When it was time for David to go out and face the giant Goliath, King Saul dressed David in his own armour. But David took the armour off because he was not used to wearing it, and approached Goliath with only his staff, sling and five stones. (1 Samuel 17:38-40)

Centuries later, armour was still being used by soldiers who were preparing for battle. In the first century A.D., Roman soldiers wore helmets, breastplates, belts, sandals, and carried a shield and sword. Paul made a point of saying that Christians engaging in spiritual warfare do not wear the armour of soldiers - reminiscent of David. (2 Corinthians 10:3-5) We fight with a different kind of armour protecting us. But Paul used the familiar image of a Roman soldier to illustrate the Christian's spiritual armour: truth, righteousness, the Gospel, faith, salvation, and the Word of God. (Ephesians 6:14-17)

Spend time daily meditating on this armour and how it can protect you when you are attacked by Satan.

Ephesians 6:10-11 "Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armour of God, that you may be able to stand against the wiles of Satan."