



30-Day



**ARMOR
OF
GOD**

Family Bible
Study



CHRISTIE THOMAS

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USING THIS STUDY:

I'm thrilled that you're here! Seriously. You have taken the step to receive this journal, and now I want to equip you to get the most out of it. If you run into a snag, need motivation, or have some amazing results to report, feel free to drop me an email anytime.

3 ways to use this journal:

1) BY YOURSELF

Simply pick a time each day that you can spend 5-10 minutes alone. Write down the verse, any thoughts you have, or answer the guided questions in the "write it" section. Then, pray the suggested prayer or write your own.

2) WITH YOUR KIDS

Pick a time each day to read the daily verses aloud. Ask the guiding question and see what happens! You might think your kids won't get it, but they have a habit of surprising us. Each day also includes an optional interactive element for each day's passage. They are designed to help your kids think on these things a little more during their day but are completely optional. You can choose to do all of them, some of them, or none of them. Check out the poster on the next page that helps explain each interactive element.

3) A COMBINATION

Do the study yourself, and when you run across a verse that your kids need to hear, share it!

Additional Components:

1) MEMORY VERSE POSTER: Hang it somewhere in your house where you'll be reminded to practice it before you do your study.

2) WEEKLY BLESSINGS: You can choose to use these however you like. Pray them over your kids privately or in front of them, or let them take that page to pray over themselves.

WHEN I READ THE BIBLE, I CAN...

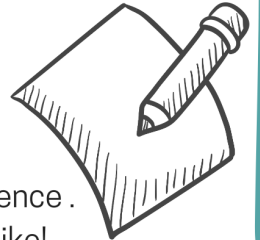


DRAW IT

Draw a picture of what I read.

WRITE IT

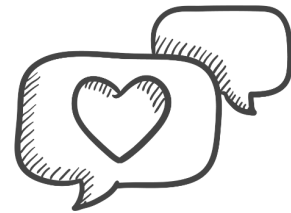
Write a favorite verse or sentence.
I can use fancy lettering if I like!



RESEARCH IT

Use the info in my Bible to find out:

- who wrote this part?
- for whom did they write it?
- why was it important to write down?
- where is this in the timeline of the Bible?



PRAY IT

Change each sentence a bit
to turn the words into a prayer.

IMAGINE IT

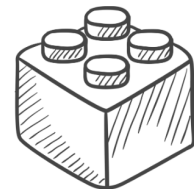
Imagine myself in the story.

What does it
feel/smell/sound/taste/look like?



PLAY IT

I can act it out or reenact it with stuffed animals,
make up a dance, shape it out of play dough,
or build it with blocks.



SING IT

Does this passage remind me of a song?
If not, I can make up my own song!

ASK IT

Does this passage remind me of another Bible passage?
What does this show me about God?
Is God asking me to do something in response to this?



SPEAK IT

Read it out loud. I can use
dramatic voices, weird accents,
or read it to someone else.



THE READING PLAN:

Week one: Introduction and sword of the Spirit

Day 1: Ephesians 6:10-12
Day 2: Ephesians 6:13-16
Day 3: Ephesians 6:17
Day 4: Ephesians 1:17-19a
Day 5: Ephesians 3:16-19

Week two: Helmet of salvation

Day 6: Ephesians 1:3-6
Day 7: Ephesians 1:7-10
Day 8: Ephesians 1:11-12
Day 9: Ephesians 1:13-14
Day 10: Ephesians 2:1-3

Week three: Shield of faith

Day 11: Ephesians 1:15-16
Day 12: Ephesians 2:4-5
Day 13: Ephesians 2:6-9
Day 14: Ephesians 3:12
Day 15: Ephesians 4:11-13

Week four: Shoes of peace

Day 16: Ephesians 2:11-13
Day 17: Ephesians 2:14-18
Day 18: Ephesians 4:1-3
Day 19: Ephesians 4:4-6
Day 20: Ephesians 5:1-2

Week five: Breastplate of righteousness

Day 21: Ephesians 4:17-19
Day 22: Ephesians 4:20-24
Day 23: Ephesians 4:25-28
Day 24: Ephesians 4:29-32
Day 25: Ephesians 2:10

Week six: Belt of truth

Day 26: Ephesians 4:14-16
Day 27: Ephesians 5:8-11
Day 28: Ephesians 5:12-13
Day 29: Ephesians 6:18
Day 30: Ephesians 3:20-21

Day 1:

READ EPHESIANS 6:10-12

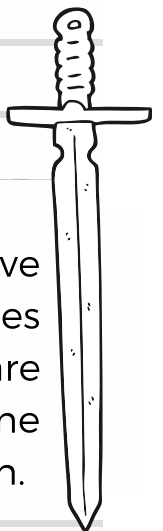


Imagine our enemy as a mortally wounded, evil dragon. He knows he has lost, but he won't die quietly. He wants to take us down with him. But we don't need to be afraid, because Jesus said in Luke 10:19 that we have power to overcome the enemy! What does this passage tell us about our enemy?



RESEARCH IT: Find out what else the Bible says about our enemy. Here are some verses to check out: 1 Peter 5:8-9, Luke 10:18-19, Revelation 12:9, John 8:44, or Isaiah 14:12-15.

PRAYER: Thank you that we have nothing to fear because our enemies are in the spiritual world, and you are more powerful than any evil. Help me to put on your armor every day. Amen.



Day 2:

READ EPHESIANS 6:13-16

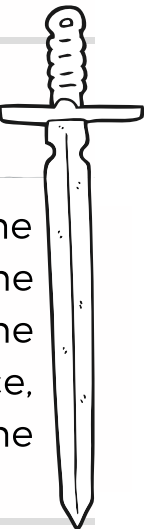


Isaiah 59:17 talks about God putting on righteousness as a breastplate and a helmet of salvation on his head. Sound familiar? The armor of God isn't just armor that protects us from evil. It's actually God's armor that he gives to us! How is that different from armor we make ourselves?



SING IT: Make up a song to help you remember the pieces of the armor.

PRAYER: Thank you God for the incredible gift of your armor. Help me to stand firm every day, with the breastplate of righteousness in place, with my peace shoes, and with the shield of faith. Amen.

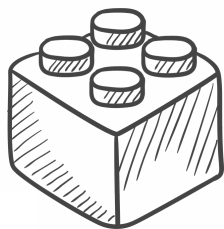


Day 3:

READ EPHESIANS 6:17 (SWORD OF THE SPIRIT)

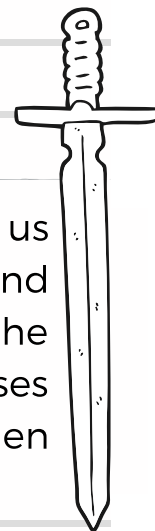


The phrase “word of God” can mean two slightly different things. Normally we talk about the whole Bible being the “word of God”. But in the New Testament, “Word of God” often refers to the good news of Jesus. How can you use the good news of Jesus against the enemy?



PLAY IT: Act out using the Word of God against the lies of the enemy. For example, what would you say to “no one cares about you” or “you’re not good enough”? You could even make a sword to help you act this out.

PRAYER: Thank you God for giving us your very own helmet of salvation, and for the power in the sword of the Spirit. Help me to remember verses from the Bible so I can use them when I’m feeling attacked. Amen.

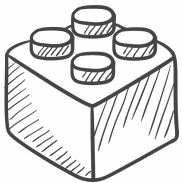


Day 4:

READ EPHESIANS 1:17-19a (SWORD OF THE SPIRIT)

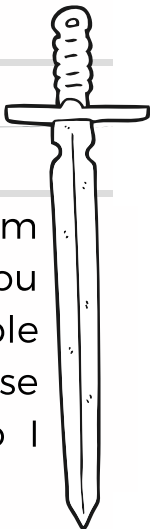


This passage has a lot of fancy words and long sentences, but it also contains some of the most amazing promises we see in the Bible. What are some of the things God has given us? Which of these do you need most right now?



PLAY IT: Make yourself a "sword of the Spirit!" You can wrap a marker in foil, use cardboard, or just find a stick. Then slice the air with it as you read this verse. (Be sure to keep it for the next few weeks as we add to our armor.)

PRAYER: God, please give me wisdom and revelation so I may know you better. Thank you for these incredible gifts! Help me to remember these truths when the enemy attacks so I can use them like a sword. Amen.



Day 5:

READ EPHESIANS 3:16-19

(SWORD OF THE SPIRIT)

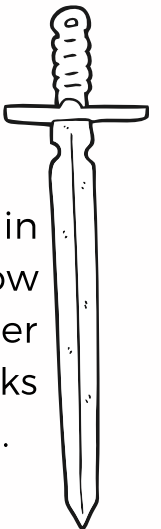


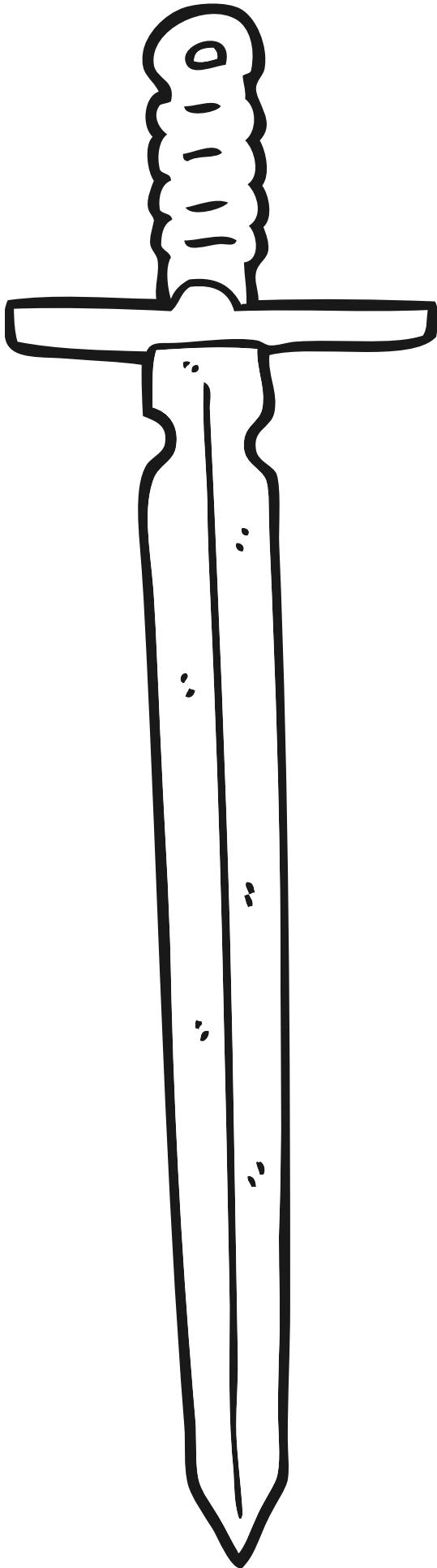
How big is Jesus' love for you? How do you know? This journal is all about the Armor of God, and this verse gives us some clues about where the power of God's armor comes from. How does God give us his power?



DRAW IT: If you could see God's Spirit or God's love, what would it look like? Draw what this verse makes you imagine.

PRAYER: Thank you Jesus for living in my heart. Help me understand how deeply you love me and to remember these verses when the enemy attacks so I can use them like a sword! Amen.





INHERITANCE

Your inheritance is God's incomparably great power.

This is the same power as the mighty strength God exerted when He raised Christ from the dead.

This is the same power that seated Christ at His right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age, but also in the one to come.

This is the same power that placed all things under Christ's feet and appointed Him to be head over the Church, His body.

We, the church, the body of Christ, are the fullness of Him who fills everything in every way.

This is your inheritance.

May the eyes of your heart be opened to see it and claim it.

Taken from Ephesians 1:18-23

Day 6:

READ EPHESIANS 1:3-6

(HELMET OF SALVATION)



Let's start with our helmet of salvation. What do we learn about salvation from these verses? What words stick out to you most? Why do you think Paul used the picture of a helmet to talk about salvation?



SPEAK IT: Read today's verses loudly and dramatically to declare God's truth.

PRAYER: Thank you for blessing me with so many spiritual blessings. Thank you for choosing me to be holy and for adopting me into your family. Help me to wear this truth like a helmet each day. Amen.



Day 7:

READ EPHESIANS 1:7-10

(HELMET OF SALVATION)

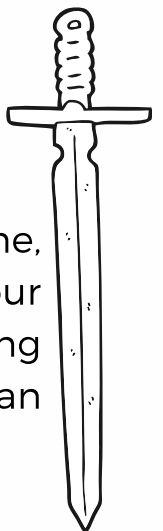
What words stick out to you? Using words from these verses, how would you tell someone what salvation is?

WRITE IT:



DRAW IT: Draw a helmet with some of the main words from these verses on it.

PRAYER: Thank you for redeeming me, forgiving me, and for lavishing your grace on me. Thank you for choosing me to be part of your amazing plan and for your salvation! Amen.

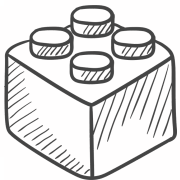


Day 8:

READ EPHESIANS 1:11-12 (HELMET OF SALVATION)

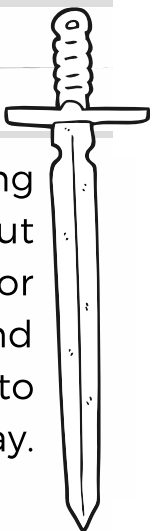


Why does God even want to save us? He must have a reason!
What clues can you find in this passage?



PLAY IT: Build a "helmet of salvation" out of craft supplies, LEGO, or whatever you can think of. Make sure to keep it around for the next few weeks!

PRAYER: Thank you God for choosing me, and for working everything out according to your will. Thank you for the incredible hope I have in you, and may my faith glorify you. Help me to wear this like a helmet every day. Amen.



Day 9:

READ EPHESIANS 1:13-14
(HELMET OF SALVATION)



When did you first hear about Jesus? When did you start to believe it? (If you don't remember, that's ok.) How do we know we are saved?



IMAGINE IT: Imagine God holding a helmet and marking it with a special sign saying "you are mine". Then he puts it on your head. How do you feel?

PRAYER: Thank you for making sure I heard the gospel of salvation! I praise you for marking me with the Holy Spirit. Teach me to listen to your Spirit. Amen.



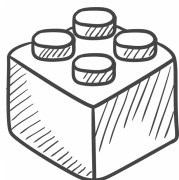
Day 10:

READ EPHESIANS 2:1-3

(HELMET OF SALVATION)

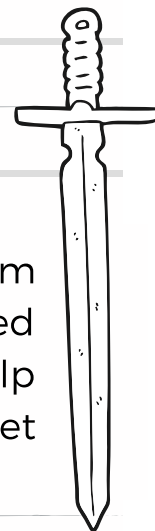


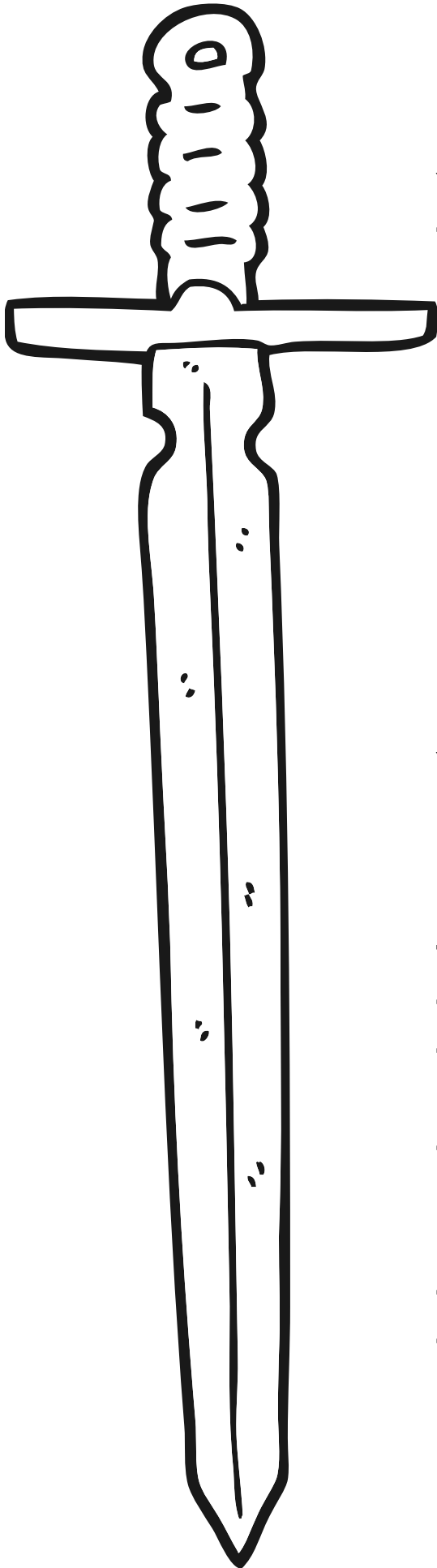
We are saved, but from what? When you read these verses, what part(s) do you notice the most?



PLAY IT: Act out what this might look like. Ham it up and make it really wacky!

PRAYER: Thank you for saving me from the death of sin. I know that I deserved only anger, but you gave me love. Help me to put on this truth like a helmet every day. Amen.





SALVATION

You were chosen before the creation of the world to be holy and blameless in His sight.

In love, He predestined your family for adoption into the family of Christ.

In Christ you have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace that He lavished on us.

You were marked with the seal of the Holy Spirit, chosen for the praise of His glory.

Therefore you are a member of God's family. This family is built on the foundation of the apostles and prophets, with Christ Jesus himself as the head.

In Him, our whole family is joined together for His glory. And in Him you too are being built together to become a dwelling in which God lives by his Spirit.

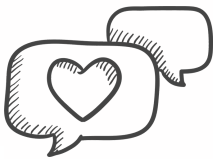
From Ephesians 1:2-13, 2:19-22

Day 11:

READ EPHESIANS 1:15-16 (SHIELD OF FAITH)

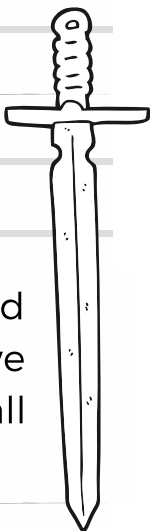


Let's move onto the shield of faith! Paul says that it protects us from the flaming arrows of the enemy. Yikes! There are a lot of things we can put our faith in: science, family, education... but in the end, the only thing that protects us from those flaming arrows is faith in Jesus. What does it mean to have faith in Jesus?



PRAY IT: Paul prayed for the people of Ephesus. Choose someone to pray for today.

PRAYER: Thank you God for the shield of faith. Help me to continue to have faith in the Lord Jesus and to love all God's people. Amen.

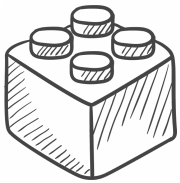


Day 12:

READ EPHESIANS 2:4-5 (SHIELD OF FAITH)

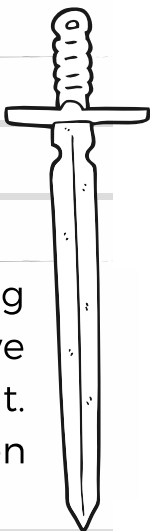


This verse tells us exactly what our faith is based on. Psalm 28:7 says “The LORD is my strength and my shield; my heart trusts in him, and he helps me.” How is God, or faith in God, like a shield? How might faith protect you from the arrows of the enemy? What are those arrows like?



PLAY IT: Build a “shield of faith” out of craft supplies, Legos, or anything you have on hand. Keep it with your helmet and sword!

PRAYER: Thank you for your amazing love for me, and for making me alive with Christ when I didn’t deserve it. You are amazing! Please strengthen my shield of faith. Amen.

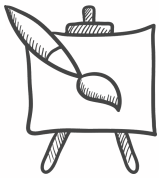


Day 13:

READ EPHESIANS 2:6-9 (SHIELD OF FAITH)

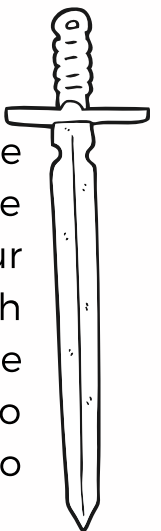


Many people think if we're good enough, God will accept us. Why do you think God made it so that we can't be saved by being good? What clues in this passage show us why God made it so we're saved by faith?



DRAW IT or WRITE IT: Draw a picture of verses 6 and 7 or write them out in nice lettering.

PRAYER: Thank you God for raising me up with Christ and giving me a place of honor. Thank you for showing your amazing grace and kindness through Jesus. Thank you for saving me through faith, and that I didn't have to work for my salvation. Help me to grow in faith every day. Amen.



Day 14:

READ EPHESIANS 3:12 (SHIELD OF FAITH)

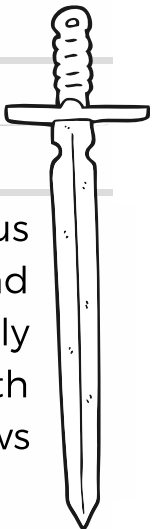


Before Jesus, no one was allowed to approach God. There was a big, thick curtain between the people and the place in the temple where a special priest could talk to God. But the moment Jesus died, God ripped that curtain in half, from the top to the bottom. How will you talk to God differently knowing that you can come to him with freedom and confidence?



IMAGINE IT: Imagine standing in front of God's throne. What does it look like?

PRAYER: Thank you that through Jesus I can approach you with freedom and confidence! Please help me to really understand that and have deeper faith in you so my shield of faith grows stronger every day. Amen.



Day 15:

READ EPHESIANS 4:11-13
(SHIELD OF FAITH)



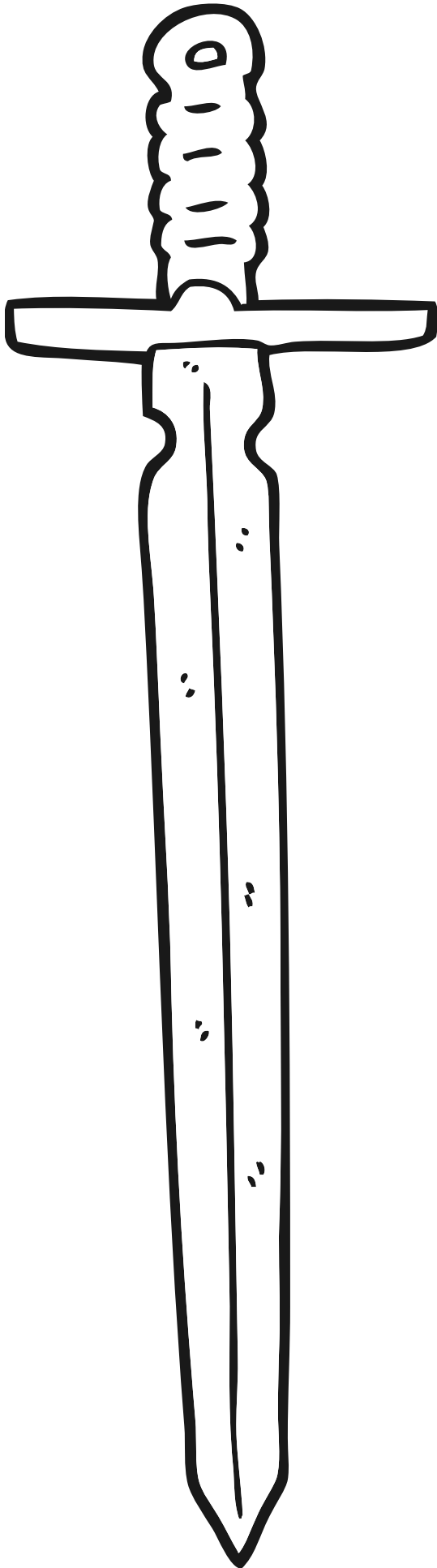
How do we strengthen our shield of faith? Who has God placed in your life to help you grow in your faith?



DRAW IT: Draw a picture of you in the middle of your paper. All around you, draw all the people who have taught you about Jesus.

PRAYER: Thank you for giving us each other so our shield of faith can become stronger. Help me to find my place in the body of Christ so that I can help others grow too. Bring me to unity and maturity in my faith. Amen.





FAITH

God, who is rich in mercy, made you alive with Christ even when you were dead in your sins.

It is by grace you have been saved, through faith - and this is not from yourself, it is the gift of God - not by works so that no one can boast.

Through faith you have the freedom and confidence to approach God.

Through faith you will become mature.

He is able to do immeasurably more than all you ask or imagine in your life and in the life of your family.

His power is at work within you.

To Him be the glory in the church and in Christ Jesus throughout all generations, for ever and ever!

From Ephesians 2:4-10, 3:20-21

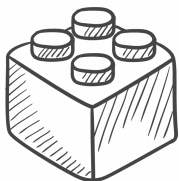
Day 16:

READ EPHESIANS 2:11-13

(SHOES OF PEACE)

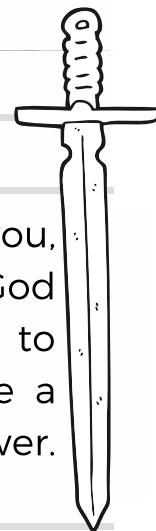


Let's move onto the shoes of peace! Why might Paul talk about "feet fitted with the readiness that comes from the gospel of peace"? What is the "gospel of peace" anyway? Peace isn't just about feeling relaxed or having a restful Saturday morning. Peacemaking is about bringing people together through Jesus. These verses show the power of Jesus to bring both Jews and non-Jews together in peace. Who are some people or groups that could use this incredible power today?



PLAY IT: Make "shoes of peace" out of craft supplies or whatever you have around. Keep them with your other armor!

PRAYER: Thank you Jesus that in you, people who were far away from God have been brought near. Help me to put on my shoes of peace and be a peace-maker, through your power. Amen.

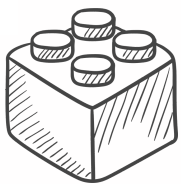


Day 17:

READ EPHESIANS 2:14-18 (SHOES OF PEACE)

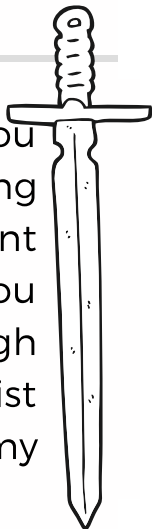


These verses are talking about Jews and non-Jews again, but Jesus' peace applies to us too. Where does the power of peace come from? Re-read this passage and put in two different people groups instead of Jews and Gentiles.



PLAY IT: Read these verses out loud and have your family act it out, like charades. If you have enough people, have one person be Jesus, one be a Jew, and one be a Gentile.

PRAYER: Thank you Jesus that you brought peace to us. You bring together people who are very different and help us love each other. Thank you that I can come to you, Father, through the Holy Spirit because of what Christ did on the cross. Help me to put on my shoes of peace every day. Amen.



Day 19:

READ EPHESIANS 4:4-6 (SHOES OF PEACE)

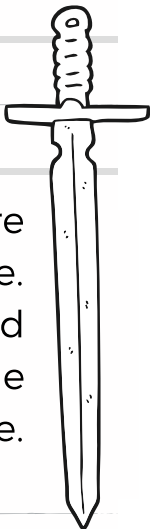


Where does our peace come from? If we all get peace from the same place, why do Christians fight with each other so often? What's one way you can be a peacemaker this week?



SING IT: Make a little song to remember these key parts of the verse: one body, one Spirit, one Lord, one faith, one baptism, one God and Father of all. (Use the exact words from your preferred translation.)

PRAYER: Thank you God that you are One. One Lord, one faith, one hope. Thank you that you are over all and through all and in all. Please help me to live out this kind of unity and peace. Amen.

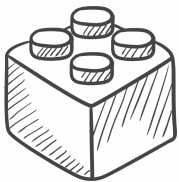


Day 20:

READ EPHESIANS 5:1-2 (SHOES OF PEACE)

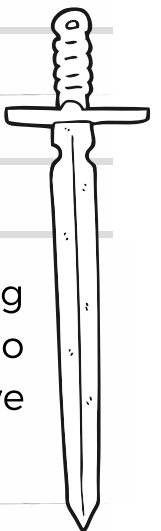


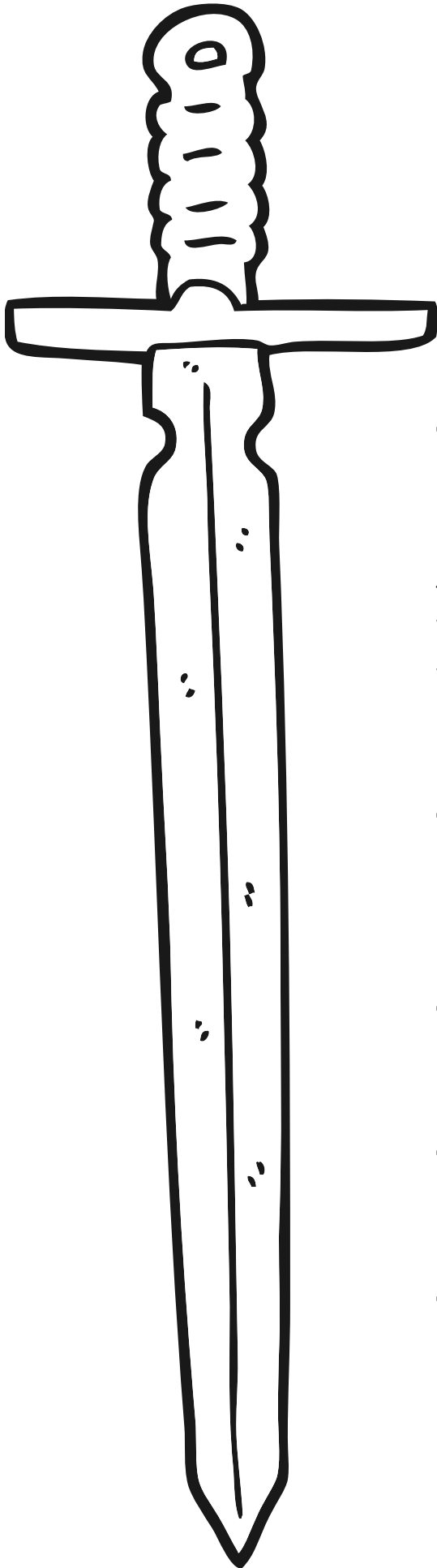
Peace and love are connected because when we know God loves us, we can love others and live peacefully with them. For example, Jesus knew he was loved by the Father, and He loved us so much that he offered himself as a sacrifice for us, bringing us peace with God and others. Who do you need to live peacefully with right now?



PLAY IT: What does it mean to follow God's example/imitate God? Play a game of "Simon Says" to practice imitating!

PRAYER: God, I need help loving _____. Please fill me with your love so that I can love _____ and learn to live peacefully with them. Amen.





PEACE

God has created in Himself one new humanity out of many divided races and people, thus making peace.

In one body, He reconciled all to Himself through the cross, by which He put to death our hostility.

Jesus Christ preached peace to those who were far away and peace to those who were near.

For through Him we all have access to the Father by one Spirit.

Live at peace, as the Trinity lives at peace, bringing unity and peace to your family and the world.

May peace bring solidity to your life and faith, so that you are not tossed back and forth by the waves of life and blown here and there by every wind of teaching.

From Christ, the whole body grows and builds itself up in love and unity.

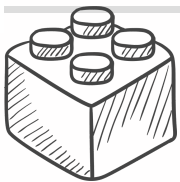
From Ephesians 3:14-18, 4:1-16

Day 21:

READ EPHESIANS 4:17-19 (BREASTPLATE OF RIGHTEOUSNESS)



Isaiah 59:17 talks about God putting on a breastplate of righteousness, and that's the same phrase that Paul used when talking about the Armor of God. It's literally HIS armor that God gives to us! These verses talk about life without righteousness. What stands out to you the most?



PLAY IT: Use a piece of paper or cardboard to make your own "breastplate of righteousness". Keep it with your other pieces of armor. Soon, you'll have a full set!

PRAYER: Thank you for saving me from being separated from you. Please help me to put on the breastplate of righteousness every day. Amen.

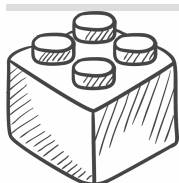


Day 22:

READ EPHESIANS 4:20-24 (BREASTPLATE OF RIGHTEOUSNESS)

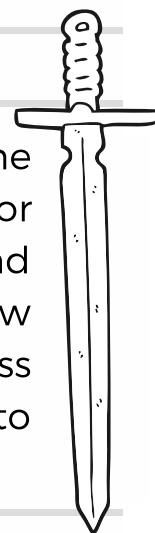


Righteousness is about living rightly with God. It doesn't mean we are perfect! But it does mean we remember that we wear God's breastplate of righteousness and that he will help us. According to these verses, what are we supposed to put off and put on? What part of your old self you need to put off today? What part of your new self do you need to put on?



PLAY IT: Act out this putting off and putting on.

PRAYER: Thank you for teaching me how to put off my old self and for making me new in my heart and mind. Thank you for creating my new self to be like you in true righteousness and holiness. Help me to remember to live like I believe this! Amen.



Day 23:

READ EPHESIANS 4:25-28 (BREASTPLATE OF RIGHTEOUSNESS)



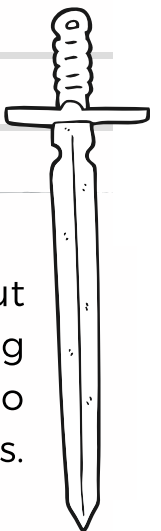
Living in righteousness protects us and protects the people around us. How does lying hurt you or hurt others? How does extreme anger hurt you or hurt others? How does stealing hurt you or hurt others? Which of these is the hardest for you?



SPEAK IT: Declare these phrases out loud while acting out taking things off and putting other things on:

- I put off falsehood.
- I put off sinful anger.
- I put off stealing.
- I put on working hard and sharing with others.
- I put on my breastplate of righteousness.

PRAYER: God, please help me to put off falsehood, sinful anger, and taking things that aren't mine. Help me to work hard and to share with others. Amen.



Day 24:

READ EPHESIANS 4:29-32 (BREASTPLATE OF RIGHTEOUSNESS)



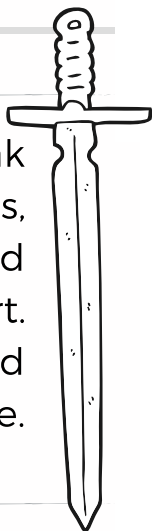
Which of the unrighteous behaviors on this list do you do the most? The breastplate of righteousness reminds us that we don't have to live this way. God has righteousness ready and waiting - we just have to put it on. Read the last sentence again. What are the signs of someone who is wearing their breastplate of righteousness?



SPEAK IT: Declare these phrases out loud while acting out taking things off and putting other things on:

- I put off bad words.
- I put off bitterness, rage, fighting, and mean words.
- I put on encouragement, kindness, compassion, and forgiveness.
- I put on my breastplate of righteousness.

PRAYER: God, please help me to speak kind words instead of mean words, and to get rid of all kinds of anger and fighting and meanness in my heart. Help me to be kind and compassionate just like you are to me. Amen.



Day 25:

READ EPHESIANS 2:10

(BREASTPLATE OF RIGHTEOUSNESS)

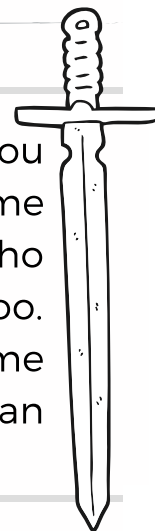


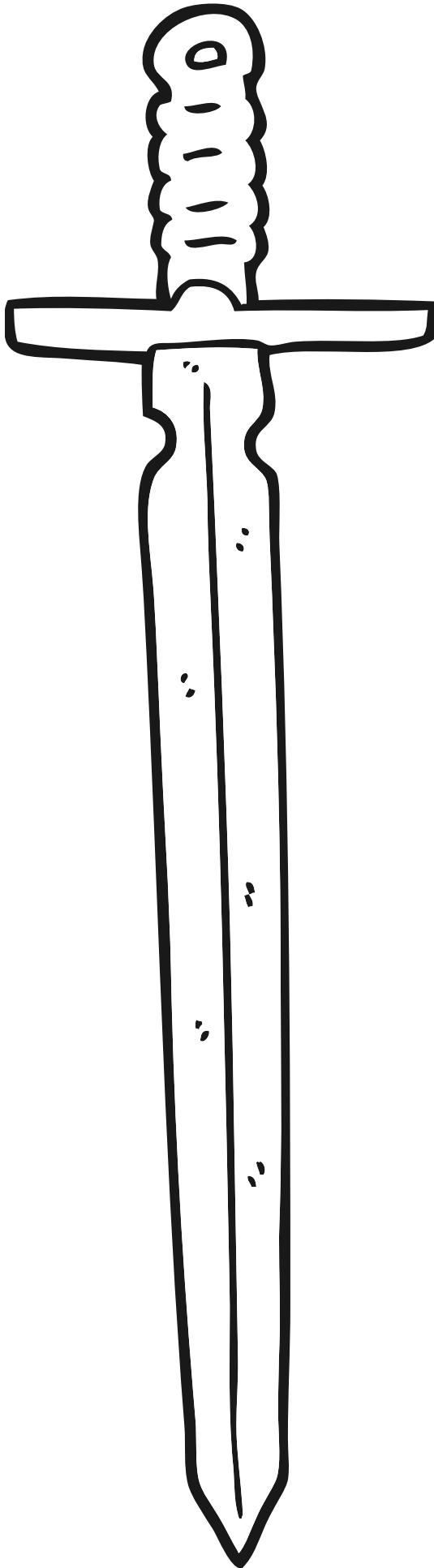
Here's a question that might hurt your brain. We learned that we are already saved through faith. So why does God care about righteousness? If we already have a helmet of salvation and a shield of faith, why do we also need a breastplate of righteousness? Can you find any clues in today's verses?



PRAY IT: Is there anything you feel God is asking you to change after reading the verses on righteousness this week?

PRAYER: Thank you God that you saved me through faith, but help me become the kind of person who makes others want to follow you too. Please continue to help me become more righteous, because I know I can only do it with your help! Amen.





RIGHTEOUSNESS

God's plan is this: that through the church and your family, His incredible wisdom will be made known to the rulers and authorities in the heavenly realms.

This is His eternal purpose, which He accomplished in Christ Jesus our Lord: through the blood of Christ, you have been made righteous.

You were without hope and without God in the world. But now in Christ Jesus, you have been brought near by the blood of Christ. You are righteous.

But though your righteousness is a gift, it must still be practiced.

May you put off your old self and be made new in the way you think. Put on the new self, which is created to be like God in true righteousness and holiness.

Your righteousness is on you, now it must also be in you. May God give you the strength to put off the old, and put on the new.

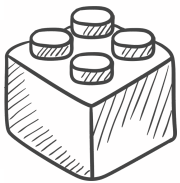
Taken from Ephesians 2:12-13, 3:10-11

Day 26:

READ EPHESIANS 4:14-15
(BELT OF TRUTH)

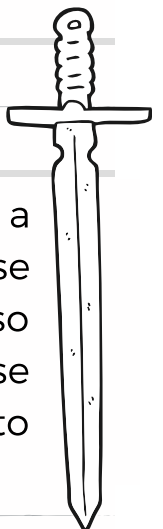


Let's move onto the sword of truth. Why is it important to seek God's truth?



PLAY IT: Time to make your own belt of truth. Paper and tape work just fine. Make sure to try it out with all the other armor you've created!

PRAYER: Thank you God that you are a firm foundation to stand on. Please help me to seek and find your truth so that I am not led astray by false teaching. Also, please help me to speak truth in love to others. Amen.



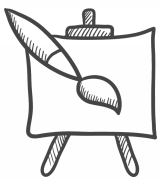
Day 27:

READ EPHESIANS 5:8-11

(BELT OF TRUTH)

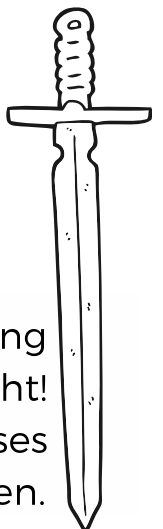


Notice this verse doesn't say we were in darkness, but that we were darkness (or "full of darkness"). Yikes! Sometimes when we think of being a truth-teller, we can be rather rude to people. Today, let's think of ourselves as being light-bringers. How is being a light-bringer the same as (or different from) being a truth-teller?



DRAW IT: Draw a picture of your belt of truth shining God's light everywhere.

PRAYER: Thank you God for bringing me out of darkness and into your light! Please help me find out what pleases you and choose to live that way. Amen.



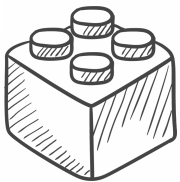
Day 28:

READ EPHESIANS 5:12-13

(BELT OF TRUTH)

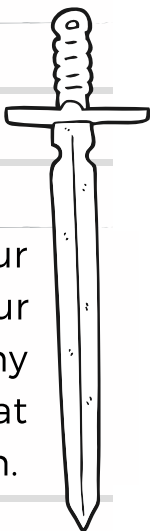


These verses talk about bringing God's light into the darkness. Another way to think of this is that we're bringing God's truth into the world. How does God's truth change our world? How can you share God's truth today?



PLAY IT: Go into a dark room to play hide and seek. Is it hard to do in the dark? What happens if the seeker gets to use a flashlight? How is this like what God's truth does for us?

PRAYER: Thank you God that your amazing truth brings light to our world. Please help me to put on my belt of truth and use it in a way that makes my world a better place. Amen.



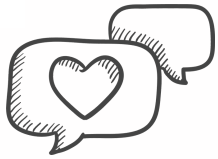
Day 29:

READ EPHESIANS 6:18

(BELT OF TRUTH)

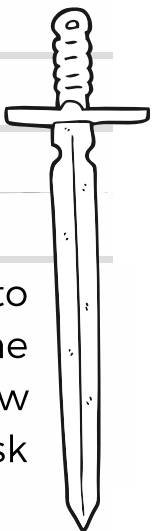


It isn't always easy to figure out the truth. If it was easy, we wouldn't see Christians arguing with each other so much! What tool from these verses can we use in order to help us understand God's truth for us?



PRAY IT: Pick one or two Christians to pray for right now.

PRAYER: Thank you that I can pray to you and know that you listen to me and care about me. When I don't know what to do, help me remember to ask you first! Amen.



Day 30:

READ EPHESIANS 3:20-21

(BELT OF TRUTH)

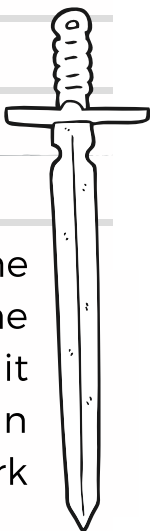


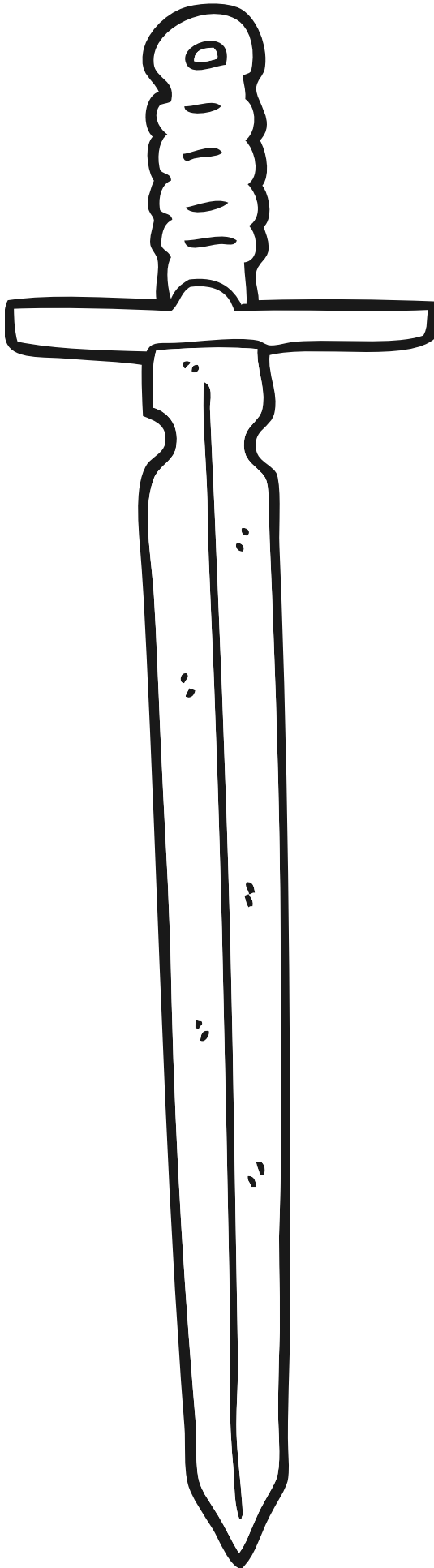
We're at the end of our 30-day Bible study! Can you believe it? What's one thing you want to remember from the last 6 weeks?



SPEAK IT: Let's praise God using the same prayer that Paul prayed (the verses above). Say them loud while lifting your hands up high!

PRAYER: Thank you God for giving me your own armor and for helping me understand it better. Help me to put it on each day of my life so that I can stand strong and be a light in this dark world. Amen.





TRUTH

You were once in darkness, but now you are living in the light and truth of God. Live as children of light, because the light consists of goodness, righteousness, and truth.

Find out what pleases the Lord and live it.

Have nothing to do with the lies of the darkness, but rather expose the lies with the light of truth. Lies exposed to the light of truth become visible and cannot withstand the light.

Live in the truth that you are saved, made righteous, and at peace with God.

Be filled with the Spirit of salvation, of righteousness, of peace, and of truth.

Taken from Ephesians 5:8-14