The Whole Armor of God

The scriptures teach that we should put on the “whole armor” of God (see Ephesians 6:11–18 and D&C 27:15–18). When we study the scriptures and pray, it’s like we put on armor that helps keep us safe.

**Helmet of Salvation**
A helmet protects the head. We keep our minds safe when we follow Jesus and do what He wants us to do.

**Sword of the Spirit**
A sword helps fight against wrong. The Spirit helps us when we face bad or hard things. Listening to the Spirit helps us stay safe.

**Shield of Faith**
Faith in Jesus Christ protects us like a shield. When we believe in Jesus and try to be like Him, we can make good choices, even when things are hard.

**Girdle of Truth**
A girdle is a belt that helps protect a soldier’s body. Knowing what is true protects us. The gospel is true, and living the gospel makes us strong.

**Breastplate of Righteousness**
The breastplate protects the heart. When we love God with all our heart, we try to keep His commandments. We are blessed when we choose the right.

**Shoes of the Preparation of Peace**
Shoes protect the feet. We try to follow Jesus Christ’s footsteps so we can live with Him someday.

**What can you do every day to keep your spirit safe and happy?**