

Put On the Full Armor

THE ARMOR OF GOD



Helmet of Salvation

Shield of Faith

Breastplate of
Righteousness

Sword of the Spirit

Gospel of Peace

Belt of Truth



THE BELT — OF — TRUTH

*With the belt of truth buckled
around your waist.*
—Ephesians 6:14

Description of Armor

The belt of truth was named after the leather belt with an apron that hung in front of the Roman soldier’s groin and lower abdomen. Small brass plates were attached to the apron to provide the greatest possible protection.

Historical Background

When preparing for battle, the belt would have been the first piece of protective equipment put on by a soldier. It clung closely to the soldier and shielded some of the most vulnerable areas of his body.

The belt prepares one to be ready for action. Belts were used to tie up the garments so they would not get in the way while fighting. The call to have “your loins girt about with truth” (KJV) is a call to be prepared. Christians always need to be ready to defend themselves against the powers of darkness and not be caught unaware.

You can be prepared in every circumstance, by making certain that you are a person of truth. This includes:

- Knowing the good news about Jesus and explaining why you believe in him.
- Living as a person of integrity, as someone who is honest and trustworthy.

*Live such good lives ... that,
though they accuse you of
doing wrong, they may see your
good deeds and glorify God.*

1 PETER 2:12

Other Biblical Passages

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.
—1 Peter 3:15

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. —John 3:16

Greek or Latin Term

cinculum militare—a leather belt



THE BREASTPLATE OF RIGHTEOUSNESS

*With the breastplate of righteousness
in place. —Ephesians 6:14*

The Roman soldier would have fastened the breastplate around his chest.¹ There were two types of breastplates. The first type was fashioned by joining several broad, curved metal bands together using leather thongs. The other was a type of chain mail constructed by linking small metal rings together until they formed a vest.

The purpose of both types of armor was the same—to protect the soldier’s vital organs. If a soldier failed to wear his breastplate, an arrow could easily reach a soldier’s chest, piercing his heart or lungs.

In Isaiah 59, the Lord puts on “righteousness as a breastplate,” and goes to battle against injustice and corruption, restoring peace and order to the land.

God offers his own righteousness to every believer in Jesus Christ. Righteousness is not something that anyone can gain by doing good deeds. It comes from faith in Jesus Christ (Titus 3:5; Phil. 3:9).

Putting on the breastplate of righteousness means:

- Believing in Jesus and his righteousness, not our own (Gal. 2:20–21).
- Standing firm against injustice and corruption (Lev. 19:15; Heb. 1:9).
- Knowing that God promises his protection against the forces of evil for those who have faith in Jesus (2 Thess. 3:3).



Chain Mail Breastplate

[The Lord’s] own arm worked salvation for him, and his own righteousness sustained him. He put on righteousness as his breastplate. —Isaiah 59:16–17

For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.” —Romans 1:17

This righteousness from God comes through faith in Jesus Christ to all who believe. —Romans 3:22

lorica segmentata—breastplate with metal bands
lorica hamata—chain mail breastplate



FEET PREPARED — WITH THE — GOSPEL OF PEACE

*Your feet fitted with the readiness that comes
from the gospel of peace.*

—Ephesians 6:15

Marching was an essential part of a soldier's life, and no soldier could march far without sturdy shoes. Even before the Roman era, the breaking of a soldier's shoe was a metaphor for weakness or defeat (Isa. 5:27). The Roman soldier's shoes were fashioned from thick leather and studded through the soles with hobnails.²

The studded soles enabled the soldier to stand firm. They kept the soldier's feet from slipping in battle. Without his shoes, a Roman soldier could not maintain his position against his enemies.

The Greek word rendered "preparation" or "readiness" in Ephesians 6:15 can also be translated as "prepared foundation." In other words, a firm basis for a soldier's feet.

The gospel of peace is the good news that we can have peace with God. Before we turned to Jesus, we wanted to live for ourselves. We did not care about God's plans. We were in conflict. But God loves us and made a way of being reconciled with him and living in peace.

The word *peace* has several other uses:

- Absence of conflict among Christians. The Lord wants believers to live in peace and unity with one another (1 Thess. 5:13; John 13:35).
- Absence of worry. This peace is the confidence that God has everything under control.

*In Christ we who are many form one
body, and each member belongs to
all the others.*

ROMANS 12:5

All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men's sins against them. And he has committed to us the message of reconciliation. —2 Cor. 5:18–19

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. —Philippians 4:6–7

caligae—boot, shoe, sandal
caligati—"boot men"³