

Equipped for the Battle

How the Armor of God keeps you standing

*"Put on the whole armor of God,
that you may be able to stand
against the wiles of the devil."
Ephesians 6:11 · ESV*

Martin Jung

2026

Colophon

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Foreword

Dear reader,

The book you now hold in your hands was born out of a deep conviction: that the apostle Paul, chained in a Roman cell, received words that are more relevant today than ever before.

We live in 2026, a time of unprecedented challenges. The world around us is changing at a breathtaking pace. Political tensions, social media storms, and a relentless flow of information often create a sense of powerlessness and confusion. But behind this visible chaos lies a deeper reality.

This book takes you through the famous passage on the spiritual armor in Ephesians 6. We will discover that this equipment is not an ancient metaphor, but a practical guide for daily life. Each chapter highlights one piece of the armor and shows how you can apply it today.

While writing, I learned much from both historical sources on the Roman army and theological works on spiritual warfare. I am grateful for the many scholars and pastors who have studied and applied these texts before me.

My prayer is that this book not only informs you, but transforms you. That it helps you to stand firm when the storm rages around you. And that you discover you are not alone in the battle, but equipped by the King of the universe himself.

Martin Jung

January 2026

The Invisible Battle

*"For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places." **Ephesians 6:12** · **ESV***

Have you ever felt as though your prayers were bouncing off a brass ceiling? You are on your knees, your heart is sincere, and your words are directed to the Creator of the universe. You wait for an answer, a small sign or a hint of life, but all you hear is a deafening silence.

One day of waiting flows into a week. That week becomes three. In that silence, doubt begins to creep in: does God even hear me? Has my prayer gotten lost somewhere in the cosmos, or simply vanished into the bureaucracy of the supernatural?

This is a deeply human struggle, one that has existed in every age. But in the tenth chapter of the prophet Daniel, we are given a unique opportunity to look behind the scenes. There, the curtain of our physical reality is lifted for a brief moment. What we see is as sobering as it is fascinating: a reality that turns our measured, sensory world completely upside down.

Daniel's Three Weeks

Daniel was a man of discipline. He had been praying and fasting for twenty-one days. He was not seeking comfort; he was seeking understanding. After three weeks of silence, a heavenly figure suddenly appeared before him. The words of this messenger would forever change how we view the world around us. The angel said: "Fear not, Daniel, for from the first

day that you set your heart to understand... your words have been heard."

Here lies the first great lesson for us in 2026. If heaven was listening from the very beginning, where was the answer all that time? The delay reveals a hidden front line. The angel told Daniel that he had been held back for twenty-one days by the "prince of the kingdom of Persia." This was no human general or earthly politician, but a dark spiritual power that claimed dominion over that region. It even required the intervention of Michael, one of the mightiest archangels, to clear the way for the messenger. This passage teaches us that our world is not a closed system. Behind the headlines of world history, behind political shifts, and behind the silence of our own prayer room, a conflict rages that surpasses our imagination. The battle is not against flesh and blood. It is essential to understand that a delay in answered prayer is never the same as a rejection by God.

The Divine Signature in Numbers

In the Bible, numbers are never mere filler or coincidence; they form a kind of divine handwriting. We see it everywhere: the Trinity, the forty days of testing in the wilderness, the seven days of creation. Seven in particular stands out. In biblical symbolism, seven is the number of completeness and rest. It is the sacred signature of God, indicating that something is "finished" or whole.