

FREE PRINTABLE • KING JAMES VERSION



7-Day Armor of God Scripture Study

One piece of the armour each day • Ephesians 6

Reading • Key verse (KJV) • Reflection • Check it off

“Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.”

EPHESIANS 6:11 (KJV)

BYSRIPTURE

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BEFORE YOU BEGIN

How to Use This Study

Paul calls believers to put on the whole armour of God—not once, but daily. For seven days, take one piece at a time from Ephesians 6:10–18: truth, righteousness, peace, faith, salvation, the Word, and prayer. Use it anytime you need courage for spiritual battle.

- 1 Read.** Open your Bible to the day's passage. Read it slowly—aloud if you can.
- 2 Notice.** Read the printed key verse (KJV). Underline a word that stands out.
- 3 Reflect.** Answer the prompt on the lines below. Be honest and specific.
- 4 Pray.** Ask God to help you “put on” that piece of armour today.
- 5 Check it off.** Tick the box and color the tracker. Missed a day? Just pick up today.

“Finally, my brethren, be strong in the Lord, and in the power of his might.”

EPHESIANS 6:10 (KJV)

MY 7-DAY ARMOR TRACKER

Color each shield-day as you finish it.



1

Truth



2

Right.



3

Peace



4

Faith



5

Salv.



6

Sword



7

Pray

THE SEVEN PIECES

1. Belt of Truth
2. Breastplate of Righteousness
3. Gospel of Peace
4. Shield of Faith
5. Helmet of Salvation
6. Sword of the Spirit
7. Praying Always

Day 1 – 3

DAY

1

Belt of Truth

Read Ephesians 6:10-14

done ☐

“And ye shall know the truth, and the truth shall make you free.”

JOHN 8:32 (KJV)

Reflect: Where is truth under pressure in your life right now—speech, habits, or hidden corners? Name one place you will walk in truth today.

DAY

2

Breastplate of Righteousness

Read Ephesians 6:14; 2 Corinthians 5:21

done ☐

“For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.”

2 CORINTHIANS 5:21 (KJV)

Reflect: Christ’s righteousness covers you—not your performance. Where are you tempted to trust your own “goodness” instead of His?

DAY

3

Gospel of Peace

Read Ephesians 6:15

done ☐

“And your feet shod with the preparation of the gospel of peace;”

EPHESIANS 6:15 (KJV)

Reflect: Feet ready with the gospel of peace: where do you need to stand (or go) with Christ’s peace this week? Write one concrete step.

Day 4 – 6

DAY

4

Shield of Faith

done ☐

Read Ephesians 6:16

“Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.”

EPHESIANS 6:16 (KJV)

Reflect: What “fiery dart” (fear, accusation, doubt) is flying at you? How will faith quench it—one promise of God you will hold up?

DAY

5

Helmet of Salvation

done ☐

Read Ephesians 6:17; Acts 4:12

“Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.”

ACTS 4:12 (KJV)

Reflect: Salvation guards the mind. What thought about your security in Christ do you need to put on like a helmet today?

DAY

6

Sword of the Spirit

done ☐

Read Ephesians 6:17; Hebrews 4:12

“For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart.”

HEBREWS 4:12 (KJV)

Reflect: The Word is your sword. Write one verse you will carry (speak or memorize) when temptation or discouragement comes.

Day 7

DAY

7

Praying Always

Read Ephesians 6:18

done ☐

“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”

EPHESIANS 6:18 (KJV)

Reflect: Armor is incomplete without prayer. List two people (“all saints”) you will pray for with perseverance this week.

STAND-FIRM CARD

Keep this card where you will see it when the battle feels heavy.



Be Strong and of a Good Courage

“Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.”

JOSHUA 1:9 (KJV)

Lord, help me put on Your whole armour today.

Truth. Righteousness. Peace. Faith. Salvation. Word. Prayer. Amen.

Keep Standing

Use these pages any day you need to “put on” the armour again. Pair them with more verses on the armor of God, protection, and victory at byscripture.com.

Truth I am standing on

A verse, promise, or honest confession you will not let go of.

Fiery darts to quench

Fears, lies, or accusations—and the shield of faith against each.

Saints I am praying for

Names you will lift with perseverance (Ephesians 6:18).



EPHESIANS 6:13 (KJV)

KEEP THE HABIT GOING

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