

February 21/22, 2026

“Belt & Breastplate”

Pastor Aaron Buer



Beyond the
Weekend

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2026 Focus: 12 Months of Prayer | **February:** The Spirit’s Help in Prayer

Each month, journey through a different biblical model of prayer.

Day 1 [Proverbs 4:23](#) | Guard Your Heart

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23

Throughout Scripture, God emphasizes the importance of his people protecting their hearts. The book of Proverbs is written by King Solomon, a man who is known for his wisdom yet also has seasons of deep turmoil. Solomon knows that leaving a heart unguarded leads a person far from God. It is probable that he writes about guarding the heart because he needs this message himself. The meaning of “heart” in this verse is the deepest place of a person—their emotions, thoughts and behaviors. Since the heart is the central wellspring of a person’s life, guarding it diligently is key to walking in the fullness God intends.

We would be wise to keep a close watch over our own hearts as well. “Above all else” alludes to this being a central component in our walk with God. Later in the Bible, there is urgency as Paul tells us to protect our hearts and put on the full armor of God ([Ephesians 6:13](#)). As followers of Jesus, we are in a battle against good and evil. We need this protective armor as we go against the deceptive ways of our enemy, Satan. Knowing that the enemy is the father of lies, we are called to guard our hearts, keeping them anchored in truth and under God’s protection. This week we will look at the armor of God and how to put it on in our own lives.

TODAY: Take time to pray Proverbs 4:23 and commit it to memory. Use this verse throughout the week as a prayer to ask God to help you guard your heart.

Day 2 [Ephesians 6:13-14](#) | The Belt

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place. Ephesians 6:13-14

Paul writes to the Ephesians with instruction to put on the full armor of God, and he is intentional about the order each piece is listed. He begins with the belt of truth to be worn around the waist. This truth, God’s Word, is critical to withstand the forces of evil. In Paul’s time, the belt secured a person’s tunic, gathering everything together and providing stability for daily life and battle. Essentially Paul says they need to be wrapped up and held by the truth of God, which is a foundation for believers.

The belt of truth is just as important for us today. The more we know God’s truth, the more effectively we can wear his armor. Rather than viewing this as a competition to see who knows the most, we can embrace it as a lifelong journey of knowing God more deeply. This requires intentionality and time set apart to meditate on his Word. Our attention is constantly pulled by distractions like social media, TV, sports and packed family

schedules, leaving little room for time in the Bible. We must be grounded in truth so we can recognize and resist the enemy's lies.

TODAY: Pray and ask God to reveal what might prevent you from growing in knowledge of the Bible. Confess anything he reveals and ask for strength to build or strengthen habits in his Word.

Day 3 [Ephesians 6:14](#) | The Breastplate

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place. Ephesians 6:14

A Roman soldier heading into battle knows one exposed chest wound could end everything. The breastplate would be used to protect his most valuable organs. Paul uses this metaphor to explain the kind of protection that believers need to withstand the battles of life. The breastplate of righteousness protects their hearts, the deepest part of a believer's spiritual life. Because of Jesus, they are declared both not guilty and perfectly righteous. This righteousness is not gained because of anything done on their own, but because of the work of Jesus on the cross and faith in him ([Philippians 3:8-9](#)).

We can also be made right with God when we have faith in Jesus. Whatever is in our hearts, we're invited to bring it to Jesus and trust him with it. We can turn to him with our feelings of shame, fear and insecurity—whether the shame of a past we can't undo, the fear that we'll never be enough or the insecurity that creeps in when we compare ourselves to others. Because of Jesus, we no longer stand before God marked by guilt or condemnation but fully clothed in his righteousness. Our hearts can be comforted in knowing we are secure, not because of our own abilities but because of Jesus and his work on the cross.

TODAY: If you've never received the gift of salvation through Jesus, you can do so right now. Pray and invite him into your life, receiving his forgiveness through the cross. If you are taking this step for the first time, please email us at btw@adabible.org. Download the lock screen here [iPhone](#) | [iPad](#) to remind yourself that in Christ you are not guilty and perfectly righteous.

Day 4 [Ephesians 6:10-11](#) | Put It On

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. Ephesians 6:10-11

Paul urges believers to not merely understand the armor of God, but to put it on. Earlier in his letter to the Ephesians, he tells them to put off their old selves and put on their new selves (Ephesians 4:22-24). A soldier would need to dress for battle just as a believer needs to choose to live differently. Paul calls believers to the same intentionality. Choosing to follow Jesus renews the mind and reshapes habits and ways of living. Paul says to turn from behaviors such as lying, anger and stealing, and to embrace a Christlike posture of kindness, tenderheartedness and forgiveness ([Ephesians 4:25-32](#)).

We too can know about the armor but never actually put it on. To follow Jesus means to protect ourselves with the armor of God. Submitting to him leads to a life full of joy, peace, meaning and purpose, no matter what comes our way. We can put on the armor by being generous to a neighbor in need, donating money to someone experiencing financial troubles or lending a listening ear to a loved one who is lonely. Wearing the armor is a life that is obedient to the teachings of Jesus.

TODAY: Identify an area of your life where Jesus's words have become good advice rather than true authority. Confess and ask God to help you submit to him. Pray this prayer: "God, I want your authority in _____." Worship with Ada Bible as they sing "[Finished Work of Christ](#)" and thank God for all you have

received in Jesus.



Day 5 [Ephesians 6:18](#) | Pray in the Spirit

This year in Beyond the Weekend, journey through different biblical models of prayer—one each month. February’s focus is The Spirit’s Help in Prayer.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Ephesians 6:18

Paul writes to a group of believers in Ephesus who are facing a wide range of spiritual trials and temptations. As part of his counsel, he instructs them to put on the full armor of God, which will enable them to fight spiritual battles and resist the attacks of the enemy. In the grand conclusion to that armor and defense against temptation, Paul urges these believers to pray. More specifically, he calls them to pray “in the Spirit.” Since they have been sealed with God’s Spirit ([Ephesians 1:13-14](#)), they are to live and pray according to the leading of God’s Spirit.

Just like the church in Ephesus two thousand years ago, we face spiritual battles that require God’s power through prayer. Praying in the Spirit means depending on the Holy Spirit to guide us as we pray. The Spirit empowers us to live and pray as God desires us to—loving others and always “praying for all the Lord’s people” ([Ephesians 6:18](#)). As we immerse ourselves in Scripture, the Spirit aligns our hearts with God’s desires and prompts us to intercede for fellow believers. This way of life requires us to prioritize prayer and time in the Word, allowing the Spirit to transform how we think and pray.

TODAY: Pray in the Spirit by using God’s Word to pray for others. Choose a command or promise from Scripture and turn it into a prayer for someone else. For example, if you choose [Hebrews 13:5](#), you might pray: “Father, please enable _____ to know your presence and be content with your provision.”