Montrose Church Women’s Bible Study
“Armor of God” Study Notes

Week 4: The Shoes of Peace

This week, we look at the third peace of armor, the God-sized shoes which enable us to leave tracks of peace in our heart and our relationships, through the Spirit.

Day 1: My Father’s Shoes - Ephesians 6:15

- The caliga were military shoes - half boot and half sandal. They had hollow metal studs on the bottom that helped the soldier to keep a firm grip.

- The enemy stirs up discord, division, disruption, and disturbance both in you and around you. He wants you uneasy, unbalanced, filled with anxiety, worry, and turmoil. Lacking peace. And anywhere peace is lacking, you can be sure he’s at work.

- A big part of Satan’s business involves stirring up turmoil. His working material includes our own sins, but also the wrongdoings that happen to us. He turns those into strongholds of unforgiveness, bitterness, and resentment. With those strongholds firmly in place, we are more likely to build emotional walls that leave us on edge, defensive and unable to have authentic relationship. Internal instability can keep us from being clearheaded and freehanded to fight against him. We get led into misguided battles.

- Shalom (the Hebrew word for peace) refers to an overall deeply entrenched sense of harmony, health, and wholeness in the midst of chaos. It’s that kind of peace - beyond comprehension - that the Bible is talking about when it says to have your feet fitted with the “preparation of the gospel of peace.”

- God’s peace can keep your emotional footing sure, you mind and body stabilized, and your relationships intact.


- Roman soldiers would have stood shoulder to shoulder in a tight linear configuration, with their shoes dug in. If one soldier lost their footing, the whole army would be vulnerable to enemy attack. The church as a whole operates the same way. We must guard our relationships with each other in order to maintain unity and live out God’s purposes.

- Jews and Gentiles were very antagonistic toward each other. They could have never imagined living in harmony - they didn’t have the desire or the willingness, either! In Ephesians, Paul pointed to Christ’s peace established on the cross as the only thing having the power to bridge the divide.
• Unity among once divided brothers and sisters puts Satan promptly in his place. When God's peace bridges the gap and brings healing and restoration, it will cause people to sit up and take notice.

• The journey toward peace can be difficult. Patience is important. Choose to do your part to hold the line so there won't be any holes where the enemy can take advantage. Make sure that unnecessary divisions don't permeate and weaken the purposes of God.

Day 3: The Hole in My Heart - Ephesians 2:13-14, 17, Romans 5:1, 8, Galatians 5:22-23, Philippians 4:6-7, Colossians 3:15, Isaiah 26:3-4, 2 Thessalonians 3:16

• The only one who can truly satisfy the human heart is the One who made it. - Lois Evans

• There are two kinds of peace that are important to understand as we consider what it means to wear the shoes of peace when standing firm against the enemy. Peace WITH God establishes our relationship with Him, and as a result, we can experience the peace OF God. Salvation isn't just about heaven, it's about being empowered on earth.

• The anchoring and guiding peace of God is already in you as a divine gift. Your task is to make sure it's not lying dormant and unappreciated. You must choose to cultivate and activate it. Trust leads to thankfulness and gratitude activates peace.

• How do we put on the shoes of peace? We trust and we express gratitude. Then we experience the peace of God that surpasses all understanding. When God sees our prayerful, grateful faith, and when our mind is squared on Him… His peace expands within us, stabilizes our emotions, centers our minds, and guides our footsteps. It overflows into our relationships.

Day 4: Go Shoes (meaning shoes that we can move in) - Ephesians 6:15, Ephesians 2:17, 2 Corinthians 10:4-5, Isaiah 11:5, 52:7, 59:17, Colossians 2:6

• Spiritual warfare calls for shoes that are appropriate for the occasion. But often our spiritual lives are so chock-full of pious activity designed to impress others that we forget to pack the basic requirements, the ones that will actually support victory.

• The Christian was evidently intended to be in motion, for here are shoes for his feet (Charles Spurgeon). Standing firm is not JUST about digging in, it's about moving forward into enemy territory from a strong position of victory (based on the Messiah) and taking back ground the enemy has sought to steal from us.

• This armor does more than help you white-knuckle life - it actually digs out a stronghold and advances against the enemy. Instead of running away from problems, the shoes of peace can run right into the teeth of them. You can pronounce freedom and peace over circumstances - “our God reigns!” It’s GO time!

• Peace intimidates the enemy when we march together in unity… that's good news! March on!

Day 5: Strategy Session

• There is a spiritual confidence that comes with peace.

• Think about a person you know whose life exemplifies peace. How have you seen it reflected during difficult circumstances? How have you seen it offer protection against the enemy? What insights does this give you into cultivating peace in your own life?