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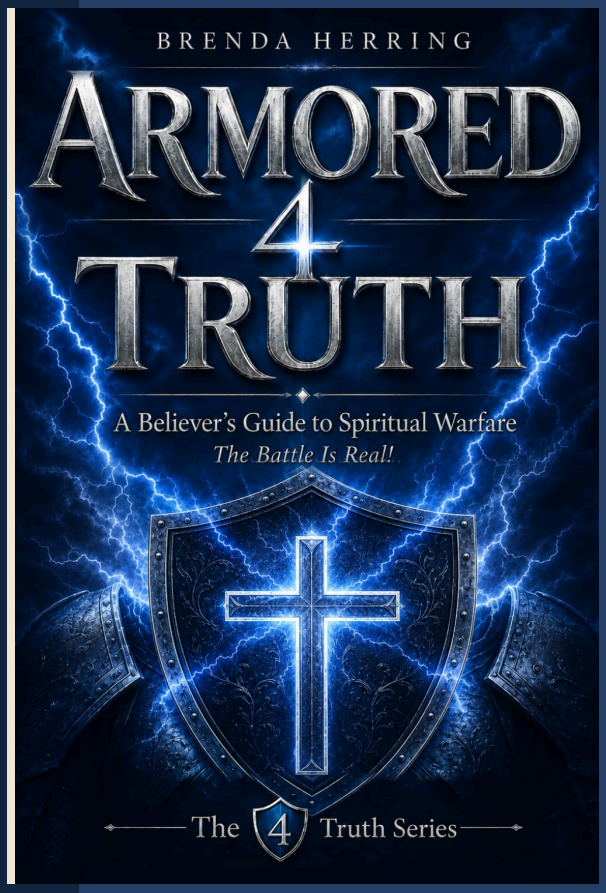
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ARMORED 4 TRUTH

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ARMORED 4 TRUTH

BRENDA HERRING

YOUR PROFESSIONAL PRESS RELEASE

Brenda Herring's ARMORED 4 TRUTH Connects Spiritual Warfare Teaching With Daily Biblical Practice

The 20-chapter guide brings Ephesians 6, targeted prayers and practical study tools to individual believers and church groups.

NEW YORK, NY — OCTOBER 14, 2026

The full armor of God from Ephesians 6 provides a practical framework for Brenda Herring's ARMORED 4 TRUTH: A Believer's Guide to Spiritual Warfare (4 Truth Series). Written for believers and churches, the Bible-based guide pairs instruction on spiritual conflict with opportunities to apply that teaching. Across 20 focused chapters, it addresses recognizing spiritual warfare, standing in God-given authority and responding through prayer and biblical truth.

The book treats spiritual preparation as an ongoing practice, addressing both putting on the armor of God and keeping it on. Alongside that scriptural foundation, it examines what it describes as the enemy's common lies, traps and strongholds. This focus gives readers specific subjects to study as they consider how to recognize spiritual opposition and stand firm in Christ's finished work.

Fear, condemnation and shame receive particular attention as patterns the guide asks believers to confront with biblical truth. Herring also addresses guarding the mind, heart, emotions and relationships in the midst of spiritual battle. These subjects give the instruction a daily-life focus: the book considers not only how Christians understand spiritual warfare, but also the personal and relational areas in which they seek to remain grounded in their faith.

Prayer is another practical component. Targeted warfare prayers and declarations support the guide's emphasis on praying with confidence. Within the book's Christian framework, spiritual weapons and victory are rooted in Jesus Christ. Its central message places the reality of spiritual battle alongside the assurance of victory in Jesus, keeping the discussion focused on the believer's response as well as the opposition the book describes.

Each chapter includes teaching, Scripture passages and reflection questions, together with practical activation steps for applying what has been learned. Journal space offers a place to record what readers understand the Holy Spirit to be revealing and how they understand His work of setting them free. This combination makes written participation part of the study process. Readers have room to consider the biblical passages, respond to the questions and document their reflections rather than simply move from one explanation to the next.

Designed for both personal study and small groups, ARMORED 4 TRUTH addresses new believers as well as seasoned leaders. Individual readers can work through the questions and record their responses, while groups have shared Scripture passages and teaching to examine together. For churches and Christians seeking a structured study of spiritual warfare, the chapter format brings biblical instruction, prayer, reflection and practical application into one resource, with tools for both examining the subject and putting the lessons into practice.

Brenda Herring is the author of ARMORED 4 TRUTH.

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