



ARMOR OF LIGHT

A SCRIPTURAL FIELD GUIDE
for the Journey

Scriptures to Stand On.
Truths to Speak Out Loud.
Victory to Walk In.

FIND STRENGTH FOR EVERY MOMENT



ANXIETY



ANGER



FEAR



HEALING



SADNESS



LONELINESS



LOST TIME



WEARINESS



IDENTITY
IN CHRIST

“ Submit yourselves, then, to God.
Resist the devil, and he will flee from you.

JAMES 4:7

”

SPEAK THE WORD. CLAIM YOUR VICTORY. WALK IN HIS LIGHT.

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A NOTE FROM THE AUTHOR:

HOW TO USE

Your Armor of Light



I created these pages as a practical weapon for your daily journey. I have personally printed and laminated my own copies to keep by my bedside. By having them ready, I can immediately turn to them whenever the enemy's feelings or lies start to creep into my mind.



Many of us naturally pray to God, asking Him to save us or to make our hardships stop. However, we often miss the vital step of casting the bad spirits away. Jesus left us this **gift of authority**, and reading God's Word directly to the enemy is the exact same strategy Jesus used when He was tempted in the desert.



The enemy is a master at playing tricks on your mind, but there is truly nothing more powerful than reciting God's words back to the devil. Remember, **it is written**. I encourage you to speak these scriptures out loud, there is immense power in declaring the Word over your own life, your body, and your home.



I also suggest keeping these pages in a binder or a dedicated folder so that you can easily flip to exactly the category you need, **the moment you need it**.



HOW TO USE THIS GUIDE

1. RECOGNIZE THE ATTACK

Notice the feeling, thought, or burden trying to take root.



2. TURN TO THE RIGHT PAGE

Flip to the category that matches what you are facing.



3. SPEAK THE WORD

Read the scriptures out loud with faith. God's Word never returns void.



4. PRAY WITH AUTHORITY

Use the prayers on each page to command what doesn't belong to leave.



5. RECEIVE & REST

Invite God's peace, presence, and healing to fill every space.



REMEMBER

-  You have authority in the name of Jesus.
-  It is written. God's Word is your weapon.
-  You are never alone. The Holy Spirit fights with you.
-  Victory is not something you chase. It is what you walk in.
-  We do not fight for victory; we fight from victory.



*“ Submit yourselves, then, to God.
Resist the devil, and he will flee from you. ”*

JAMES 4:7



SPEAK THE WORD. CLAIM YOUR VICTORY. WALK IN HIS LIGHT.

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ARMOR OF LIGHT

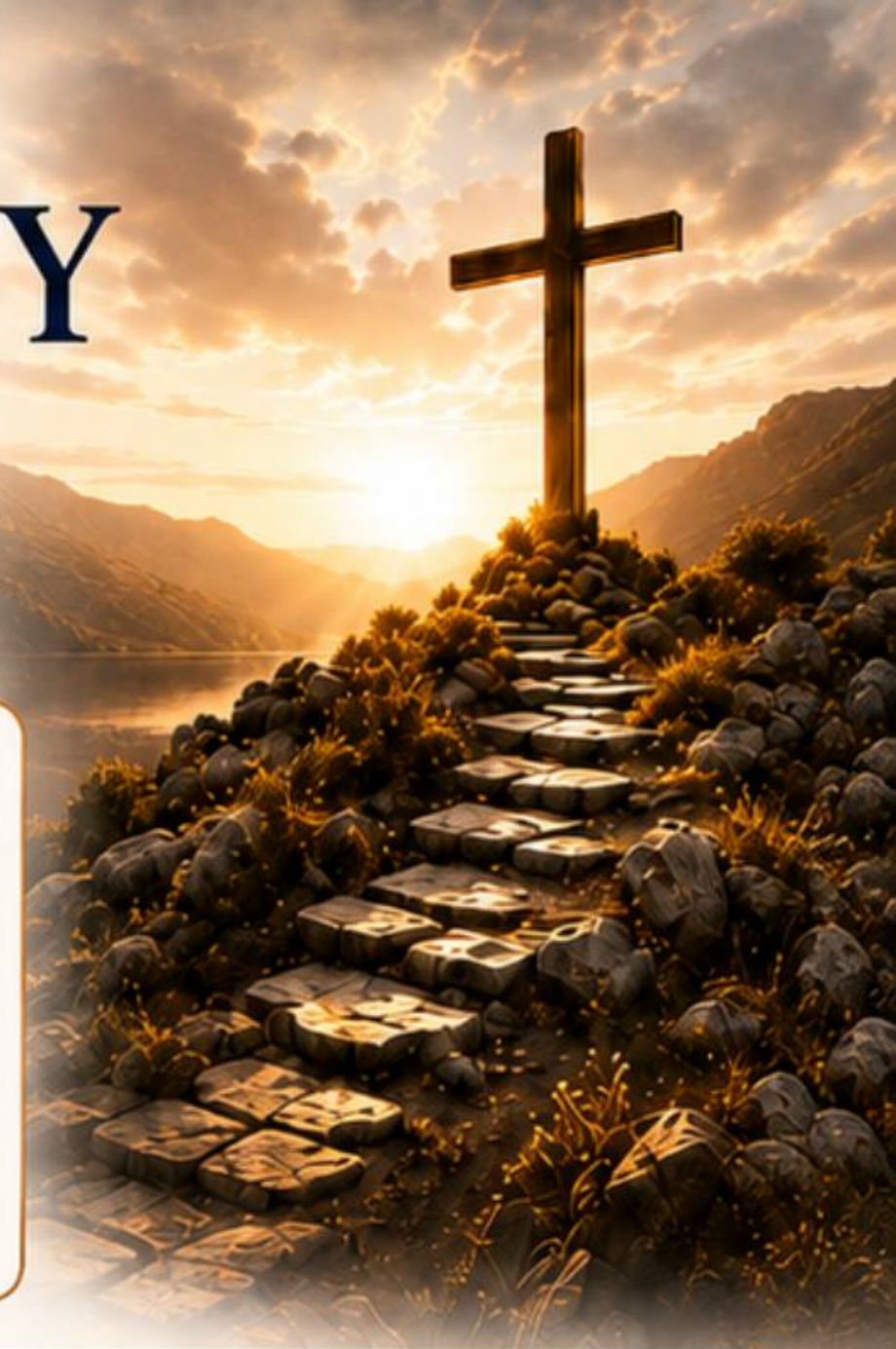
WHEN ANXIETY ATTACKS

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of anxiety/fear/sadness, and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the peace, presence, and healing power of the Holy Spirit. Amen.



IT IS WRITTEN

- | | | |
|---|-------------------|---|
| 1 | Philippians 4:6-7 | "Do not be anxious about anything, but in every situation, 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." |
| 2 | 1 Peter 5:7 | "Cast all your anxiety on him because he cares for you." |
| 3 | Isaiah 41:10 | "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." |
| 4 | John 14:27 | "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." |
| 5 | Psalms 94:19 | "When anxiety was great within me, your consolation brought me joy." |
| 6 | Matthew 6:34 | "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." |



— MORE SCRIPTURES TO STAND ON —

Psalms 56:3-4 • Deuteronomy 31:6 • Isaiah 43:1-2 • 1 John 4:18

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever anxiety tries to return.*

FILL THE SPACE



Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child. I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.



WE FIGHT FROM VICTORY, NOT FOR IT.
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ARMOR OF LIGHT • SCRIPTURES TO STAND ON • TRUTHS TO SPEAK OUT LOUD • VICTORY TO WALK IN



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WHEN FEAR ATTACKS

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of [fear/terror/worry], and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the peace, presence, and healing power of the Holy Spirit. Amen.



IT IS WRITTEN

- | | | |
|---|--------------|---|
| 1 | Psalm 23:4 | "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me." |
| 2 | Isaiah 41:10 | "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." |
| 3 | Joshua 1:9 | "Have I not commanded you? Be strong and courageous. Do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go." |
| 4 | Psalm 27:1 | "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?" |
| 5 | Psalm 34:4 | "I sought the Lord, and he answered me; he delivered me from all my fears." |
| 6 | Psalm 56:3 | "When I am afraid, I put my trust in you." |



MORE SCRIPTURES TO STAND ON

Psalm 94:19 • 2 Timothy 1:7 • Deuteronomy 31:6 • Isaiah 43:1 • 1 John 4:18

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever fear tries to return.*

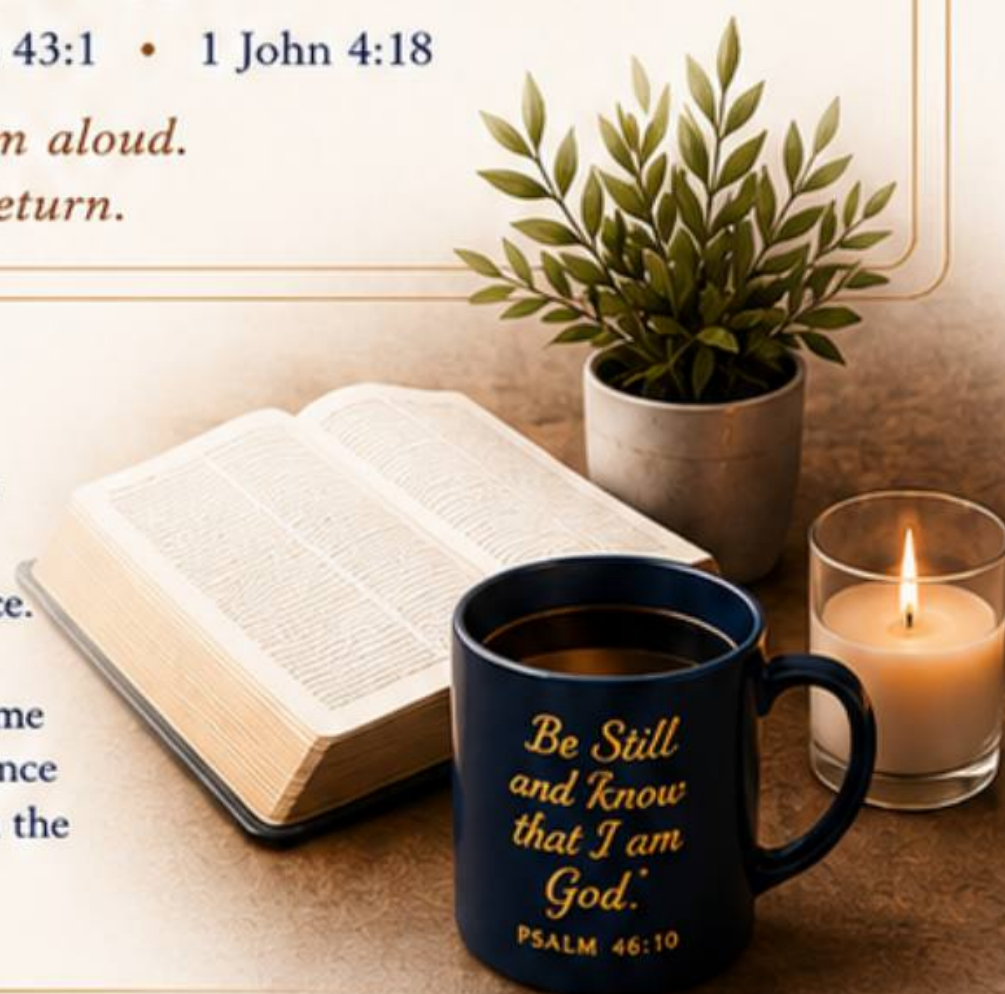
FILL THE SPACE

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, fill every space that has been emptied with Your perfect peace, Your healing light, and Your unwavering presence. I surrender my body, my mind, and my spirit into Your hands, trusting that You are the Great Physician and the Author of my life. Strengthen me with Your power, cover me with Your grace, and let me rest in the assurance of Your love. I am Your child, I am held by You, and I choose to walk in the victory You have secured for me. Thank You, Jesus, for being my refuge and my hope. Amen.



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WHEN LONELINESS ATTACKS

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of loneliness, isolation, rejection, and abandonment, and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the love, presence, and comfort of the Holy Spirit. Amen.

IT IS WRITTEN

- | | | |
|---|------------------|--|
| 1 | Deuteronomy 31:8 | "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." |
| 2 | Isaiah 43:2 | "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you." |
| 3 | Matthew 28:20 | "And surely I am with you always, to the very end of the age." |
| 4 | Psalms 139:7-10 | "Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there." |
| 5 | Hebrews 13:5 | "Never will I leave you; never will I forsake you." |
| 6 | John 14:18 | "I will not leave you as orphans; I will come to you." |



— MORE SCRIPTURES TO STAND ON —

Psalms 27:1 • Psalms 34:18 • Psalms 56:3 • Romans 8:38-39

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever loneliness tries to return.*

FILL THE SPACE

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Thank You that You are always with me, that You will never leave me nor forsake me. Fill every empty place with Your perfect love, surround me with Your presence, and remind me daily that I am never alone, because You are near. Heal any wounds of rejection or abandonment, and help me to rest in Your unfailing love and care. Thank You, Jesus, for being my constant companion and my ever-present help. Amen.



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WHEN EXHAUSTION & Weariness ATTACK

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of exhaustion, burnout, and weariness to leave my body, my mind, and my home immediately. You are not welcome here. I break your hold and declare that God is my strength when I have none. I receive His rest, His renewal, and His daily grace. I command You to go in the name of Jesus, and I fill this space with the power, peace, and restoration of the Holy Spirit. Amen.



IT IS WRITTEN

- 1 Isaiah 40:29–31
“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”
- 2 Matthew 11:28–30
“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
- 3 Psalm 23:2–3
“He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake.”
- 4 2 Corinthians 12:9
“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”
- 5 Psalm 73:26
“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”
- 6 Philippians 4:13
“I can do all things through him who gives me strength.”



— MORE SCRIPTURES TO STAND ON —

Exodus 33:14 • Galatians 6:9 • Psalm 46:10 • Isaiah 30:15

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever exhaustion tries to return.*

FILL THE SPACE

Heavenly Father, I come before You now in the name of Jesus Christ. I lay down every weight, every worry, and every day I’ve tried to carry on my own. I receive Your rest that restores my soul and renews my strength. Breathe Your life into me today. Refresh my body, clear my mind, and lift the heaviness from my heart. Thank You for being my strength when I am weak and my rest when I am weary. I trust You, Lord. You are enough. In Jesus’ name, Amen.



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WHEN MOURNING *Lost Time* ATTACKS

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of regret, shame, grief, and bitterness over lost time, and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the hope, purpose, and healing power of the Holy Spirit. Amen.

IT IS WRITTEN

- | | | |
|---|---------------------------|--|
| 1 | Joel 2:25 (NIV) | "I will repay you for the years the locusts have eaten." |
| 2 | Isaiah 43:18–19 (NIV) | "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?" |
| 3 | Philippians 3:13–14 (NIV) | "Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." |
| 4 | Romans 8:28 (NIV) | "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." |
| 5 | 2 Corinthians 5:17 (NIV) | "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" |
| 6 | Psalms 90:12 (NIV) | "Teach us to number our days, that we may gain a heart of wisdom." |



— MORE SCRIPTURES TO STAND ON —

Lamentations 3:22–23 • Psalm 103:12 • Ephesians 3:20
Proverbs 3:5–6 • Habakkuk 3:19 • 1 Thessalonians 5:16–18

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever mourning over lost time tries to return.*



— FILL THE SPACE —

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now surrender my grief and regret over lost time into Your hands. Lord, heal every wound of the past and replace it with Your hope and purpose. Restore what the enemy has stolen, redeem my days, and order my steps for Your glory. Help me to walk in the new thing You are doing and trust that You are writing a beautiful story with the time I have left. Thank You, Jesus, for Your mercy, Your faithfulness, and Your never-ending love. Amen.



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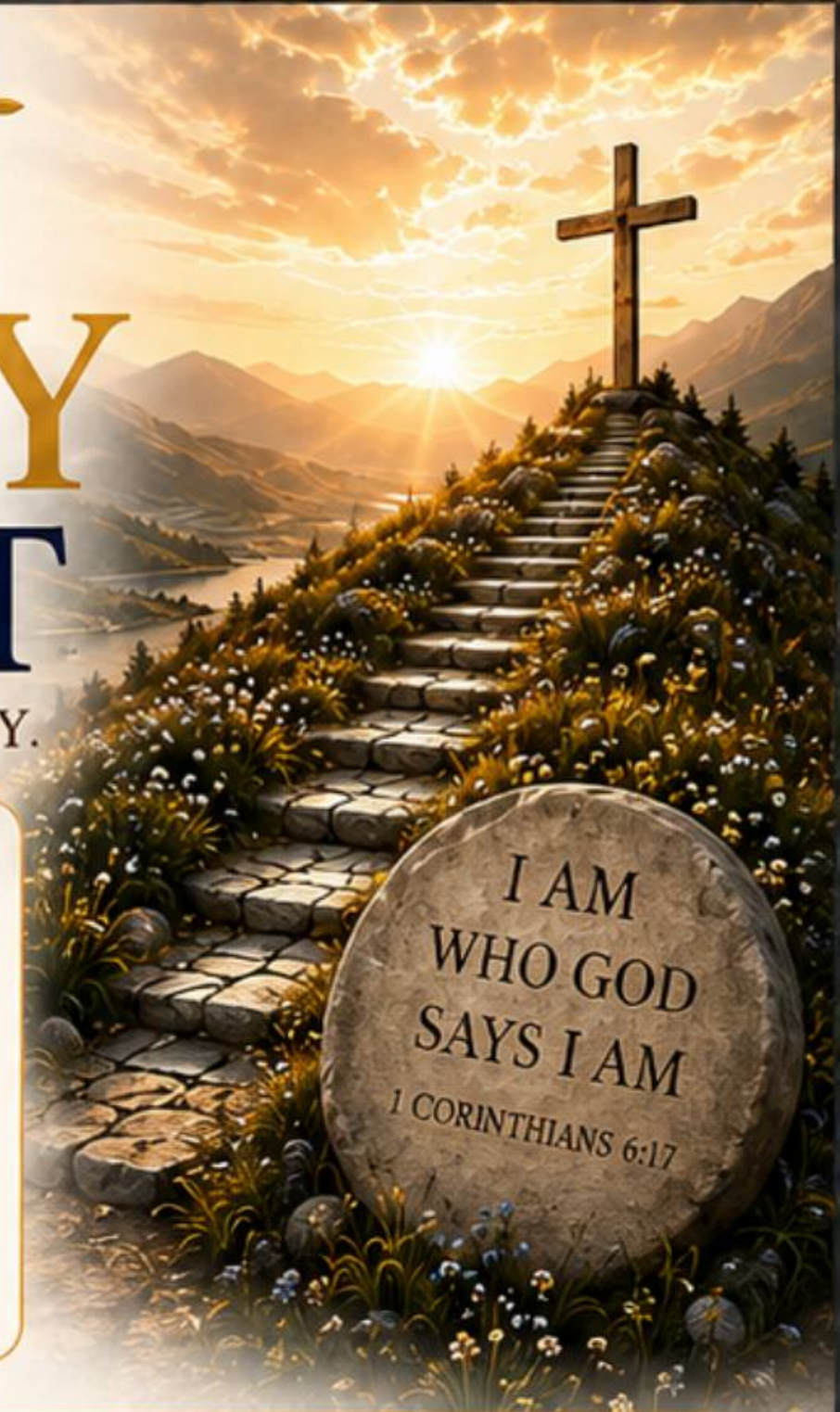




ARMOR OF LIGHT

DISCOVERING YOUR IDENTITY IN CHRIST

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that my identity is not found in my circumstances, my past, or the enemy's lies—it is found in Christ alone. I am chosen, loved, redeemed, forgiven, and empowered by the Holy Spirit. I reject every lie about who I am and embrace every truth God has spoken over me. I command every attack against my identity to leave now in Jesus' name. I walk in who God says I am—today and always. Amen.



IT IS WRITTEN

- | | | |
|---|--------------------|--|
| 1 | Ephesians 1:4–5 | “For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us to be adopted as his sons through Jesus Christ.” |
| 2 | 1 Peter 2:9 | “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” |
| 3 | 2 Corinthians 5:17 | “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” |
| 4 | Galatians 2:20 | “I have been crucified with Christ and I no longer live, but Christ lives in me.” |
| 5 | Isaiah 43:1 | “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.” |
| 6 | 1 John 3:1 | “See what great love the Father has lavished on us, that we should be called children of God!” |



— MORE SCRIPTURES TO STAND ON —

Romans 8:16–17 • Colossians 2:10 • Philippians 3:20 • Psalm 139:13–14

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever the enemy tries to steal your identity.*

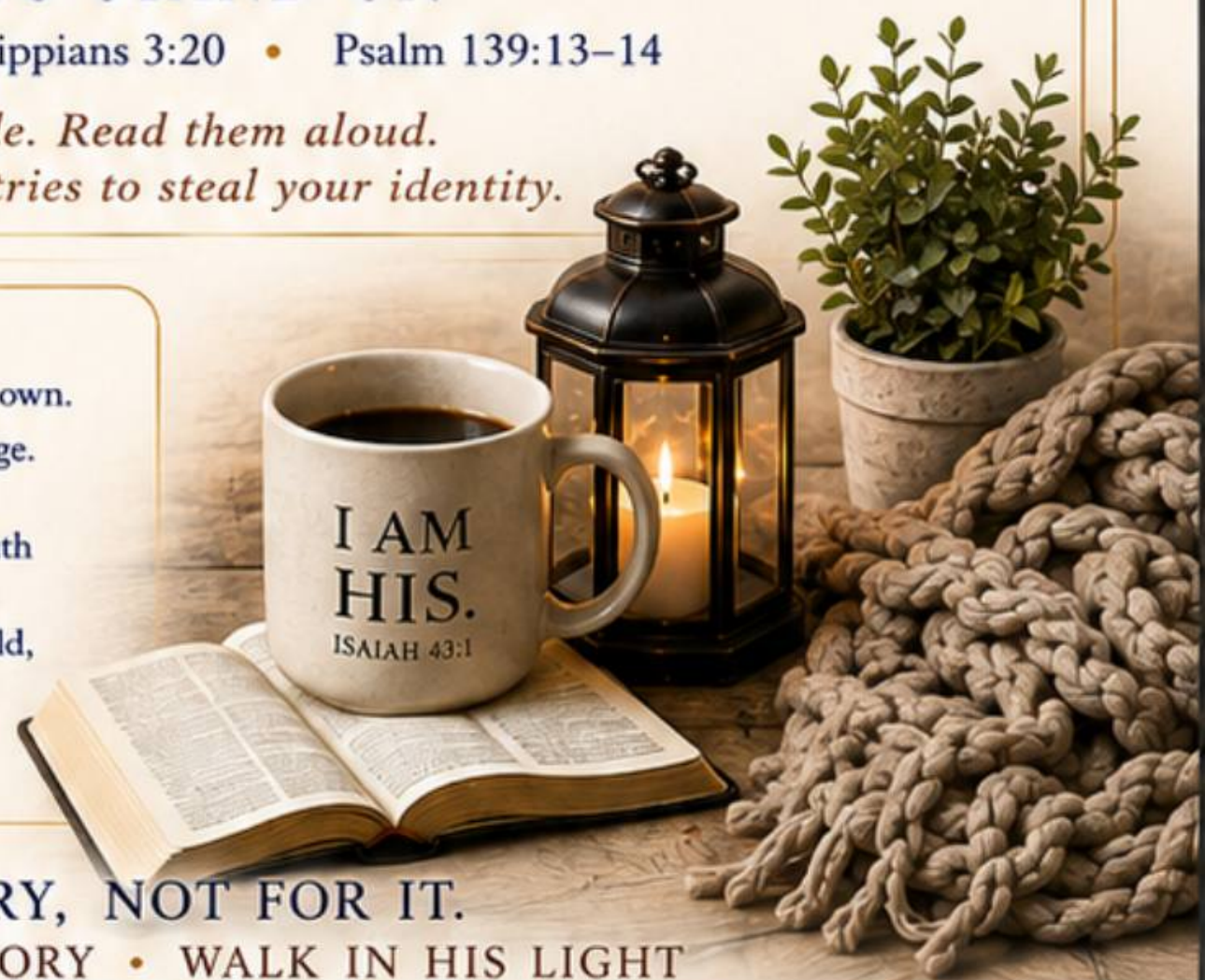
FILL THE SPACE —



Heavenly Father, thank You for creating me and calling me Your own. Thank You that I am fearfully and wonderfully made in Your image. Thank You that my identity is secure in Christ and not in what I do or what I have done. Help me to renew my mind with Your truth and walk boldly in who You say I am. Strengthen me to reject lies and embrace Your promises every day. I choose to live as Your child, loved, accepted, and empowered by Your Spirit. Thank You, Jesus, that I am Yours—forever. Amen.



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WHEN ANGER ATTACKS

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of anger/rage/bitterness, and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the peace, presence, and healing power of the Holy Spirit. Amen.

— IT IS WRITTEN —

- | | | |
|----|--------------------|---|
| 1 | Ephesians 4:26–27 | “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.” |
| 2 | James 1:19–20 | “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.” |
| 3 | Proverbs 15:1 | “A gentle answer turns away wrath, but a harsh word stirs up anger.” |
| 4 | Colossians 3:8 | “But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.” |
| 5 | Proverbs 29:11 | “Fools give full vent to their rage, but the wise bring calm in the end.” |
| 6 | Ecclesiastes 7:9 | “Do not be quickly provoked in your spirit, for anger resides in the lap of fools.” |
| 7 | Romans 12:18 | “If it is possible, as far as it depends on you, live at peace with everyone.” |
| 8 | 1 Corinthians 13:5 | “Love... is not easily angered, it keeps no record of wrongs.” |
| 9 | Matthew 5:22 | “But I tell you that anyone who is angry with a brother or sister will be subject to judgment.” |
| 10 | Psalms 37:8 | “Refrain from anger and turn from wrath; do not fret—it leads only to evil.” |



— MORE SCRIPTURES TO STAND ON —

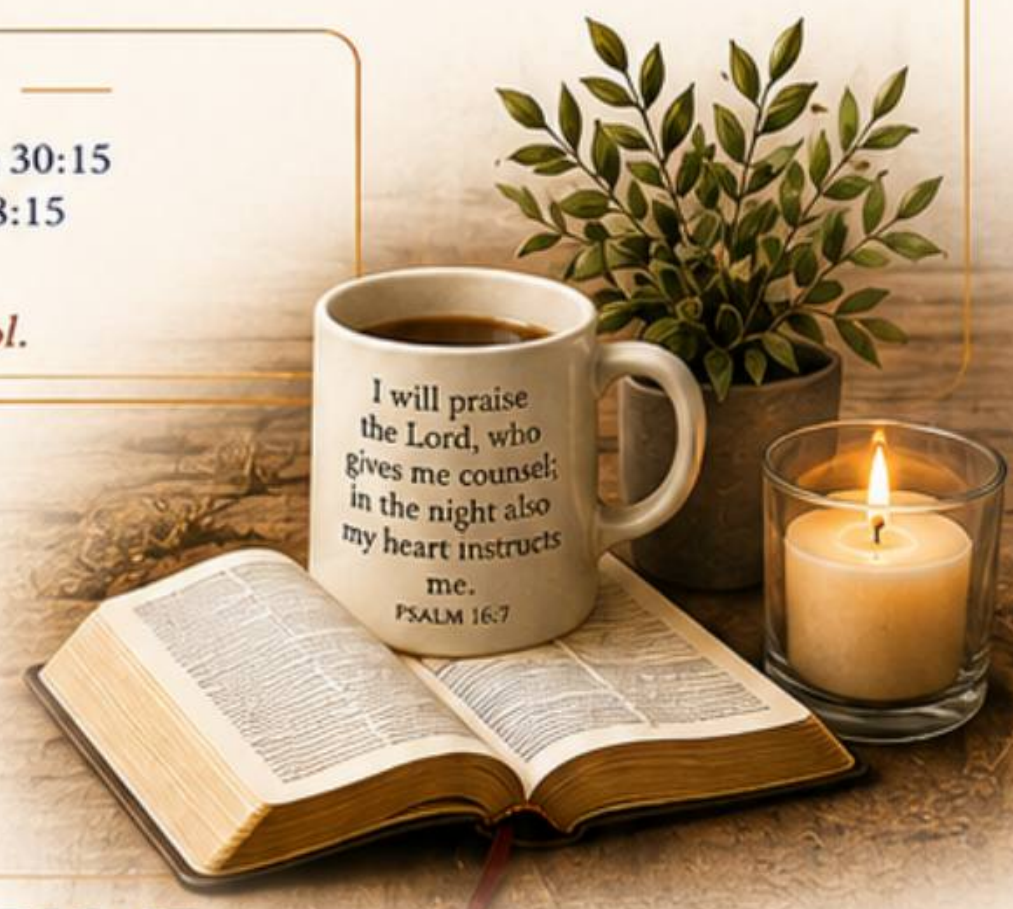
Proverbs 19:11 • Proverbs 29:22 • Psalm 103:8–9 • Isaiah 30:15
Galatians 5:22–23 • 1 Peter 3:9 • Titus 1:7 • Matthew 18:15

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever anger tries to take control.*



FILL THE SPACE

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now release every trace of anger, bitterness, and resentment with Your love, patience, and self-control. Teach me to respond with grace and to reflect Your heart in every situation. Fill me with Your Holy Spirit and help me walk in peace, forgiveness, and wisdom. I surrender my thoughts, my words, and my actions into Your hands. Thank You, Jesus, for giving me victory and for transforming me from the inside out. Amen.



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SCRIPTURES TO STAND ON



TRUTHS TO SPEAK OUT LOUD



VICTORY TO WALK IN



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GOD'S PROMISES OF HEALING

SPEAK THE WORD. STAND IN VICTORY.



— STAND IN AUTHORITY —

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of sickness, infirmity, and disease, and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the life, health, and healing power of the Holy Spirit. Amen.



IT IS WRITTEN

- | | | |
|----|------------------|--|
| 1 | Jeremiah 30:17 | "But I will restore you to health and heal your wounds," declares the LORD. |
| 2 | Psalms 103:2-3 | "Praise the LORD, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases." |
| 3 | Isaiah 53:5 | "But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." |
| 4 | Jeremiah 17:14 | "Heal me, LORD, and I will be healed; save me and I will be saved, for you are the one I praise." |
| 5 | Proverbs 4:20-22 | "My son, pay attention to what I say; listen closely to my words. Do not lose sight of them; let them penetrate deep into your heart, for they bring life to those who find them and healing to their whole body." |
| 6 | Exodus 15:26 | "I am the LORD, who heals you." |
| 7 | Matthew 8:16-17 | "When evening came, many who were demon-possessed were brought to him, and he drove out the spirits with a word and healed all the sick. This was to fulfill what was spoken through Isaiah the prophet: 'He took up our infirmities and carried our diseases.'" |
| 8 | 3 John 1:2 | "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." |
| 9 | Psalms 41:3 | "The LORD sustains them on their sickbed and restores them from their bed of illness." |
| 10 | James 5:14-15 | "Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up." |



— MORE SCRIPTURES TO STAND ON —

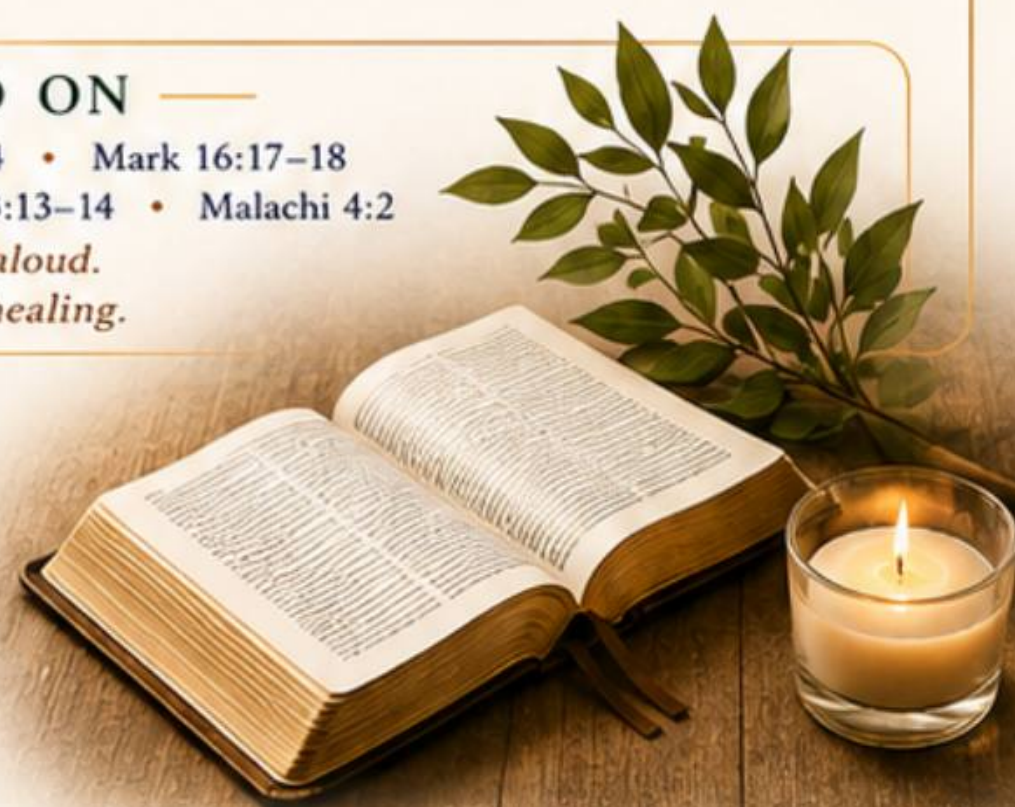
Psalms 91:16 • Isaiah 41:10 • Deuteronomy 7:15 • 1 Peter 2:24 • Mark 16:17-18
Philippians 4:19 • Romans 8:11 • 2 Corinthians 12:9 • Galatians 3:13-14 • Malachi 4:2

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever your body needs healing.*



— FILL THE SPACE —

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, I receive Your promises of healing and restoration. By Your stripes, I am healed. Flow Your life into every cell of my body, mend what is broken, and restore what the enemy has tried to steal. Strengthen my body, renew my mind, and revive my spirit. I trust You, the Great Physician, and I believe for complete healing. Thank You, Jesus, for Your mercy, Your power, and Your faithfulness. Amen.



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SCRIPTURES TO STAND ON



TRUTHS TO SPEAK OUT LOUD



VICTORY TO WALK IN



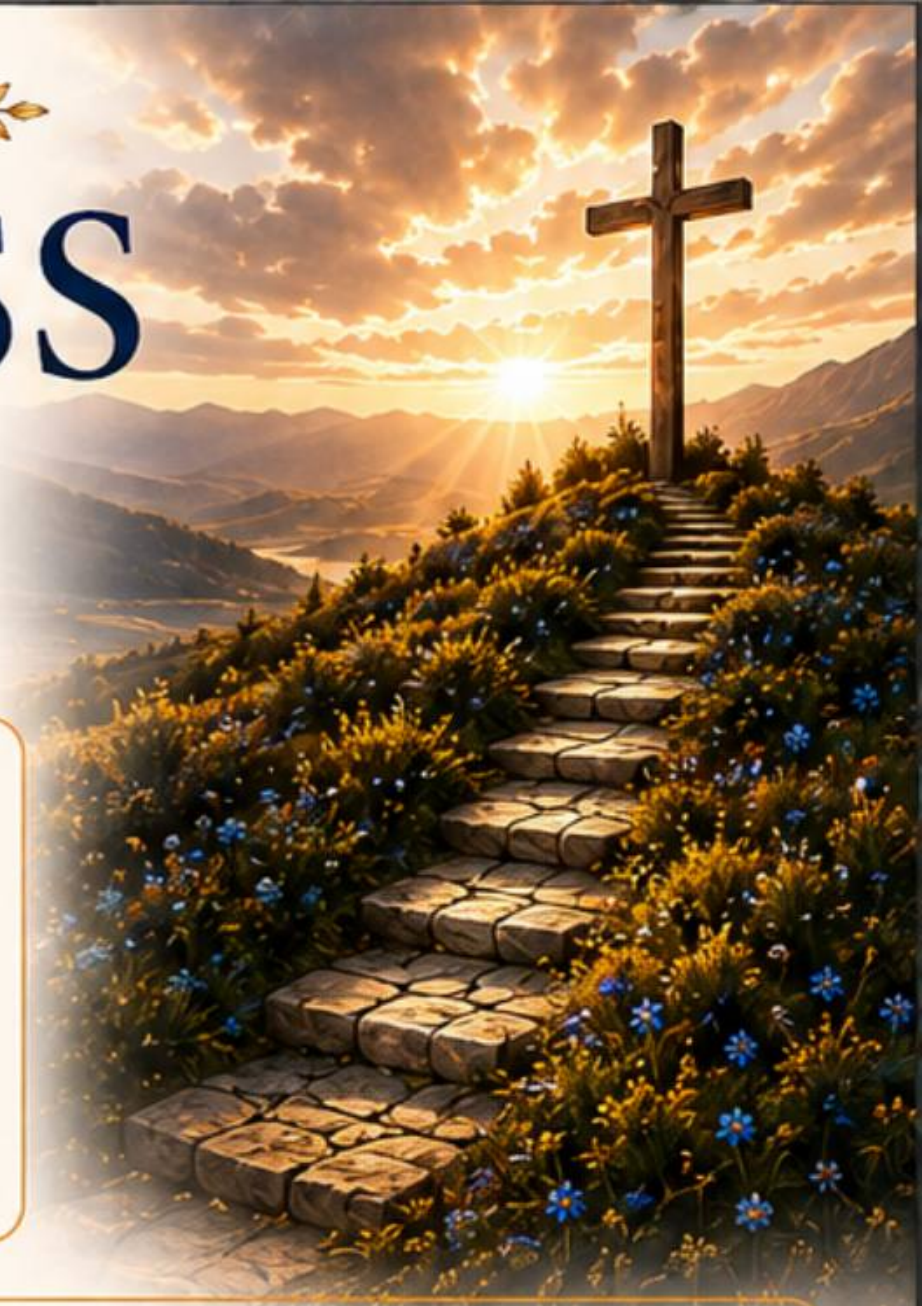
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ARMOR OF LIGHT

WHEN SADNESS ATTACKS

SPEAK THE WORD. STAND IN VICTORY.



STAND IN AUTHORITY

In the mighty name of Jesus Christ, I stand in the authority given to me as a child of God. I declare that I am covered, protected, and sealed by the precious blood of Jesus Christ. I command every spirit of heaviness, depression, sorrow, and grief, and every assignment of the enemy against my body, my mind, and my home to leave immediately. You are not welcome here. I break your hold and declare that you have no legal right to my life or my dwelling. I command you to go in the name of Jesus, and I fill this space with the joy, peace, and healing power of the Holy Spirit. Amen.

IT IS WRITTEN

- | | |
|------------------------|--|
| 1 Psalm 34:18 | "The Lord is close to the brokenhearted and saves those who are crushed in spirit." |
| 2 Psalm 147:3 | "He heals the brokenhearted and binds up their wounds." |
| 3 John 16:33 | "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." |
| 4 Matthew 11:28-30 | "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." |
| 5 2 Corinthians 1:3-4 | "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God." |
| 6 Isaiah 61:3 | "To provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair." |
| 7 Romans 15:13 | "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." |
| 8 Lamentations 3:22-23 | "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." |
| 9 Philippians 4:4-7 | "Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, 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." |
| 10 Joshua 1:9 | "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." |

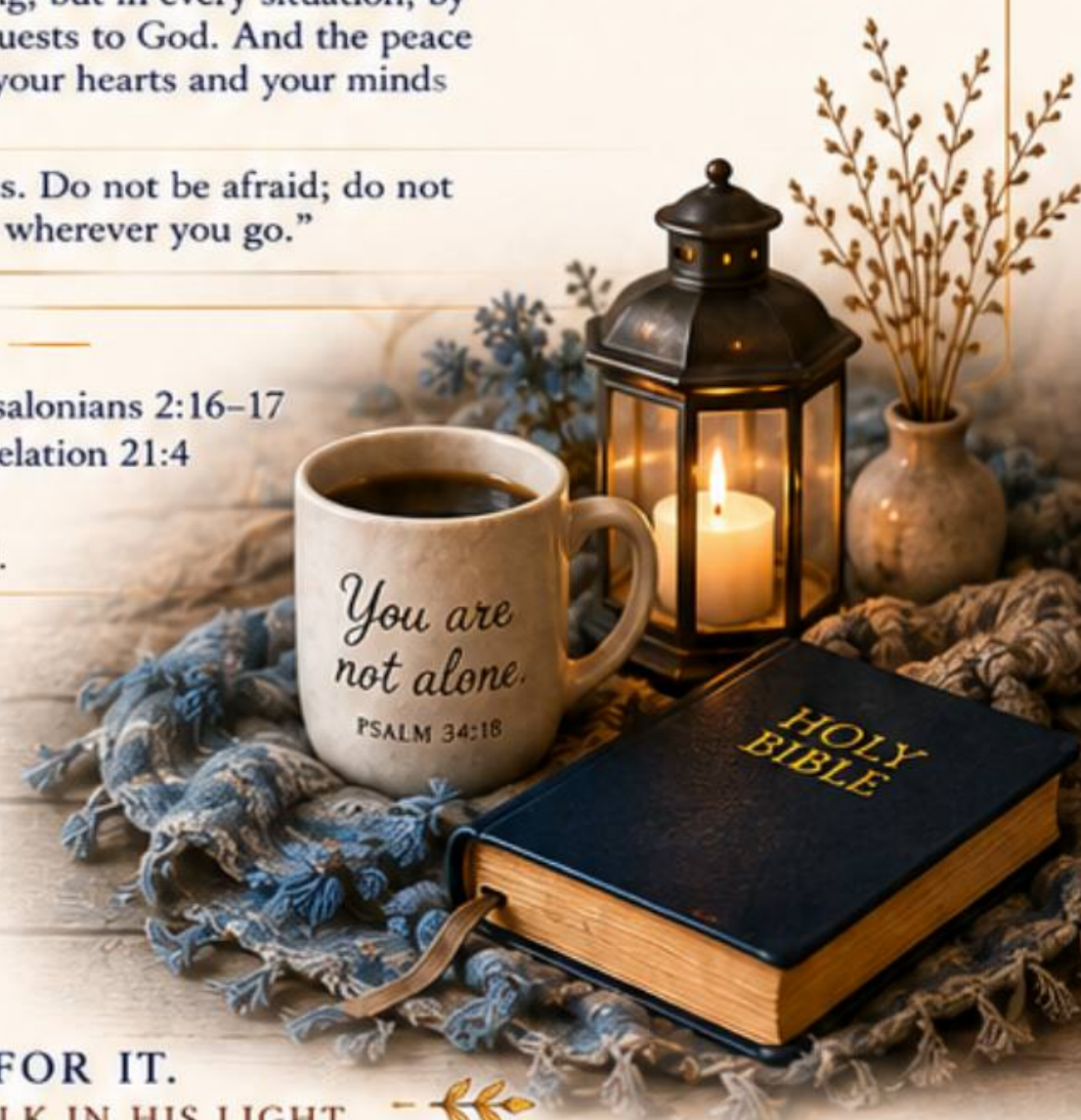
MORE SCRIPTURES TO STAND ON

Psalm 23:4 • Psalm 42:11 • Isaiah 41:10 • Deuteronomy 31:6 • 2 Thessalonians 2:16-17
Romans 8:18 • Galatians 6:9 • Hebrews 13:5 • 1 Peter 5:7 • Revelation 21:4

Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever sadness tries to take hold.

FILL THE SPACE

Heavenly Father, I come before You now in the name of Jesus Christ. Having cleared the atmosphere of every assignment of the enemy, I now open my heart fully to You. Lord, replace my sadness with Your joy, my heaviness with Your peace, and my mourning with Your hope. Wrap me in Your love, remind me that You are near to the brokenhearted, and restore my soul. Heal every wound, renew my mind, and fill me with Your light. I trust You, the God of all comfort, and I choose to rejoice in You today. Thank You, Jesus, for loving me and never leaving me. Amen.



WE FIGHT FROM VICTORY, NOT FOR IT.

SPEAK THE WORD • CLAIM YOUR VICTORY • WALK IN HIS LIGHT

SCRIPTURES TO STAND ON • TRUTHS TO SPEAK OUT LOUD • VICTORY TO WALK IN

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ARMOR OF LIGHT

NOW WALK IT OUT

A Closing Word From Michelle

You have just spent these pages gathering Scripture for the moments when fear, anxiety, and exhaustion try to take hold. You have filled every page with God's truth, His promises, and His power—so you never have to face the enemy alone again.

But this guide was never meant to simply sit on a shelf.

The Word of God is meant to be lived.

There will be moments when you do not feel strong. There will be days when what you see with your eyes seems louder than what God has spoken. There may be times when you are tempted to quit. But that is exactly when you open this guide and remember—His Word never changes.

Those are the moments when you reach for your armor.

You do not have to invent the perfect words. You do not have to manufacture enough faith. You do not have to pretend that what you are facing isn't difficult.

You stand on what God has already said.

Recognize what is trying to take root. Turn to the Word. Read it slowly. Speak it out loud. Remind your heart who God is and remind the enemy who you belong to.

Then refuse to leave the space empty.



Where fear tried to live,
write **GOD'S PEACE**.



Where hopelessness tried
to settle, speak **HOPE**.



Where anger tried to grow,
choose **FORGIVENESS**
and **PEACE**.



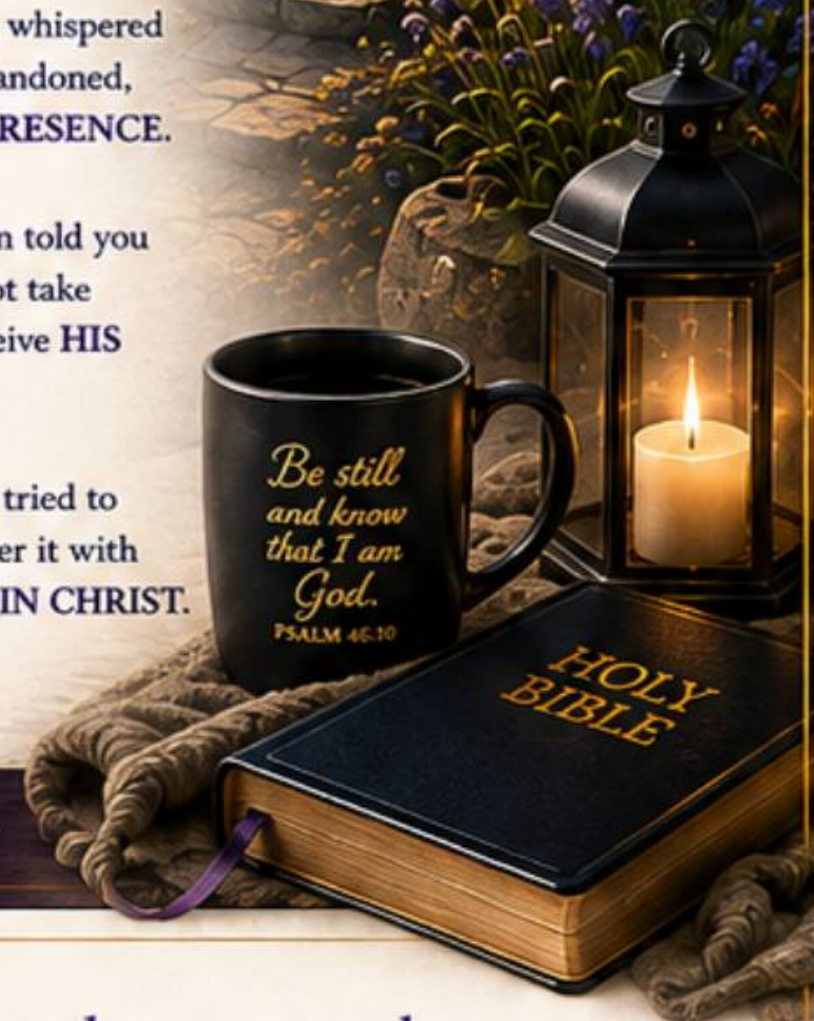
Where loneliness whispered
that you were abandoned,
remember **HIS PRESENCE**.



Where exhaustion told you
that you could not take
another step, receive **HIS**
STRENGTH.



Where your past tried to
define you, answer it with
your **IDENTITY IN CHRIST**.



SPEAK THE WORD. STAND IN VICTORY. WALK IN HIS LIGHT.



This is not about denying what you feel.
*It is about refusing to allow what you feel
to have the final word.*

And some battles may require you to do this again tomorrow.

That's okay.

Faithfulness is often built in repetition. Each time you recognize the lie and return to truth, you are training your heart where to run. Each time you speak God's Word instead of surrendering to fear, you are strengthening a pattern of faith. Each time you remember what God has already carried you through, you are collecting another reminder that He has been faithful before and He will remain faithful still.

Eventually, something begins to change.

- ✓ You recognize the attack sooner.
- ✓ You reach for Scripture faster.
- ✓ You stop agreeing with every fearful thought.
- ✓ You remember who you are.
- ✓ You remember whose you are.

And instead of spending your life waiting to feel victorious before you stand, you learn to stand because Christ has already secured your victory.

That is what it means to
fight from victory, not for it.



So keep these pages close.

- ♥ Mark them. Write on them. Pray through them.
- ♥ Add your own Scriptures.
- ♥ Record what God teaches you.
- ♥ Write down answered prayers and moments when He meets you in ways you never expected.



And when another difficult day comes,
open your Armor of Light again.

Speak the Word.
Claim your victory.
Walk in His light.



The battle does not get to tell you who you are.

God already has.

Michelle Pinneo
FIGHTING FROM VICTORY
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ARMOR OF LIGHT

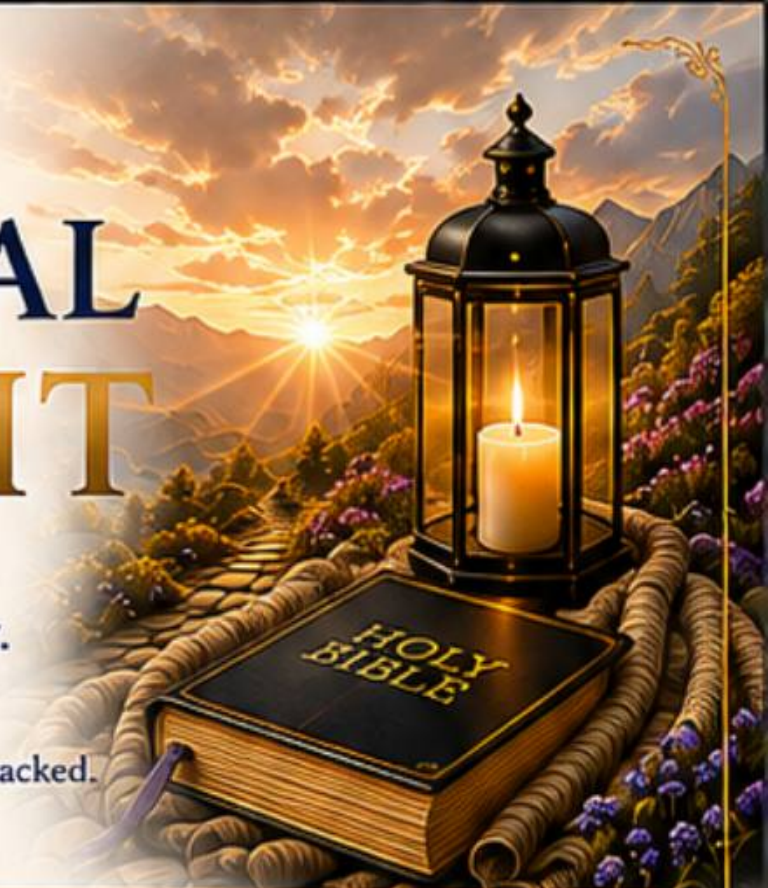
BUILD YOUR PERSONAL ARMOR OF LIGHT

Identify the battlefield. Speak the truth. Stand in victory.

God knows your battles, and He has already given you everything you need to overcome.

Use the chart below to build your personal Armor of Light for the areas where you are most often attacked.

Write it out. Speak it out. Live it out.



THE BATTLE

What is the enemy attacking in this area of your life?



THE LIE

What lie does the enemy try to make you believe?



GOD'S TRUTH

What does God say about this in His Word?



MY SCRIPTURE

Which Scripture(s) will you stand on in this battle?



MY DECLARATION

What will you declare out loud in faith?



MY PRAYER

What will you pray in the name of Jesus?



I FILL THAT SPACE

What will you fill this place with instead?

1
2
3
4
5

SPEAK THE WORD. CLAIM YOUR VICTORY. WALK IN HIS LIGHT.

DIG DEEPER. BUILD STRONGER. STAND FIRMER.

The more specific you are, the stronger your armor will be. Don't rush this process.

Take time with the Holy Spirit. Let Him guide you as you uncover the lies and fill your mind and heart with His truth.

THE BATTLE
What is the enemy attacking in this area of your life?

THE LIE
What lie does the enemy try to make you believe?

GOD'S TRUTH
What does God say about this in His Word?

MY SCRIPTURE
Which Scripture(s) will you stand on in this battle?

MY DECLARATION
What will you declare out loud in faith?

MY PRAYER
What will you pray in the name of Jesus?

I FILL THAT SPACE
What will you fill this place with instead?

6
7
8
9
10



MY COMMITMENT I CHOOSE TO...

- ☐ Turn quickly to God's Word when attacks come.
- ☐ Speak truth out loud, even when I don't feel like it.
- ☐ Refuse to agree with the enemy's lies.
- ☐ Fill every empty place in my mind and heart with God's truth.
- ☐ Stand in my identity in Christ—today and always.

Signed: _____ Date: _____



REMEMBER

"The one who is in you is greater than the one who is in the world."

1 JOHN 4:4 (NIV)

You are not fighting alone.
You are fighting from
VICTORY.



ARMOR OF LIGHT

MY PERSONAL *Declarations*

SPEAK THE WORD. CLAIM YOUR VICTORY. WALK IN HIS LIGHT.

God's Word is alive and active. When we speak it out loud, it shapes our thoughts, strengthens our faith, and reminds the enemy who we belong to. Use these spaces to write your own declarations based on the Scriptures you've studied and the truths God is showing you.



1. WHEN FEAR COMES,
I will declare:



2. WHEN ANXIETY COMES,
I will declare:



3. WHEN I QUESTION
MY IDENTITY,
I will declare:

Scripture I will stand on: _____

Scripture I will stand on: _____

Scripture I will stand on: _____



4. WHEN I FEEL ALONE,
I will declare:



5. WHEN I FEEL WEAK,
I will declare:



6. WHEN THE ENEMY
REMENDS ME OF MY PAST,
I will declare:

Scripture I will stand on: _____

Scripture I will stand on: _____

Scripture I will stand on: _____



7. WHEN I NEED TO REMEMBER GOD'S PROMISES,
I will declare:

Scripture I will stand on: _____



DECLARE IT. BELIEVE IT. LIVE IT.

Your declaration is more than words—
it is an act of faith. Speak it with confidence.
Believe it with your heart. Live it every day.

You are who God says you are!



TIPS FOR POWERFUL DECLARATIONS

- ✓ Speak in the present tense.
- ✓ Use God's Word as your foundation.
- ✓ Speak it out loud daily.
- ✓ Declare it over your life, your family, your future, and every situation.

WE FIGHT FROM VICTORY, NOT FOR IT.

SPEAK THE WORD • CLAIM YOUR VICTORY • WALK IN HIS LIGHT



SCRIPTURES TO STAND ON



TRUTHS TO SPEAK OUT LOUD



VICTORY TO WALK IN

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ARMOR OF LIGHT

MY VICTORY

Record

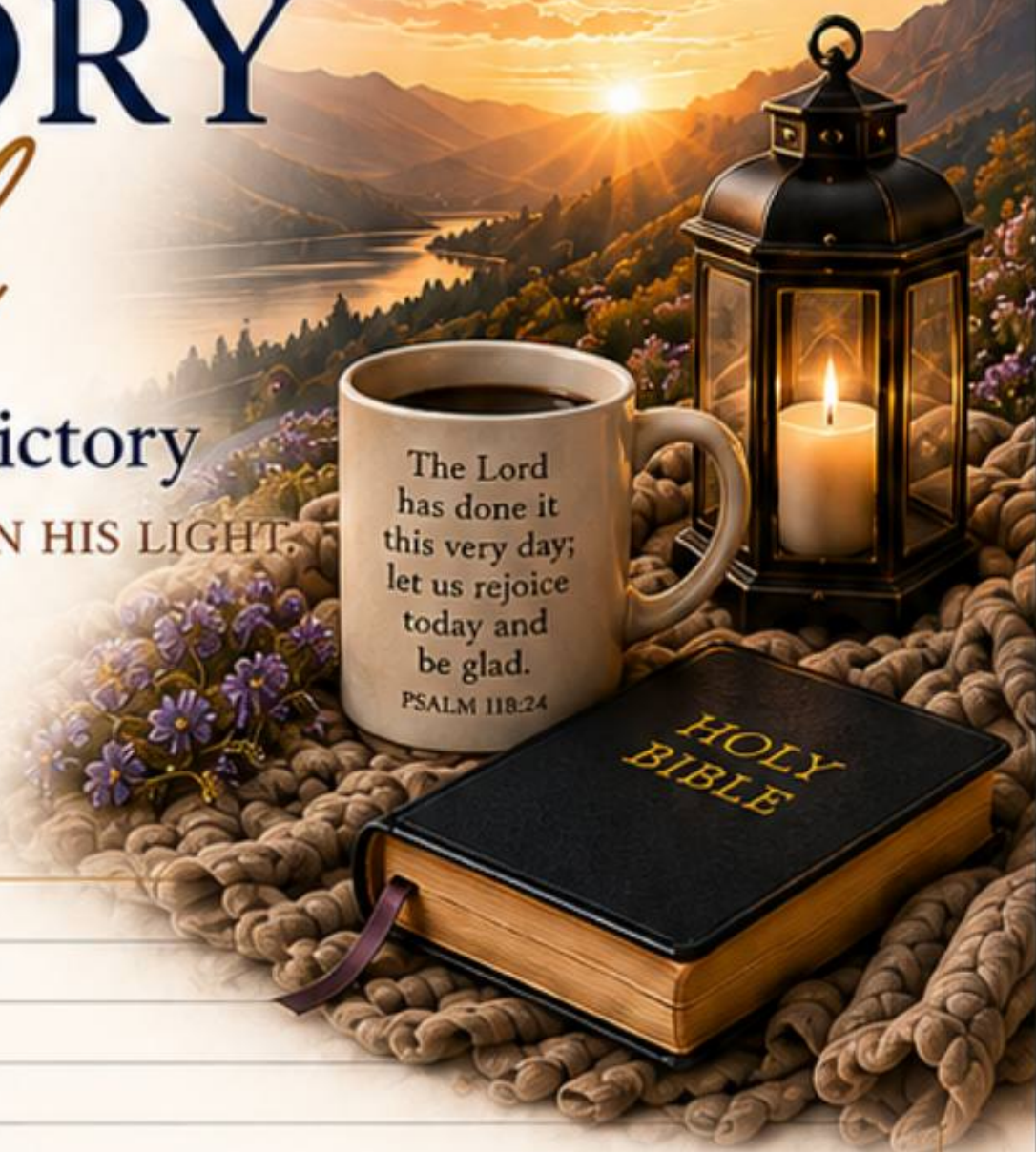
Collecting the Receipts of Victory

SPEAK THE WORD. CLAIM YOUR VICTORY. WALK IN HIS LIGHT.

Every victory matters. Every answered prayer is a reminder of God's faithfulness.

Write it down. Remember it. Share it.

So your heart will never forget what He has already done.



1



WHAT I WAS FACING

What was the challenge, attack, or situation?
Be as detailed as you can.

2



THE SCRIPTURE I STOOD ON

What verse(s) did God use to speak to you?
Write the reference and the verse.

3



WHAT I PRAYED

How did you take it to God?
What did you declare and ask Him to do?

4



WHAT CHANGED

What shifted? What evidence did you see that God was moving on your behalf?

5



WHAT GOD SHOWED ME

What did you learn about Him, about yourself, or about the battle?

6



THE VICTORY I DON'T WANT TO FORGET

How did God bring you through? How will you remember this moment when the next battle comes?

★ REMEMBER HIS FAITHFULNESS

Look back. See how far He has brought you.
Let each victory build your faith for tomorrow.
He is the same yesterday, today, and forever.
He will do it again.



♥ KEEP BUILDING YOUR RECORD

- ☐ Write it down.
- ☐ Thank Him.
- ☐ Share it.
- ☐ Encourage someone else.
- ☐ Never forget what He has done.

"I will remember the deeds of the Lord; yes, I will remember your miracles of long ago." — PSALM 77:11



SCRIPTURES TO STAND ON



TRUTHS TO SPEAK OUT LOUD



VICTORY TO WALK IN



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ARMOR OF LIGHT

WHEN THE BATTLE RETURNS

A Final Field Guide

THE ENEMY MAY RETURN, BUT YOU ARE READY.

You now know how to stand. Use this guide every time the battle returns so you can recognize the attack, speak the Word, refuse the lie, and walk in victory.



1



RECOGNIZE

Know what is happening.

"Be alert and of sober mind." 1 Peter 5:8

Pause and identify the attack. What am I feeling or believing that is not from God? The enemy wants you to react in the dark. Light exposes everything. Name it so you can break it.

2



TURN TO THE WORD

Truth is your weapon.

"Your Word is truth." John 17:17

Open your Bible. Find the Scripture that speaks to this battle. Read it slowly. Let God's Word replace the lie with truth. His Word never returns void.

3



SPEAK

Speak the Word out loud.

"If you declare with your mouth, Jesus is Lord..." Romans 10:9

Faith comes by hearing, and hearing comes by the Word you speak. Say it out loud with confidence. Don't whisper your victory—declare it!

4



COMMAND

You stand in the authority Christ has given you.

Jesus has given believers authority to drive out demons and overcome the enemy. Mark 16:17-18

You are not a victim of the battle—you stand in the authority Christ has given you. Command the lie to leave. Command fear to go. Command the enemy to flee. In Jesus' name, you have the right.

5



FILL

Never leave the space empty.

"Do not grieve the Holy Spirit." Ephesians 4:30

After you remove the lie, fill that space with what is true. Speak peace instead of fear. Speak hope instead of hopelessness. Speak God's promises until they take root.

6



STAND

Hold your ground.

"Stand firm then, with the belt of truth." Ephesians 6:14

The battle may try to return, but you do not retreat. Stand on the truth you have spoken. Keep your eyes on Jesus, not the storm. Keep standing until the breakthrough comes.

7



REMEMBER

Recall what God has done.

"I will remember the deeds of the Lord." Psalm 77:11

Look back on your victories. Remember how God showed up before. Write it down. Tell someone. Your memory is a weapon too. He has been faithful—He will be again.



THE BATTLE IS REAL. BUT YOUR VICTORY IS GREATER.

You are not fighting alone. The Holy Spirit is with you. The Word of God is on your lips. The authority of Jesus is in you. You have everything you need to walk it out—one step, one truth, one victory at a time.

You were not made to be defeated.
YOU WERE MADE TO WIN FROM VICTORY.



KEEP THIS GUIDE CLOSE.

Re-read it.
Pray through it.
Live from it.
And never forget—

*You fight from victory,
not for it!*



MORE SCRIPTURES TO STAND ON

Psalm 91:1-4 • Isaiah 54:17 • Romans 8:37 • 2 Corinthians 10:4-5 • Galatians 5:16
Philippians 4:8-9 • 1 Peter 5:8-9 • James 4:7 • 2 Timothy 1:7 • Revelation 12:11

*Turn to these passages in your Bible. Read them aloud.
Choose one to declare whenever the enemy tries to attack again.*



SPEAK THE WORD • CLAIM YOUR VICTORY • WALK IN HIS LIGHT

SCRIPTURES TO STAND ON | TRUTHS TO SPEAK OUT LOUD | VICTORY TO WALK IN

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ARMOR OF LIGHT

A Scriptural Field Guide for the Journey



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This publication is an original Scripture-based field guide created to help readers turn intentionally to God's Word during moments of fear, anxiety, anger, sadness, loneliness, weariness, grief over lost time, questions of identity, and seasons in which they are standing on God's promises of healing.

The arrangement of the material, original prayers, declarations, instructions, reflections, headings, design concepts, and other original written content are protected by copyright. Except for Scripture quotations used under applicable license or permission, and brief quotations permitted by law, no portion of this publication may be reproduced, stored in a retrieval system, distributed, transmitted, or shared in any form or by any means without prior written permission from the copyright owner.

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Unless otherwise indicated, Scripture quotations in this publication are from the New International Version (NIV®). Scripture references are provided so readers can return to the biblical text, read each passage in its larger context, and continue their own study.

ABOUT THE PRAYERS & DECLARATIONS

The prayers and declarations in *Armor of Light* are original devotional material written to accompany the Scripture selections in this guide. They are not presented as replacements for Scripture. Readers are encouraged to read the Bible for themselves, consider each passage in context, and allow the written Word of God to remain the foundation of every prayer and declaration.

PURPOSE OF THIS GUIDE

Armor of Light was created as a practical spiritual resource: a guide a reader can keep close, turn to quickly, and use to locate Scripture connected with a particular struggle or season. Its purpose is not simply to collect verses, but to help the reader recognize what they are facing, turn intentionally to Scripture, speak biblical truth, pray, and redirect attention toward God's presence and promises.

The thematic organization—including anxiety, anger, fear, healing, sadness, loneliness, mourning lost time, weariness, and identity in Christ—is editorial and devotional in nature. The category titles and accompanying material should not be understood as statements that every circumstance has a single spiritual cause or that Scripture replaces appropriate practical, pastoral, or professional care.

IMPORTANT NOTICE

This publication is a devotional and spiritual-encouragement resource. It is not medical, psychological, psychiatric, legal, or other professional advice, and it is not intended to diagnose, treat, cure, or prevent any disease or condition. Nothing in this guide should be used as a substitute for appropriate care from qualified professionals. Readers should make medical and treatment decisions with their qualified healthcare professionals.

FAITH & MEDICAL CARE

References to prayer, healing, spiritual warfare, authority, faith, or God's promises express the devotional and theological perspective of this work. They are not guarantees of a particular medical outcome and should not be interpreted as instructions to discontinue, delay, or refuse medical evaluation, medication, treatment, counseling, emergency care, or other professional services.

A NOTE TO THE READER

Use these pages as an invitation to return to Scripture. Read beyond the excerpt. Pray honestly. Write what you are learning. Remember what God has already carried you through. Record the moments of grace, provision, answered prayer, endurance, and hope that you do not want to forget.

SPEAK THE WORD • CLAIM YOUR VICTORY • WALK IN HIS LIGHT