

## **Be Prepared to Fight, Part 2**

### **Ready:**

“For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand. Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation 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—the word of God.” – Ephesians 6:13-17

### **Set**

Yesterday, we discussed how Satan uses internal schemes to distract and confuse us into sin. The mental and spiritual sides of our lives is something that not many people discuss.

Thankfully, in sports, the conversation around mental health is becoming more and more normal. It's understood that many struggles stem from mental battles that can be solved if the right help is given. We now have sports psychologists, therapists, books, podcasts and many more resources utilized in the sports world to help athletes.

God also gives us resources that help us in our mental fight with Satan. [Ephesians 6:13](#) tells us to put on the “full armor of God.” This is not literal armor but essential truths and resources you need to fight back.

First, the belt of truth is essential because you must know the truth to fight back against the lies the enemy tells you. The armor around your chest is meant to protect your heart and lead you toward righteousness, not deceitfulness. The sandals are so you are always ready to witness God's love to others. The shield is meant to protect you from all of the world's attacks against your faith. Lastly, the helmet and sword protect your mind with the Word of God and to use the Bible as your weapon to fight back.

God knows this world is challenging, but here He is, providing us with armor to fight for His kingdom. He won't remove us from the fight but will prepare us well to achieve victory. We just have to be ready.

### **Go**

- What piece of armor are you lacking in your life?
- How is Satan trying to attack you today?

### **Workout**

Exodus 14:13

Deuteronomy 20:1-4

### **Overtime**

“Lord, You have given us all we need to be ready for battle here on earth. Help us remain steadfast and strong, not distracted or weakened by this world. Help us see where we are leaving gaps that Satan could attack. Strengthen us to be light bearers for Your Kingdom. Amen.”



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