

# 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.

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