

## **Put On Your Armor!**

### **Ready:**

“Finally, be strengthened by the Lord and by His vast strength. Put on the full armor of God so that you can stand against the tactics of the Devil.” -- Ephesians 6:10-11

### **Set**

Under Armour sports performance apparel has become one of the hottest brands in sports. The company has “engineered” apparel for athletes to protect them from the cold, the heat and the turf. Athletes from the NFL to NASCAR— and even members of the military — wear Under Armour gear in order to “arm” and protect themselves from the elements and to enhance performance.

As competitors for Christ, we are given a different kind of armor. The FCA Competitor’s Creed states, “My body is the temple of Jesus Christ. I protect it from within and without.” Just as we protect our bodies through intense physical training, we must also protect our hearts and minds by putting on our spiritual armor.

If we step onto the playing field without being physically prepared, our opponent is likely to dominate the competition. We are at a greater risk for injury, and we become a liability to our team.

If we step onto life’s playing field without the full armor of God, then our opponent, the devil, is likely to push us all over the field. We are at a greater risk for moral failure, and we become a liability to our team, Team Jesus Christ.

### **Go**

- Do you put on your spiritual armor each day?
- What does it look like to put on your armor as you train and compete?

### **Workout**

[1 Thessalonians 5:8](#)

[Ephesians 6:10-17](#)

### **Overtime**

“Lord, help me put on Your spiritual armor so that I can stand against the schemes of the devil and be protected from within. Amen.”



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