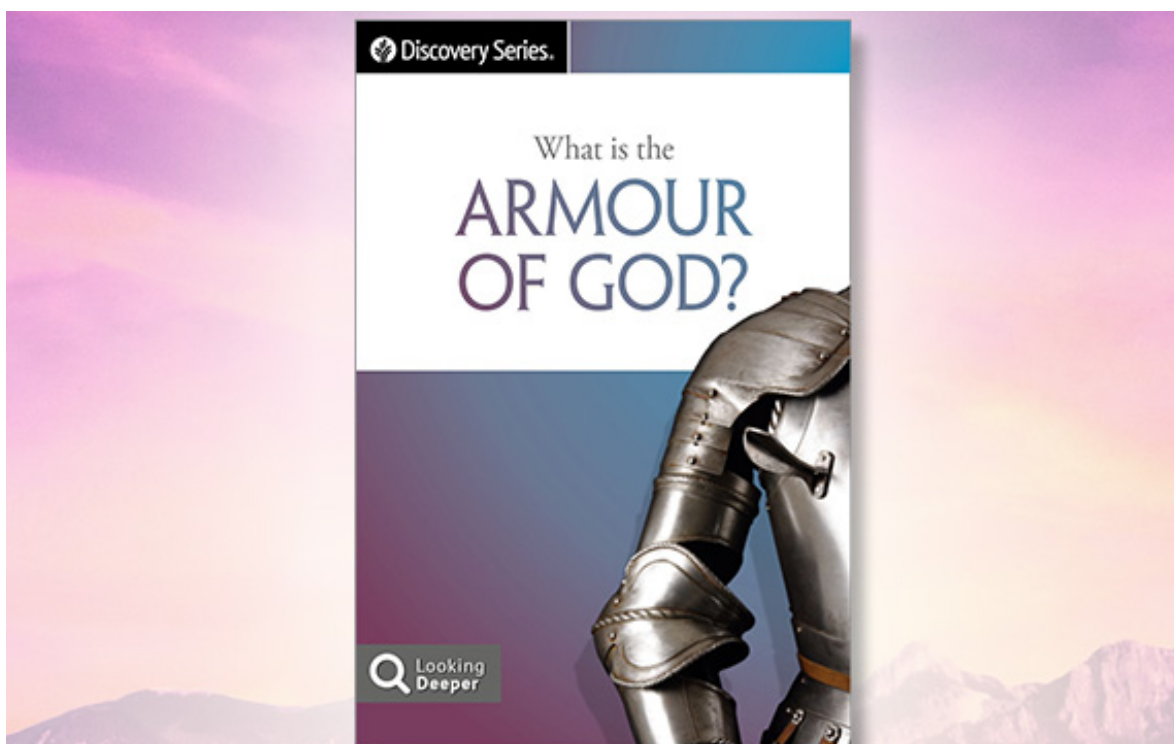


From: Our Daily Bread Ministries donotreply@messages.odb.org
Subject: The Bible's guide to standing strong (free download)
Date: 9 May 2026 at 10:01
To: [REDACTED]



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The Bible's guide to standing strong

Some days it feels like life is just... a lot. Pressure. Anxiety. Bad news. Difficult people. Inner doubts. You keep going, but you're tired.

The Bible doesn't pretend life is easy. Instead, it says we're in a real battle, not against people, but against the pressures and spiritual forces that try to wear us down. That's why it talks about the armour of God.

We've created a short, accessible guide to help you understand what that actually means – and how it applies to normal, everyday life.

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Inside you'll discover:

- What the armour of God really is (beyond the Sunday-school version)
- Why faith can feel like a struggle – even when you believe
- Practical ways to stand firm when life gets overwhelming
- How truth, faith, peace, and hope protect your mind and heart

The Bible describes this armour as protection for the battles we face – so we can “stand firm” when life is hard (Ephesians 6).

You don't have to face everything alone. And you don't have to pretend you're stronger than you are. Take a few quiet minutes today – this guide might be exactly what you need.



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