

“We have the four parts of the body that the Apostle Paul said [are] the most vulnerable to the powers of darkness. The loins, typifying virtue, chastity. The heart typifying our conduct. Our feet, our goals or objectives in life and finally our head, our thoughts” (Harold B. Lee, Feet Shod with the Preparation of the Gospel of Peace, Brigham Young University Speeches of the Year [Nov. 9, 1954], 2).

“Loins girt about with truth” (see D&C 27:15–16):

President Lee said, “The loins is that part of the body between the lower rib and the hip into which you will recognize are the vital organs which have to do with reproduction” (Feet Shod, 2). To gird implies tying firmly with a belt.

- Why do you think Satan attacks our purity, virtue, and chastity?
- How do you think knowing God’s standard of morality can help us stay pure, virtuous, and chaste?

Scripture study helps gird us in truth and helps protect truth and chastity.

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“Breastplate of righteousness” (D&C 27:16):

- According to President Lee, what does the breastplate protect?
- How do you think the righteousness of our hearts (our desires) influences our ability to fight our spiritual battles?

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“Feet shod with the preparation of the gospel of peace” (D&C 27:16):

Having your feet “shod” means wearing shoes or protection on your feet.

- According to President Lee, what do our feet represent?
- How does Satan attack our goals and objectives in life?
- What has God given us to “hold to” in order to help us keep our feet moving along the path of life toward our goals? (See 1 Nephi 8:24.)
- How can focusing on righteous goals and objectives help us overcome temptation?

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“The shield of faith” (D&C 27:17):

- What do you think it means to “quench all the fiery darts [temptations] of the wicked”?
- How has your faith shielded and protected you?

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“The helmet of salvation” (D&C 27:18):

- According to President Lee, what is protected when our head is covered?
- Why is it important to protect our thoughts?
- How does Satan attack our thoughts?
- What specific things can we do to protect our thoughts?

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“The sword of my Spirit” (D&C 27:18):

- How can the Spirit help us overcome Satan’s attacks?
- What advantage does having the Spirit give us in our fight against evil?
- How does the word of God help us use the sword of the Spirit?
- What can you do to invite the Spirit into your life more?