



Daily Verse and Comment

Ephesians 6:10-14

(10) Finally, my brethren, be strong in the Lord and in the power of His might. (11) Put on the whole armor of God, that you may be able to stand against the wiles of the devil. (12) For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. (13) Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. (14) Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,

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Notice the number of times in these few verses that we are exhorted to stand. We must hold our ground as we fight against the pressures of [Satan](#) and [this world](#). In verse 11, Paul tells us to "stand against" the Devil's tricks. In verse 13, he encourages us to prepare "to withstand in the evil day" and "having done all, to stand." In the next verse, he concludes, "Stand therefore" and put on the armor that [God](#) can supply.

There are two things to notice here. First, we are to stand firm. Paul does not instruct us to be agile or swift of foot. To the contrary, he advises us not to move; we are to stand on a firm foundation, as it were. We are to be securely grounded, rooted and unmoving. A person living a life of integrity is not shifty, but has solid convictions rather than preferences that vary with circumstances.

Second, Paul details the armor we need to "take up." He lists several pieces of "the whole armor of God," but "the breastplate of righteousness" deals mostly closely with integrity.

Most soldiers in Paul's day wore a breastplate, and even today, the most basic protection offered to police and soldiers is the armored or bulletproof vest. The Roman breastplate, primarily made of bronze and backed with leather, was worn around the chest, protecting the heart and other vital organs. In Paul's spiritual analogy, the breastplate guards the heart, the seat of our attitudes and emotions. In other words, if we are to stand firm in the truth, our heart must be protected!

Interestingly, the translation of the New Testament by J.B. Phillips renders "the breastplate of righteousness" as "integrity your breastplate." Paul instructs us to protect our heart, our [love](#), and our emotions with a breastplate of integrity! As part of the equipment each Christian needs to stand firm in the spiritual war we have been recruited to fight, we must fasten integrity right across our chests to provide protection. What happens when a soldier takes off his breastplate? He opens his soft abdomen to attack; he is unprotected! Spiritually, the heart becomes vulnerable, apt to be turned away.

— Mike Ford

To learn more, see:
[Building With Integrity](#)

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