



## Armor Up

We are bombard with to do lists and demands from the moment we wake up. What does your daily to do list look like? It can be easy to lose sight of what is important and what is not. The distractions come and don't stop. In fact, there are days where some of the items on the to do list are distractions themselves.

We need to first understand what our priorities are and why. Without this we can work ourselves into a level of business that we are going and doing without thinking. Simply running on auto pilot driven by the demands of this world. Chasing after what's next we become focused on the future and leave no time in the present to simply be; thus permitting ourselves to be driven by the ruler of this world.

How do we begin to slow down and focus at the present. We are called to do all things as if we are doing them for the Lord. We find this in scripture in Colossians 3:23-24, "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving." This goes from laundry and cooking family dinners to the work you get paid to do and to the volunteer work you give your time to.

To know how to slow down and focus on the present, we need to look to God's word. In Colossians 3:2 it states, "Set your minds on things above, not on earthly things." We need to be in God's word daily, to stay focused on things above. Simply put what we focus on we will "stare" at, which will lead us to "steer" in the direction what we are focusing on. In life we get the option each day to choose what we focus on and what we pursue. God provided us his word on how to live. More specifically God gave us 66

books on how to live according to his will. He even outlines how not to live. Included in these 66 books is how to prepare and armor up each day. A soldier would not think about going out to battle without his armor and neither should we.

Looking at Ephesians 6:13-18 we see how to armor up for battle in this life, “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.”

What does battling up with the armor of God have to do with our daily to do lists? The answer is EVERYTHING! Life is all about choices. In each choice our life moves either toward God or away from God. The enemy distracts us to move us away from God or even knowing God. When we are intentional, we can stand firm on the foundation God has provided us with. To do so we need to be consistent in God’s word and do what it says to do.

We need to soak up God’s word with a passion and a heart posture that is genuinely and truly seeking God and God alone. Once we have our mind set on the things above our focus becomes clear however we still need to stand on guard. Here again God shows us in scripture what we need to do. Looking in 1 Peter 5:8 it states, “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” It is when we let our guard down that the enemy finds a way to distract us and find a spot on our daily to do list. He sneaks his way in to redirect us from where God is moving us to. Please know each one of us is susceptible to this. The more we lean into God the more the enemy will attack. It is through God that we will be able to withstand the enemy, so do not hesitate to lean in; and lean all in.

The battle may be unseen, but it is real and has eternal impacts. Equip yourself in God’s word starting with the armor of God. Build on your faith with the foundation that God has provided. Surround yourself with Christian brothers and sisters. As you focus on the things above and grow in your faith God will show up. God will use you in ways you never thought imaginable. You need to be willing, to have a heart posture for what God

wants and to have a predetermined YES. God will continue to equip you through his word and through the Holy Spirit. Do these things and you will see changes in your daily to do's, in your daily focus. The business of life is a distraction that you can overcome, with God's word and with God's direction. Once you start to see through the clutter and the business be sure to bring some distracted and busy friends with you. Help them to see the LIGHT that calls after each of us.

# ARMOR OF GOD PRAYER

FATHER GOD,  
I PUT ON AND STAND FIRM WITH THE  
BELT OF TRUTH  
BUCKLED AROUND MY WAIST

I AM SAFE AND SECURE WITH THE  
BREASTPLATE OF  
RIGHTEOUSNESS  
GUARDING MY HEART FROM EVIL  
HELPING ME LIVE A LIFE THAT HONORS YOU

I DILIGENTLY PUT ON THE  
GOSPEL SHOES OF PEACE  
WILLING TO GO WHEREVER YOU ASK OF ME

I TAKE AND STAND BEHIND THE  
SHIELD OF FAITH  
PROTECTED AGAINST SATAN'S FIERY DARTS  
OF DOUBT, FEAR, LIES AND DECEIT

NOW ON MY HEAD I PLACE THE  
HELMET OF SALVATION  
KEEPING MY MIND FOCUSED ON YOU

I GRAB HOLD IN MY HANDS THE  
SWORD OF THE SPIRIT  
THE WORD OF GOD, SHARP AND TRUE

*I am prepared to live today in  
spiritual victory in Jesus Name*

AMEN