

# Spiritual Armor: Preparing for Battle

Before I engage any battle today, I get dressed on purpose. I do not walk into my day exposed, reactive, or led by cravings, criticism, or comparison. I clothe myself in the whole armor of God and I agree with heaven about who I am. I am Made for More. I was never meant to be ruled by food, trapped by shame, or bullied by my reflection. I stand with Jesus, and I choose freedom.

**Belt of Truth** - “Lead me in your truth and teach me, for you are the God of my salvation;” Psalm 25:5

I fasten the belt of truth. I reject diet lies, body lies, and identity lies. I am not defined by a number, a mirror, or a moment. I choose what God says about me over what my mind, my cravings, or culture tries to sell me.

**Breastplate of Righteousness** - “Create in me a clean heart, O God, and renew a right spirit within me.” Psalm 51:10

I put on the breastplate of righteousness. My worth is protected in Christ. Shame does not get access to my heart, and food does not get the job of saving me. I am already loved, already chosen, already clean through Jesus.

**Shoes of Peace** - “Great peace have those who love your law; nothing can make them stumble.” Psalm 119:165

I lace up the shoes of peace. I will not rush to comfort myself with food or punish myself with restriction. I walk steady, not frantic. God’s peace leads my choices and keeps me grounded when emotions rise.

**Shield of Faith** - “But you, O Lord, are a shield about me, my glory, and the lifter of my head.” Psalm 3:3

I lift the shield of faith. When temptation, comparison, or self hate comes at me, I block it with trust. God is lifting my head, not condemning me. I believe freedom is possible, and I will not give up on the work God is doing in me.

**Helmet of Salvation** - “The Lord is my light and my salvation; whom shall I fear?” Psalm 27:1

I put on the helmet of salvation. My mind belongs to Jesus. I am not at the mercy of intrusive thoughts, body checking, or the voice that says I will never be enough. I am saved, secure, and being renewed day by day.

**Sword of the Spirit, the Word of God** - “Your word is a lamp to my feet and a light to my path.” Psalm 119:105

I take up the sword of the Spirit. I speak Scripture over cravings, over shame, and over my body. I do not negotiate with lies. I cut them down with truth and I take the next right step in obedience, even when it is small.

**Prayer and Supplication** - “O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!” Psalm 130:2

I commit to prayer and supplication. I do not white knuckle this. I bring urges, insecurity, and triggers to God first. Help is available, grace is fresh, and the Holy Spirit strengthens me in the moment I need it.

Today, I stand firm. I am covered. I am calm. I am led. I am free in Christ. I am Made for More, and I will live like it.