



Praying through THE ARMOR OF GOD

Ephesians 6:10-20

Dear God,

You are a good, good Father who loves me so much. Thank you for the gift of your son, Jesus, who died on the cross for my sins so that I can have a relationship with you and know that I am never alone. Help me to be strong in the Lord and in the strength of your might, knowing that my battles are not between flesh and blood but against the rulers, against the authorities, against the cosmic powers over this present darkness, and against the spiritual forces of evil in the heavenly places. Help me to put on the whole armor of God and stand firm against the schemes of the devil through your mighty power.

BELT OF TRUTH

I put on the Belt of Truth by grounding myself in the Truth of the gospel, knowing that You are the way, the truth, and the life (John 14:6), and knowing the truth will set me free (John 8:32). I pray that you will help me to make Truth my solid foundation so that I can recognize any lie that comes my way and flee from it.

BREASTPLATE OF RIGHTEOUSNESS

I put on the Breastplate of Righteousness, knowing I am made right with God—not because I earned it, but because Jesus died on the cross, paying the penalty for my sins (Ephesians 2:8, 2 Corinthians 5:21). Every time I put on the breastplate of righteousness, help me to rest securely in my identity as your beloved child (John 1:12) and have peace that surpasses all understanding because of God's faithfulness (Romans 5:1).

SHOES AS READINESS GIVEN BY THE GOSPEL OF PEACE

I put on shoes as readiness given by the gospel of peace to stand firm in Truth, knowing that I have been forgiven and have a living hope through the resurrected life of Christ, my Resurrection Hope (Romans 6:23, 1 Peter 1:3)! I pray that you help me to be brave yet gentle in sharing my faith with those around me so they can have the opportunity to have a relationship with you and live Not Alone (Matthew 28:19-20).

SHIELD OF FAITH

I pick up the Shield of Faith, trusting that you are who you say you are and that my future as a child of God is secure in you (John 1:12, 2 Corinthians 5:7). The enemy's arrows of lies, persecution, and harm are extinguished as I put my hope and my trust in you (Psalm 28:7, Romans 10:17).

HELMET OF SALVATION

I put on the Helmet of Salvation, knowing that I am free from the bondage of sin and eternal destruction (John 3:16) and to protect my mind in Christ. I pray that you help me take every sinful thought captive and renew my mind in Christ (2 Corinthians 5:17, Romans 12:2). Help me guard my thoughts knowing that the mind influences the heart and everything we do flows from the heart (Proverbs 4:23).

SWORD OF THE SPIRIT

Thank you, God, for the gift of Your true Word – the Bible – which is the Sword of the Spirit. I know the enemy tries to attack me with lies, but your Truth is my defense and my weapon against the power of the enemy (Psalm 119:160). When I am tempted, help me to speak your Truth against the lies so I can stand firm against all schemes of the devil.

PRAYER AND SUPPLICATION

Help me stay alert to the spiritual battle around me and to remain faithful in prayer — for myself and for all your children (Ephesians 6:12, 18). Thank You that even in the midst of trouble, You give us peace in You, because You have overcome the world (John 16:33).