

A close-up photograph of a weathered, dark metal helmet, likely from a historical or military context. The helmet features two prominent eye holes. The metal is heavily textured with rust and wear, particularly around the edges and the eye holes. The lighting is dramatic, highlighting the metallic sheen and the rough, corroded surfaces. The background is dark and out of focus.

PROJECT 412
SPIRITUAL
WARFARE
DEVOTIONAL JOURNAL

SUNDAY

WARRIOR GOD

1. What do you think of when you think of war?
2. What are words you think of when you think of God?
3. As you read these verses keep in mind David was a man who followed God with all of his heart. The Bible says “He was a man after God’s own heart.” Try to picture God in the way David describes Him.

Psalm 35:1-3 “O LORD, oppose those who oppose me. Declare war on those who are attacking me. Put on your armor, and take up your shield. Prepare for battle, and come to my aid. Lift up your spear and javelin and block the way of my enemies. Let me hear you say, ‘I am your salvation!’

4. What character qualities do you see about God in these verses? (personality, nature, basically who is God)?
5. Have you ever thought of God as a warrior? Why or why not?
6. David asked God to go to war for Him, how would you feel about asking God to go to war for you?
7. If God, the creator of the universe—angels, demons, nature, people—needs armor, how much do you think you need God’s armor? How would your life be different if you were always ready for the battle?

MONDAY

BELT OF TRUTH

LITTLE WHITE LIE

Think about a time in your life when you told a really big lie – what did you lie about and how did you feel before and after you lied?

How do you feel when someone lies to you? What happens in your relationship when they lie?

(A little background)

One day Jesus was talking to people who claimed to follow God and He told them a little background about Satan:

John 8:44b “He (The Devil) was a murderer from the beginning and has always hated the truth. There is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies.”

Why would Satan want to lie to you?

What are lies Satan is telling to you?

What truth do you need to fight the lies?

How can you help other people find God’s truth for their lives?

TUESDAY

BELT OF TRUTH

COLD, HARD FACTS

Colossians 1:6, 9-14 "This same Good News that came to you is going out all over the world. It is changing lives everywhere, just as it changed yours that very first day you heard and understood the truth about God's great kindness to sinners.

We ask God to give you a complete understanding of what he wants to do in your lives, and we ask him to make you wise with spiritual wisdom. Then the way you live will always honor and please the Lord, and you will continually do good, kind things for others. All the while, you will learn to know God better and better.

We also pray that you will be strengthened with his glorious power so that you will have all the patience and endurance you need. May you be filled with joy, always thanking the Father, who has enabled you to share the inheritance that belongs to God's holy people, who live in the light. For he has rescued us from the one who rules in the kingdom of darkness, and he has brought us into the Kingdom of his dear Son. God has purchased our freedom with his blood and has forgiven all our sins."

Do you ever feel like you do not know what God wants you to do?

What do these verses say will be the benefit of becoming wise?

How does this passage say you can know God better?

Why do you think truth would be referred to as a belt?

WEDNESDAY

BELT OF TRUTH

MOMENT OF TRUTH

Philippians 4: 6-9 “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, 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. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Right after this passage says, ‘God’s peace will guard your hearts and minds’ it gives a list of things to think about. Does this list reflect how you think? In what ways does it or doesn’t?

How do you think your thoughts affect how you see truth?

How does it make you feel when you hear “The God of peace will be with you”?

What do these verses show you about God?

THURSDAY

BREASTPLATE OF RIGHTEOUSNESS

PROTECT YOURSELF

What does a breastplate protect, why would it be important?

Why do you think a soldier would wear a breastplate?

Since righteousness means you are living in a way to become right with God, why do you think the breastplate would be a visual example for righteousness?

What are areas in your life need to be protected to enhance your relationship with God? How will becoming more like God help you in these areas?

What do you need to do to become more like God?

FRIDAY

BREASTPLATE OF RIGHTEOUSNESS

WARRIORS OF VIRTUE

What are areas in your life where you feel like you are not like God?

What needs to change in your life for you to become more like God?

Write out the areas of your life you want to change and pray the verse below as you ask God to make you more like Him.

Psalm 5:8 "Lead me in the right path, O LORD, or my enemies will conquer me. Tell me clearly what to do, and show me which way to turn."

SATURDAY

BREASTPLATE OF RIGHTEOUSNESS

THE HOW TO...

What in your life makes you want to do things you know are not honoring to God?

How would you live differently if you knew someone you respect (Justin “hopefully”, your small group leader, your Mom or Dad) was watching you all the time?

How would you live differently if you knew someone younger than you was watching what you do to make their decisions in life?

II Cor. 5:20-21 “We’re Christ’s representatives. God uses us to persuade men and women to drop their differences and enter into God’s work of making things right between them. We’re speaking for Christ himself now: Become friends with God; he’s already a friend with you. How? you say. In Christ. God put the wrong on him who never did anything wrong, so we could be put right with God (righteous).”

How do these verses influence the way you want to live your life?

What do you want to keep the same and what needs to change?

MONDAY

SHOES OF PEACE



PEACE OUT!

Do you ever feel like everything in your life is just not okay? Are there times when you feel distant from God, other people or even yourself?

Right before Jesus left this world He told His disciples this:

*John 14:27 "I am leaving you with a gift—peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid."
In what areas do you feel at peace?*

Where do you need peace?

From this verse what characteristics do you see about God?

How do you want this verse to affect the way you live your life? How can it help you live in peace?

TUESDAY

SHOES OF PEACE



SIMMER DOWN!

Do you ever feel like you get worried about life? Maybe you are worried about the future, relationships with your friends, your family, financial issues, etc. Normally you worry about situations you don't have control over; issues close to your heart and issues overwhelming your mind. It is easy to get down about the uncertainty of life.

Paul addresses the issue of worrying at the end of his letter to a group of people who live in a place called Philippi. This is the advice Paul gives these people:

Philippians 4:6-7 "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

What do you see about the character of God in these verses?

Why would God want His people to tell Him what they need & thank Him?

What do you think is God's peace? In what way could it be better than anything you could ever imagine?

Ephesians 6:15 says "For shoes, put on the peace that comes from the Good News, so that you will be fully prepared." What correlation do you see between peace as the armor protecting your feet and peace guarding your hearts and minds?

WEDNESDAY

SHOES OF PEACE



STICK WITH IT!

Proverbs 3:1-6 “My child, never forget the things I have taught you. Store my commands in your heart, for they will give you a long and satisfying life. Never let loyalty and kindness get away from you! Wear them like a necklace; write them deep within your heart. Then you will find favor with both God and people, and you will gain a good reputation.

Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths.”

Do you ever feel like you want to get closer to God but you don't know where to start? Do you feel like reading the Bible will help, but you don't know what to read? (If you would like some help knowing where to start ask any core group leader, we would love to help you find a Bible you understand and passages that will help you know God more!)

What do these verses say will help you follow God daily?

What do you think it means to “Seek His will”?

THURSDAY

SHIELD OF FAITH

CAN YOU BELIEVE THAT?!

How would you define faith?

When are times you feel like you need faith?

Hebrews 11:1 "What is faith? It is the confident assurance that what we hope for is going to happen. It is the evidence of things we cannot yet see."

Faith can be a subject that can be a little bit complicated. Some people think of faith as something they need when they are going through hard times, and yet, faith is needed just as much when things are going well.

Since Faith is a trust in God for things we cannot see right now, do you think it is harder to have faith when things are hard or when things are good?

What is something you hope is going to happen that you cannot see yet?

FRIDAY

SHIELD OF FAITH

TALK IT UP!

What do you think of when you hear the phrase “Share your faith”?

Why do you think sharing your faith is important?

Philemon 1:5-6 “I pray that you may be active in sharing your faith, so that you will have a full understanding of every good thing we have in Christ. Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the saints.”

Why do these verses say to be active in sharing your faith?

How does sharing your faith show love?

SATURDAY

SHIELD OF FAITH

FAITH LIES WITHIN

Do you ever feel like you are trying to live your life on your own? Explain.

When you think about living your life for God what are your fears?

Right before Joshua was asked to step up and be the head leader of God's people, this is the message God gave to Joshua:

Joshua 1:6-9 "I will not fail you or abandon you. Be strong and courageous, for you will lead my people to possess all the land I swore to give their ancestors. Be strong and very courageous. Obey all the laws Moses gave you. Do not turn away from them, and you will be successful in everything you do. Study this Book of the Law continually. Meditate on it day and night so you may be sure to obey all that is written in it. Only then will you succeed. I command you—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."

What words or phrases do you see repeated in these verses? Why do you think they are repeated?

How do these verses say you will be successful?

How do you see God encouraging Joshua in his faith?

What challenges you in these verses to have faith or to strengthen your faith?

MONDAY

HELMET OF SALVATION & SWORD OF THE SPIRIT

GOD SHAPED HOLE

How many times a day do you feel alone or see someone who is alone?

Something's Missing **John Mayer**

*I'm not alone
I wish I was
Cause then I'd know I was down because
I couldn't find a friend around
To love me like they do right now
They do right now*

*I'm dizzy from the shopping mall
I searched for joy but I bought it all
It doesn't help the hunger pains
And a thirst I'd have to drown first to ever satiate*

*Something's missing
And I don't know how to fix it
Something's missing
And I don't know what it is
At all*

*When autumn comes
It doesn't ask
It just walks in where it left you last
You never know when it starts
Until there's fog inside the glass around your summer heart*

*Something's missing
And I don't know how to fix it
Something's missing
And I don't know what it is
At all*

*I can't be sure that this state of mine
Is not of my own design
I wish there was an over-the-counter test
For loneliness
For loneliness like this*

*Something's missing
And I don't know how to fix it
Something's missing
And I don't know what it is*

*No I don't know what it is
Something's different
And I don't know what it is
No I don't know what it is*

*Friends
(Check)
Money
(Check)
A well slept
(Check)
Opposite sex
(Check)
Guitar
(Check)
Microphone
(Check)
Messages waiting on me when
I come home*

*How come everything I think I need
Always comes with batteries
What do you think it means?*

Do you feel like your life is complete? Why or why not? What do you feel is missing from your life?

The message of the Bible is to bring people back to a right relationship with God. Without Jesus Christ in your life you will never be complete—you will always be missing Him.

What are ways God wants to fill your life?

TUESDAY

HELMET OF SALVATION & SWORD OF THE SPIRIT

GOTTA MAKE SACRIFICES

In ancient times, before Jesus was born, the people who loved God had been told from their priests that God promised to send someone who would be the sacrifice who would save them and make things right with them and God. The people who followed God had to take a perfect animal and sacrifice it any time they did something wrong. Since sin is what keeps us from God there has to be something to bring us back to Him and to make everything right between us and Him. Whenever someone sins the only way that sin can be forgiven is for blood to be given in its place. Blood is the representation of life and that is why blood must be given for sins to be forgiven.

No animal sacrifice could be given that would take care of sin forever—so that is why God sent Jesus to live and die for you. God made the ultimate sacrifice of giving Jesus to die for you – He sent His only Son so you could be made right with God. Jesus came as the only sacrifice needed to bring you back to God!

Salvation from death happens when you believe in God – and yet salvation is not a free pass to live however you want. Salvation is also a life style.

What are ways you are living, or you can live, for God the way Jesus did?

WEDNESDAY

HELMET OF SALVATION & SWORD OF THE SPIRIT

LIVE FOR MORE

Meant To Live Switchfoot

*Fumbling his confidence
And wondering why the world has passed him by
Hoping that he's bid for more than arguments
And failed attempts to fly, fly*

[Chorus]

*We were meant to live for so much more
Have we lost ourselves?
Somewhere we live inside
Somewhere we live inside
We were meant to live for so much more
Have we lost ourselves?
Somewhere we live inside*

*Dreaming about Providence
And whether mice or men have second tries
Maybe we've been livin with our eyes half open
Maybe we're bent and broken, broken*

[Chorus]

*We want more than this world's got to offer
We want more than this world's got to offer
We want more than the wars of our fathers
And everything inside screams for second life, yeah*

*We were meant to live for so much more
Have we lost ourselves?
We were meant to live for so much more
Have we lost ourselves?
We were meant to live for so much more
Have we lost ourselves?
We were meant to live
We were meant to live*

Have you ever felt like you were meant to live for more?

Do you feel like you are living with your eyes half open? In what ways?

In what ways do you feel like your bent and broken?

How can you find the solution to these issues in the Salvation of Jesus Christ?

THURSDAY

HELMET OF SALVATION & SWORD OF THE SPIRIT

DOUBLE EDGED SWORD

Ephesians 6:17b says, “The sword of the Spirit is the Word of God.” As you read this passage keep in mind what Ephesians 6:17b says.

Romans 10:8-10 “Salvation that comes from trusting Christ—which is the message we preach—is already within easy reach. In fact, the Scriptures say, “The message is close at hand; it is on your lips and in your heart.” For if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved.”

Do you ever have questions that you wish you could just call God up and ask Him the answer?

In reality this is a reason God gave us the Bible. When Ephesians says the “Sword of the Spirit is the Word of God” this actually means words coming from God!

From the Romans passage where does Paul say God’s Word is?

What is it that helps you or keeps you from having the Word of God in your lips or in your heart?

FRIDAY

HELMET OF SALVATION & SWORD OF THE SPIRIT

THAT'S LIFE!

Salvation is Here ***Hillsong***

*God above all the world in motion
God above all my hopes and fears
And I don't care what the world throws at me now
I'm gonna be alright*

*Hear the sounds of the generations
Making loud our freedom song
All in all that the world would know Your name
It's gonna be alright*

*Cause I know my God saved the day
And I know His word never fails
And I know my God made a way for me
Salvation is here*

*Salvation is here
Salvation is here and He lives in me
Salvation is here
Salvation that died just to set me free
Salvation is here
Salvation is here and He lives in me
Salvation is here
Cause You are alive and You live in me*

How do these lyrics influence the way you see Salvation?

How do these lyrics influence your interactions with others?

What have you learned about Salvation and the Word of God? How do you want to live differently from what you learned?

SATURDAY

REFLECTION

Your only assignment today is to take another look at the Spiritual armor we've been studying. Get alone with God and thank Him for his continued provision in your life. He is desperate for you. He wants a relationship with you. And, as the Evan Wickham song says "Though the battle rages on, we are certain You are strong." God has already won. But we must fight.

Use the space below to write out a prayer around the armor of God (i.e.: God, as I put on the belt of truth, help me to remember to be honest, to remember the truths of your Word, etc...)