

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.

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.



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.



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.



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.



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.



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