word of warning to the enemy

ARMOR OF GOD

Sword of the Spirit, Word of God

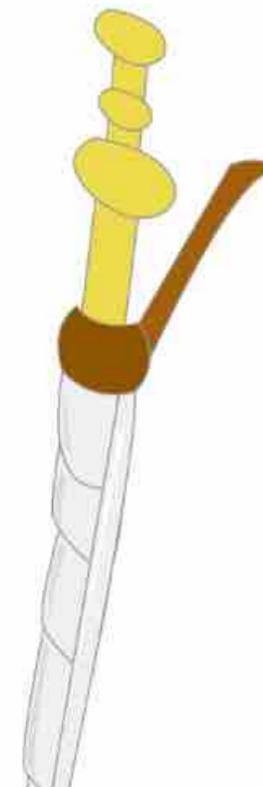
"...and the sword of the Spirit, which is the word of God..."

Hebrews 4:12

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

ARMOR OF GOD **Sword**

The sword was carried on the right side and hung from the belt or a leather strap over the shoulder.



ARMOR OF LEGIONARY **Gladius (Sword)**

Powerful offensive weapon in the hand of a skilled soldier

Waving it served as a word of warning to the enemy

ARMOR OF GOD **Sword of the Spirit, Word of God**

Matthew 4:4

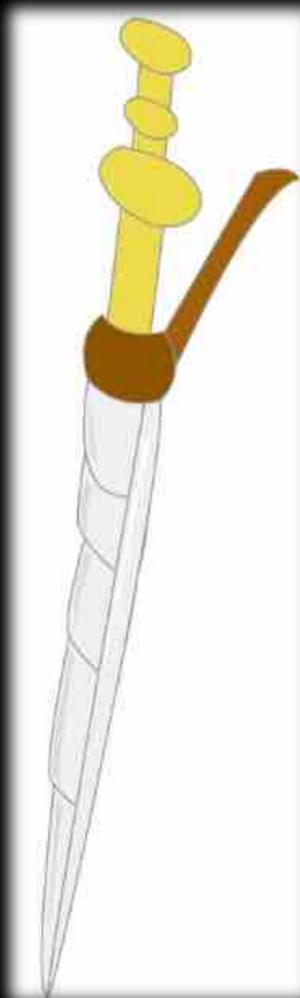
...“It is **written**, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

Matthew 4:7

...“It is **written** again, ‘You shall not tempt the Lord your God.’ ”

Matthew 4:10

...“Away with you, Satan! For it is **written**, ‘You shall worship the Lord your God, and Him only you shall serve.’ ”



1 Peter 5:8

Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.



ARMOR OF GOD

Belt	Truth	Know the Truth
Breastplate	Righteousness	Live the Truth
Shoes	Peace (Gospel)	Share the Truth
Shield	Faith	Believe the Truth
Helmet	Salvation	Assured of Truth
Sword	Word Of God	Wield the Truth



PRAYER

1 Thessalonians 5:17
pray without ceasing





EPHESIANS