

The Full Armour Of God Spiritual Exercise (Simplified Version)

As you put on the full armour of God, your interaction is primarily with God the Father, Son and Holy Spirit.

Belt of truth (Place hands on your waist)

Good morning Holy Spirit, thank you for being in my life. I alert myself to Your presence and ready myself for the changes You have in store for me. You are the Spirit of Truth sent to teach me all things (Jn. 14:26) so that I would not be ignorant of the devil's devices and would not be taken advantage of by him (2 Cor. 2:11). I renounce all insincerity, foolishness, lies and deception in my heart. Let your light shine into my darkened heart and fill me with your wisdom, knowledge, understanding and discernment that I may see clearly and navigate successfully through this dark and chaotic world. May you grant me the spirit of revelation so that I will be able to see Jesus as He really is and become more like Him with each passing day.

Sorry for grieving and quenching you, Holy Spirit. Alert and sharpen my spiritual senses right now so that I can be more sensitive to your promptings and voice. Help me to exercise my spiritual senses to be able to discern good from evil (Heb. 5:14) and life from death. Gird me now with your truth that sets me free and lead me in paths of righteousness for your Name's sake. I declare that Jehovah Raah (the Lord, My Shepherd) is constantly directing my paths and leading me to green pasture and still waters (Prov. 3:6, Ps. 23:2).

Breastplate of Righteousness (place hands on your chest)

Thank you Lord Jesus for your marvellous love to me and paying the incredible price on the cross for my salvation. I receive your righteousness by faith and I renounce and repent all of my known and unknown sins - sins of commission and omission (*there's no need to dig too deeply into your past; just repent and renounce any specific unconfessed sin the Holy Spirit highlights to you*). I have now no more condemnation or guilt in me for your precious blood is more than able to cleanse my conscience of all my sins (Rm. 8:1).

Through your sacrifice and precious blood shed on the cross I have Your righteousness and full access to your presence. Just as Queen Esther entered into the presence of the king I come now boldly to your throne of grace as the wall/veil separating us has been removed (Heb. 4:16). Through Jesus, I am now accepted as I am and seated with You as Your son (or daughter) in heavenly places, reigning with full authority and dominion as joint-heir, king and priest with You (Rom. 8:17, Rev. 1:6).

What a privilege it is to be identified with You dear Lord, for You are the Son of God, the King of kings and the Lord of lords. In You I find me identity, purpose and destiny. I no longer feel ashamed or inferior to anyone and my worth is founded on Your love and acceptance of me. I am a brand new person, old things have passed away, all things have become new. I declare that I am your favoured child and your presence and blessing are with me wherever I go. As I carry Your presence daily, the mountains/hills (problems and challenges in life) will melt like wax before me (Ps 97:5).

Sandals of Peace (Touch your feet)

Thank you dear Lord for the sandals of the gospel of peace. Let Your peace that passes all understanding take over my life right now. I exchange my fears, cares, worries, anxieties, confusion and everything that weighs me down for Your Shalom peace and

rest that overcomes even the greatest storm. I cast all my cares unto you for You do care for me. I declare: "Peace, be still!" to my turmoil and chaos in my life. I rebuke the spirit of confusion, strife, chaos and fear and I command my affairs to come into God's divine peace and order.

Let the Prince of peace rule in my heart right now as I absorb the atmosphere of heaven and bring it down to my environment around me. Let Your peace saturate the atmosphere around me so that all who interact with me today will be impacted by Your peace. Let the peace of God rule and umpire my heart so that I will know when I doing things out of Your will.

Shield of Faith

Thank you Jesus for the shield of faith You have given me to quench the fiery arrows of doubt and unbelief which the enemy shoots at me. I hereby doubt my doubts and believe I have mountain-moving faith for faith comes from hearing Your Word (Rom 10:17) and not from myself. Since Jesus, the Word of God, is in me and given me a measure of His faith bigger than a mustard seed (Rom. 12:3), I have more than enough faith to command my mountains to be removed and cast into the sea (Mt. 11:23). I cast aside all my disappointments and disillusionments that have robbed me of my faith and I acknowledge that He is working all things together for my good as I love Him and follow His purpose. He is directing my paths and leading me to green pasture and still waters (Prov. 3:6, Ps. 23:2).

I declare that God is faithful and He will work all things together for my good as I love Him and pursue His purposes for my life (Rom 8:28). God will do exceedingly abundantly above all we ask or think, according to the power that works in me. I acknowledge that the King of kings and the Lord of lords has given me the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt me without His permission (Luke 10:19).

I can do all things through Christ who strengthens me. I am more than a conqueror through Him who loved me. I can run through a troop and leap over a wall through the power of Your Holy Spirit (Ps. 18:29). Hallelujah! It is my faith that releases God's overwhelming favour towards me and overcomes the world.

Helmet of Salvation

As I put on the helmet of Salvation over my head, Holy Spirit I invite You to renew my mind with the mind of Christ. I cast down arguments and every high thing that exalts itself against the knowledge of God, bringing every vain thought into captivity to the obedience of Christ (2 Cor. 10:5). I renounce a weary, weak and discouraged mind and put on a mind that is passionate, focused and zealous in the things of God. I renounce a corrupt, wicked and defiled mind and put on a pure and holy mind that seeks first God's righteousness. I renounce a twisted, reprobate and alienated mind that is filled with rejection and put on a sober and sound mind that is free from depression, dementia or Parkinson's disease and one that can think clearly and rationally.

I renounce a spiteful and hateful mind and put on a loving mind that loves You with all my being and my neighbour as myself. I renounce a proud mind that is hardened against God and replace it with a humble, meek and gentle mind that is open to whatever changes God wants in our life. Heal my blinded mind and replace it with a mind of wisdom so that I can see things from your

perspective. Finally, transform and renew my mind from a worldly or carnal mindset and replace it with a spiritual mind that brings life and peace (Rom. 8:5). I renounce all thoughts that are not from You. May my thoughts now be Your thoughts and my ways Your ways.

Sword of the Spirit

I take on the sword of your Spirit which is the Word of God to defeat the traps and schemes of the enemy for my life. I shall not live by bread alone but every Word that proceeds from Your mouth (Mt. 4:4). Lord I repent of my loose and careless words that have opened the door to the enemy and brought curses to me. Forgive me for all my cursing, gossiping and negative words I have ever spoken and cleanse my mouth and tongue today. May my words be spirit and life to those hear them and minister encouragement, life and health to the sick.

Appendix 2 The Full Armour Of God Spiritual Exercise (Expanded Version)

Dear Heavenly Father, I bless and worship you and exalt your holy Name. I thank you that you sent your Son, Jesus to save and deliver me from hell and the grip of Satan. Thank you dear Lord Jesus for sending your Holy Spirit, my ultimate teacher, to empower me and help me grow to be more like you, walking daily in your light and truth.

The Belt of Truth

(Place hands around your waist to indicate that you are putting on the belt of truth)

As I put on the belt of truth, I alert my spirit to the presence of the Holy Spirit within me. Welcome Holy Spirit of truth, come and fill me afresh today till my cup overflows. I renounce every lie and deception in my life as Your Word says that our hearts are most deceitful above all things and desperately wicked (Jer. 17:9). Only You can search my heart and surface my erroneous ways.

Expose and break off every crooked, devious or fraudulent way in my life and grant me the spirit of wisdom, knowledge, understanding, discernment and revelation that I might see Jesus as He really is so that I can make wise and decisive decisions that would a blessing to those around me (Rom. 12:2, Jn. 16:13). May my perceptions be filled with light and clarity of your truth and not be clouded by the enemy so that I can discern the perfect will of God. Help me to be teachable and find godly people whom I can be accountable to. I declare that I have the light of Christ shining in and through me and no darkness can stay within me (1Jn. 1:5; 3:2)

May the eyes of my understanding be enlightened that I may know what is the hope of his calling, the riches of the glory of his inheritance in the saints, and the exceeding greatness of his power to us who believe, according to the working of his mighty power (Eph 1:18-19).

Forgive me Holy Spirit for grieving and quenching you in the past. May my spiritual senses be sensitized and activated right now to your promptings and directions so that I can discern both good and evil (Hebrews 5:14), choosing the path of life over death. You

are Jehovah Raah, the Lord my Shepherd, who will lead me to green pastures, still waters and in the paths of righteousness (Ps 23:1-3). My steps are ordered by You and You are constantly upholding me with Your righteous right hand (Ps. 37:23-24).

Spirit of truth anoint me with fresh oil today that I may be able to preach the gospel to the poor, heal the broken-hearted, set the captives and oppressed free and restore sight of the blind (Luke 4:18). I shall know your truth and your truth will set me free to be the person I'm created to be and fulfill the potential and purpose You have set before me. Let Your truth propel me into Your power and resources so that I can establish your kingdom on earth as it is in heaven.

The Breastplate of Righteousness

(Place your hands over your chest to indicate the putting on of the breastplate of righteousness)

Thank you Holy Spirit for convicting me of my sins and leading me to the cleansing blood of Jesus. Thank you Lord Jesus for shedding your precious blood to cleanse all my sins and removing them as far as the East is from the West (Ps 103:12). I confess and repent of all my sins (1Jn. 1:9) – forgive my trespasses even as I forgive those who have trespassed against me, and lead me not into temptation but deliver me from the evil one (Mt. 6:12-13). Create in me a clean heart and renew a right spirit within me (Ps 51:10).

I forgive those who have offended me and I renounce all my feelings of bitterness, resentment and hatred towards them. Cleanse the cellular memories of all my past hurts and traumatic situations that still affect me today. Father, please reveal any hidden hurts of the past so that I can deal with them adequately. I break all generation curses of unending bitterness that rob me of my blessings and wellbeing. I have great peace because I love Your law and nothing shall offend me (Ps. 119:165). According to Your Word I bless my enemies and pray for them (Mt. 5:44). Take a few moments to allow the Holy Spirit to surface sins that need to be confessed and repented of.

I renounce all my guilt and condemnation that has plagued me all these years *(list specific guilt and condemnation you feel)*, as there is now no condemnation for those in Christ Jesus who walk according to the Spirit and not the flesh (Rom. 8:1). I choose to walk in the Spirit today and operate under the liberating law of the Spirit of life instead of the law of sin and death, which has now no more hold on me (Rom. 8:2). All my ungodly addictions and desires are now broken and replaced by passions that are aligned to your will. I am now a brand new man as all the old things in my life have passed away and all things have become new (2 Cor. 5:17)

I come now boldly to Your throne of grace and recognize my identity as Your son/daughter and heir of the grace of life (Heb. 4:16, Gal. 4:5-7). Thank you Jesus that You gave me the right to become a child of God when I received You into my life and believed in Your Name (Jn. 1:12). I hereby renounce all feelings of insecurity, inferiority and rejection. I now feel so secured seated with you in heavenly places, reigning with You as a king and priest under Your new covenant (Rev. 5:10). From my commanding position I look down on my problems and refuse to be overwhelmed by them anymore. I can now pray more effectively from my heavenly position in Christ (Eph. 1:20, Jas 5:16).

John 1:12

"But as many as received Him, to them He gave the right to become children of God, to those who believe in His name"

Thank you Heavenly Father that I'm your favoured child, beloved and accepted in Christ and I don't have any need to be someone else (Eph. 1:6). I'm uniquely and wonderfully made and only You know how to fulfil the desires of my heart (Ps. 139:14, Ps. 37:4). As your child, I inherit my genes from You and declare that any defective genes in me from my forebears is now made perfect by my Heavenly Father.

I delight to be in your presence for where Your presence is there is fullness of joy and pleasures forevermore (Ps 16:11). Everywhere I go I carry Your sweet presence and the heavenly atmosphere of love, joy, peace and goodness. No mountain (problem) is too great for me because they melt like wax in Your presence (Ps 97:5). I'm truly blessed with every spiritual blessing in heavenly places and I declare from this day that, like Abraham, I'm a blessing everywhere I go (Gal: 3:13, Eph. 1:3). I am blessed to be a blessing!

(Take some time to soak or bathe in God's presence – in an attitude of worship)

The Sandals of Peace

(Touch your feet to symbolize that you are wearing the sandals of peace)

Thank you Jehovah Shalom, the Prince of Peace, for Your sandals of peace. Let Your peace that passes all understanding rule and guard my heart and mind right now as I cast upon You all my cares, anxieties, burdens, worries, fears, confusion, hurts and anything that robs me of the peace and rest in Christ (Col. 3:15, Phil. 4:7, Pet. 5:7).

I will not be anxious about anything but in everything by prayer and supplication, with thanksgiving, I will make requests known to You (Phil 4:6). I thank you Lord that I have no fear for your perfect love for me casts out all fear (1Jn. 4:18). I renounce the fear of missing or losing out (FOMO) and any wrong competitive spirit. I acknowledge that You are directing my paths and Your timing is always perfect. Even when I miss opportunities you can make all things work together for my good because I love you and pursue your purpose (Rom. 8:28). Lord, I come to You now and hand You all my stress and heavy burdens and You will give me Your Sabbath rest. I take Your yoke upon me now and learn from You, for You are gentle and lowly in heart, and my soul will find rest, as Your yoke is easy and Your burden is light (Mat. 11:28-30). My heart shall no longer be troubled for You give me a peace which the world cannot give (Jn. 14:27).

(Take some moments right now in His presence, stretching your hands, cupping to the Lord, handing Him your all fears, cares and burdens, etc. and in exchange for His peace, joy and strength).

Holy Spirit, may your peace be the guiding umpire of my life and if I'm making any wrong hasty decisions or moves that are out of your will, please alert me by removing Your peace from us (Col. 3:15). Help me always to make decisions in the spirit of calmness

and peace for that is the kind of atmosphere you dwell in. Help me to learn from You dear Lord Jesus, for You were never perturbed or hurried about anything, even in a storm.

The Shield of Faith

(Raise your left or right arm depending on whether you are right or left-handed to indicate that you are holding the shield of faith)

Thank you Lord for the shield of faith You have given me to quench the fiery arrows of the devil. You gave me a measure of Your faith when I first believed (Rom 12:3), so I can do all things through Christ who strengthens me and all things are possible for me who believe (Phil. 4:13, Mk. 9:23). I have the victory that overcomes the world, even my faith (1Jn 5:4). In all my trails I am more than a conqueror through Him who loved me (Rom. 8:37).

I quench the fiery arrows of doubt and unbelief from the devil and I cast them away. I doubt my doubts and believe that I have great faith because my faith comes from the Word of God and the Holy Spirit. Thank you Lord that you will do exceedingly above all we ask or think, according to the power that works in me (Eph. 3:20). As I abide in You and Your words abide in me, I shall ask, seek and knock and it shall be done for me (John 15:7). I acknowledge that I have more than enough faith to move all my mountains, even the highest ones. I command all my mountains to be removed and cast into the sea (Mk. 11:23).

(Begin at this stage to name your mountains (challenges) and command them in Jesus' Name to be removed and cast into the sea)

Heal my heart of all disappointments and disillusionments that have come my way. I will not focus on man for he is only human but I will keep my eyes on You, the author and finisher of my faith (Heb. 12:1). I refuse to be hindered by my disappointments and believe that you always bless those who trust in you (Ps. 2:12). No good thing will you withhold from me even as I follow You (Ps. 84:11). I refuse to be discouraged or disheartened by my situations as I believe I will see Your goodness on my life in the land of the living from this day forth (Ps.

27:13).

Helmet of Salvation

(Place your hand on your head to put on the spiritual helmet that covers your mind)

Thank you Lord Jesus for the helmet of Salvation, which restores my mind. *(Please refer to my notes on the "Biblical States of the Mind" for further details and reference)*. Even as I put on the 8 biblical positive mindsets and renounce the corresponding negative mindsets that drag me down, my mind will be renewed to know God's perfect will (Rom 12:2). I pull down the strongholds in my mind and cast down vain thoughts, arguments and every high thing that exalts itself against the knowledge of God, bringing into captivity every thought to the obedience of Christ (2 Cor. 10:5). I renounce any thought from Satan even as I renew my mind through God's words.

I renounce any weary, sorrowful and fainting mindset and put on a willing, ready and fervent mind that makes me zealous for good works (Tit 2:14). May the joy of the Lord energize me to serve Him with renewed strength.

I renounce any doubtful and double mindedness as I put on a focused and steadfast mind that is not easily shaken by adverse situations.

I renounce any worthless and reprobate (unapproved and rejected by God) mindset and put on a sound and sober mind so that I can think according to God's righteous standards and not the world's relative and ungodly values.

I renounce any scornful or spiteful mindset and replace it with a mind that loves You dear Lord and my neighbour as myself. To fulfil Your greatest commandments I need Your loving mind so that I can love my enemies and the unlovable.

I renounce any proud and hardened mindset and put on a humble Christ-like mind who, though equal with God, made Himself of no reputation, taking the form of a bondservant and humbled Himself and became obedient to the point of death, even the death of the cross (Phil 2:7-8). I renounce any blindness in my thinking and put on a mind filled with godly wisdom and sound judgment.

Finally I renounce any fleshly (carnal) or worldly mindset and put on Your spiritual mind, the mind of Christ, for to be spiritually minded is life and peace but to be fleshly minded is death

(Rom 8:6).

May Your thoughts be my thoughts, Your ways my ways (Is. 55:9). Whatever things are true, noble, just, pure, lovely and of good report, if there is any virtue and praiseworthy, I shall meditate on these things (Phil 4:8). With your mind operating in me I am now not ignorant of Satan's devices and he can no longer take advantage of me (2 Cor. 2:11).

The Sword of the Spirit

(Raise your hand as though you were holding a sword in an attacking position)

Thank you Lord for the Sword of the Spirit, which is the Word of God. I take it up now as the final piece of my armour against the wiles of the devil. I acknowledge that life and death is in the power of my tongue, so help me to be careful in what I say for I would have to give an account for every idle word spoken in the day of judgment (Prov. 18:21, Mt. 12:36). I renounce the devil's words and my own negative fleshly words.

I shall not live by bread alone but by every word (*Rhema*) that proceeds from Your mouth (Mt. 4:4). May my words be spirit and life those who hear them and health to all their bodies (Jn. 6:63, Prov. 4:22). May my words be living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and discerning the thoughts and intents of the heart (Heb. 4:12).

I call into existence the things which You have intended for my life and take the sword of the Spirit to cut off those things that are hindering Your good plans for me from coming into fruition (Rom. 4:17). I declare life to the dead aspects of my spiritual life and I affirm that His thoughts toward me are thoughts of peace and not evil, to give me a future and a hope (Jer. 29:11).

Even as I affirm Your promises to my situation, I declare that Your Word that goes forth from my mouth will not return to me void but it shall accomplish God's purpose and prosper in the thing for which it is sent (Is. 55:11).

In accordance to the Genesis account of creation (Gen. 1), I declare:

- Let there be light (clarifying my vision and revelation) in my life and no darkness at all. Let God's wisdom, knowledge, understanding, discernment and revelation be granted that I may have God's perspective on my situation
- "Let there be an atmosphere of God's presence (*filled with love, joy, peace, etc.*) here on earth as it is in heaven (*you can declare this atmosphere to wherever you want it – your life, home, church, school, workplace, city, nation, etc.*)
- "Let there be a separation of undesirable things in my life and clarity of God's boundaries for my life and family"
- "Let there be God's rule or reign over my daily schedule and priorities and as well as clear understanding of the seasons of my life "
- "Let there be fruitfulness, multiplication and creativity in all my endeavours", and
- "Let there be God's anointing, authority, dominion, wisdom and power in all my undertakings.
- Finally, let me enter into Your Sabbath rest.

The last portion of the armour of God passage (Eph. 6:17) deals with prayer – all kinds of prayer.

Ephesians 6:17-18

¹⁷...the sword of the Spirit, which is the word of God; ¹⁸praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints..."

The sword of the Holy Spirit is not only manifested in our speech but more so in prayer. Praying in the Spirit involves praying in tongues as well as declaring or decreeing God's Word to our situation. Hence, verse 18 of Ephesians 6 is merely an extension of the last piece of the armour – the sword of the Spirit. Notice that it is the sword of the Holy Spirit and not our spirit. In other words, the word that is used must be the anointed "*Rhema*" (the proceeding Word from God) and this comes from hearing the voice of the Holy Spirit. The voice of the Spirit can come in various forms but it needs to be translated into His sharp anointed word that is quick and powerful, piercing deep into people's lives to cleanse, heal, restore and set them free.

Please refer to the decrees listed for you relevant to your needs – be it in the area of healing, finances or relationships.