

# ARMOR OF GOD Ephesians 6:13-18 Meditation Playlist: 24 minutes Upbeat Playlist: 17 minutes Contemporary Playlist: 35 minutes

# **Belt of Truth**

### Having a Foundation of Truth

Meditation
Can You Hear Your Heart

<u>Upbeat</u> I'm Yours <u>Contemporary</u> Glory

He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created. James 1:18

When the Advocate comes, whom I will send to you from the Father – the Spirit of truth who goes out from the Father – he will testify about me. John 15:26

Lord, who may dwell in your sacred tent?
Who may live on your holy mountain?
The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart. Psalm 15:1-2

This is the one who came by water and blood – Jesus Christ. He did not come by water only, but by water and blood. And it is the Spirit who testifies, because the Spirit is the truth. 1 John 5:6

So I will always remind you of these things, even though you know them and are firmly established in the truth you now have. 2 Pet. 1:12

Yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. 1 Cor. 8:6

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth. 2 Tim. 2:15

...In God's household, which is the church of the living God, the pillar and foundation of the truth. Beyond all question, the mystery from which true godliness springs is great:

He appeared in the flesh,

Was vindicated by the Spirit,

Was seen by angels,

Was preached among the nations,

Was believed on in the world,

was taken up in glory. 1 Tim. 3:15-16

# Breastplate of Righteousness

**Heart of Purity** 

Meditation Time Upbeat Free As Can Be

Contemporary
Amazing Grace

Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart. Psa. 24:3-4

Create in me a pure heart, O God,

And renew a steadfast spirit within me. Psa. 51:10

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. Ez. 36:26

God, who knows the heart, showed that he accepted them by giving the Holy Spirit to them...for he purified their hearts by faith. Acts. 15:8-9

Let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience. Heb. 10:22

How can a young person stay on the path of purity?

By living according to your word. Psa. 119:9

Pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. 2 Tim. 2:22

Above all else, guard your heart, for everything you do flows from it. Prov. 4:23

May these words of my mouth and this meditation of my heart be pleasing in your sight,

Lord, my Rock and my Redeemer. Psalm 19:14

# Feet fitted with readiness that comes from the gospel of peace

### Firmly grounded in peace

Meditation
Rooftop Kiss

<u>Upbeat</u>
All the Good Times

Contemporary
Is. 48 - Peace

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27

Have no fear of sudden disaster or of the ruin that overtakes the wicked. For the Lord will be at your side and will keep your foot from being snared. Prov. 3:25-26

Because of the tender mercy of our God, by which the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace. Luke 1:78-79

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psa. 23:4

So do not fear, for I am with you;

Do not be dismayed, for I am your God.

I will strengthen you and help you;

I will uphold you with my righteous right hand. Isaiah 41:10

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33

The Lord bless you and keep you;
The Lord make his face shine on you
And be gracious to you;
The Lord turn his face toward
you and give you peace. Num. 6:24-26

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3

If only you had paid attention to my commands, your peace would have been like a river, your well-being like the waves of the sea. Isaiah 48:18

# Shield of faith - Extinguish the flaming arrows of the evil one

Eyes fixed on things above

Meditation Honor <u>Upbeat</u> The Expedition

Contemporary
Eyes Fixed

I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Psa. 16:8

Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eye on Jesus, the pioneer and perfecter of faith. Heb. 12:1-2

Now faith is confidence in what we hope for and assurance about what we do not see. By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible. Heb. 11:1,3

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 cor. 4:18

"Don't be afraid," the prophet answered. "Those who are with us are more than those who are with them." And Elisha prayed, "Open his eyes, Lord, so that he may see." Then the Lord opened the servant's eyes; and he looked and saw the hills full of horses and chariots of fire all around Elisha. 2 Kings 6:16-17

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory. Col. 3:1-4

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 2 Cor. 10:3-4

# Helmet of Salvation

### Mind transformed by Christ

Meditation

A Hymn for Lawrence

Upbeat
Blue Brook

Contemporary
Power In The Cross

Whenever anyone turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, which comes from the Lord, who is the Spirit. 2 Cor. 3:16-18

Because Jesus lives forever, he has a permanent priesthood. Therefore, he is able to save completely those who come to God through him, because he always lives to intercede for them. Heb. 7:24-25

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

Rom. 10:9-10

For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ. 2 cor 4:6

Arise, shine, for your light has come, and the glory of the Lord rises upon you. Isaiah 60:1

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Isaiah 58:8

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Tim. 1:7

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Philippians 4:8

He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior. Titus 3:5-6

# Sword of the Spirit

### Wielding the Word

Meditation

I Will Not Forget You

<u>Upbeat</u> Ukulele Fun Contemporary
Word of God Speak

In the beginning was the Word, and the Word was with God, and the Word was God.

John 1:1

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. Luke 10:19

"Not by might nor by power, but by my Spirit," says the Lord Almighty. zech. 4:6

Heaven and earth will pass away, but my words will never pass away. Matt. 24:35

Sanctify them by the truth; your word is truth. John 17:17

"All people are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, but the word of the Lord endures forever." 1 Peter 1:23-24

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Heb. 4:12

The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. John 6:63

Your word is a lamp for my feet, a light on my path. Psalm 119:105

# Pray in Spirit on all occasions

### Covered in prayer

Meditation
Love Changes Everything

<u>Upbeat</u> Life in Peace

<u>Contemporary</u> Abide

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. James 5:13-15

But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. Psalm 3:3

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation.

He is my stronghold, my refuge and my savior...

I called to the Lord, who is worthy of praise, and have been saved from my enemies. 2 Sam. 22:2-4

In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue. Psalm 31:1-2

My prayer is not that you take them out of the world but that you protect them from the evil one. John 17:15