

Praying the Armour of God (Ephesians 6:10-18)



Thanks for getting a copy of this booklet!

You have taken an important and powerful step in your relationship with Jesus. Prayer is the key to activating all the pieces of the armour of God. We have the pieces of the armour, but they need to be active and working. The Lord wants us to talk to Him about this gift that He has given us to put on and protect us every day. We have put together specific prayers for each of the pieces of the armor. There is also one shorter prayer included that quickly covers all the pieces of the armour of God.

Start small. Set some time aside and ask the Holy Spirit to show you which prayer to pray and when to pray it. Ask the Holy Spirit to give you insights into how these prayers are being answered for you each day. Ask the Holy Spirit to show you the ways the devil is coming at you so that you can strategically pray and experience God's power and victory! Feel free to keep praying these prayers for yourself, your family, your small group and Heartland. We are anticipating a surge in God's blessing and protection over us as a church as we pray in these ways together.

God bless you,

Craig

Pastor Craig Cadwell
on behalf of the Heartland pastoral team

Ephesians 6:10-18

*Finally, be strong in the Lord and in his mighty power.
Put on the full armor of God,
so that you can take your stand against the devil's schemes.*

*For our struggle is not against flesh and blood,
but against the rulers, against the authorities,
against the powers of this dark world
and against the spiritual forces of evil
in the heavenly realms.*

*Therefore put on the full armor of God,
so that when the day of evil comes,
you may be able to stand your ground,
and after you have done everything, to stand.*

*Stand firm then,
with the belt of truth buckled around your waist,
with the breastplate of righteousness in place,
and with your feet fitted with the readiness
that comes from the gospel of peace.*

*In addition to all this, take up the shield of faith,
with which you can extinguish all the
flaming arrows of the evil one.*

*Take the helmet of salvation and the sword of the Spirit,
which is the word of God.*

*And pray in the Spirit on all occasions
with all kinds of prayers and requests.*

*With this in mind, be alert and always keep on praying
for all the Lord's people.*

A Prayer to Put On The Belt of Truth

In the name of the Lord Jesus Christ I claim the protection of the belt of truth, having buckled it securely around my waist. I pray the protection of the belt of truth over my personal life, my home and family, and the ministry God has appointed for my life. I use the belt of truth directly against Satan and his kingdom of darkness. I aggressively embrace Him who is the truth, the Lord Jesus Christ, as my strength and protection from all of Satan's deceptions. I desire that the truth of God's Word shall



constantly gain a deeper place in my life. I pray that studying and memorizing the truth of God's Word may be my heart's delight.

Forgive me for my sin of not speaking the truth. Show me any way in which I am being deceived. By the Holy Spirit of Truth, open the Scriptures to my understanding and guide me into the practical understanding of His words of truth. I ask the Holy Spirit to warn me before I deceive anyone and to ever protect me from believing Satan's lies. Thank

You, Lord, for making my local church a pillar and foundation for Your truth in my life. Help me to relate to my church and to give protection and help to others as well as receive it myself.

I see, Lord Jesus Christ, that my ability to be invincibly strong and able to do Your will despite Satan's subtle ways requires the stabilizing power of the belt of truth. Thank You for providing this part of the armour. I accept it gratefully and desire to have an ever-deepening understanding of its protection through Your power.

Amen.

A Prayer to Put On the Breastplate of Righteousness

In the name of the Lord Jesus Christ, I put on the breastplate of righteousness. In this moment, I repudiate any dependence I may have upon my own goodness. I embrace the righteousness that is mine by faith in the Lord Jesus Christ. I look to the Holy Spirit to be effecting righteous actions, pure thoughts and holy attitudes in my life. I hold up the righteous life of the Lord Jesus Christ to defeat Satan and his kingdom.

I affirm that my victory is won and lived out by my Saviour. I eagerly ask and expect that the Lord Jesus Christ shall live His righteousness through me. Through the precious blood of Christ, cleanse me of all my sins of omission and commission. Let me walk in a holy and clean manner that honours God and defeats the world, the flesh and the devil, through Jesus Christ my Lord.

Amen.



A Prayer for the Peace of Foundation

“Heavenly Father, I come to You in Jesus' name, and I acknowledge that I have allowed myself to be gripped by (fear/anxiety/worry ...) about the (situation/concern/relationship). I now repent of this and ask You to



forgive me. I surrender the (situation/concern/relationship) to You. I acknowledge that You can do a better job of taking care of these things than I can.

So, I choose now, by an act of my will, to not be (fearful/anxious/worried ...) about this but will trust You for Your (wisdom/guidance/power/protection/provision ...). Please lift off of my spirit, soul and body this (fear/anxiety/worry) now and exchange it with Your peace.

Thank You, Lord, for Your gospel shoes of peace. Thank You that You provide Your peace as my foundation. I choose to put Your peace on my feet, to strengthen and envelope me. Thank You that Your peace protects me from the schemes of the enemy. I choose to trust You today.

Thank you for your presence and care in my life. In Jesus' name, amen.”

A Prayer for Lifting up the Shield of Faith

Heavenly Father, thank You for giving me, as your child, the shield of faith. I count on Your presence to surround me like a cone of protection.

Lord, I commit to walking in the Spirit that I might grow in my faith and do my part to mature.

So, in Jesus' name,
I lift the shield of
faith against the
arrows of the
enemy.

Enable me to
concentrate on your
presence and not
on the enemy's
arrows.



I rejoice with You,
Lord Jesus, in Your victory and look forward to being with You where the
arrows will cease.

In the mighty name of Jesus Christ, amen.

A Prayer for the Helmet of Salvation

Heavenly Father, I take by faith the helmet of salvation. I recognize that my salvation is in the person of Your Son, the Lord Jesus Christ. I cover my mind with Him. I desire that He put His mind within me. Let my thoughts be His thoughts.



I open my mind fully and only to the control of the Lord Jesus Christ. I repent where my thoughts have been selfish or sinful. Grant me the wisdom to discern thoughts that are from the world, my flesh or the devil. Keep me from being deceived, discouraged, double minded or worried.

May Your word be ever over my mind like a helmet of strength, which Satan's projected thoughts cannot penetrate. I now give all of me to all of You.

A Prayer to Take Up the Sword of the Spirit

God, I thank You for Your Word, the Bible. I thank You that it is alive, active and effective today. I repent for how I have neglected Your Word and for my lack of interest or discipline to read/study/meditate on it. I also repent for the ways I have mis-used Your Word for personal gain. Thank You for Your forgiveness.

So, by an act of my will, I now take up the sword of the Spirit, which is the word of God. In humility, I ask You, Holy Spirit, to enable me to understand the word of God. Help me know the truth and guide me to use it defensively against Satan's attacks in temptation and with lies. Teach me to use it offensively against Satan by leading me in the way of righteousness to renew my mind and transform my thinking.

May You advance the cause of Christ through me and how I use Your Word. Thank You for Your power that is at work through Your Word, the Bible. In the mighty name of Jesus Christ I pray, amen.



A Prayer to Grow My Prayer Life

“Heavenly Father, I come to You in Jesus' name; thank You for the gift of Your Holy Spirit. I admit that I need to grow in my prayer relationship with You. Please help me. Lord, I surrender my time to you. Thank You that You want me to pray at all times and in all seasons. I surrender my schedule and seasons of life to You. You are welcome to meet me at any time.

Father God, please give me greater spiritual alertness and discernment. I surrender my vulnerabilities to You. Please strengthen me in Jesus' name.

Father God, I admit that I can grow weak and can give up in prayer. Please help me to persevere and to be strong in praying for the things that matter most to You.

Lord Jesus Christ, I commit to pray for other people. Please show me the people who are on Your heart. Holy Spirit, show me how to pray for other people. I will pray the armour of God for the people in my spheres of influence (list any names that come to your mind). Holy Spirit, please move in a powerful way at Heartland. I lift the shield of faith for my sisters and brothers in Christ today.

Father God, thank You that You love the world. I ask that You would show Your love and Your life to these people who do not yet know you (list off any names that come to your mind). Please open their spiritual eyes to see the greatness of Jesus Christ. In Jesus' name, amen.”

Praying the Armour of God (Ephesians 6)

¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, ... (Ephesians 6:13-14a)

Pray: Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I desperately need today. Expose the lies I'm not even aware that I'm believing.

... with the breastplate of righteousness in place, (Ephesians 6:14b)

Pray: And yes, Lord, I wear Your righteousness today against all condemnation and corruption. Fit me with Your holiness and purity—defend me from all assaults against my heart.

and with your feet fitted with the readiness that comes from the gospel of peace. (Ephesians 6:15)

Pray: I do choose to live out Your gospel at any moment. Show me where the larger story is unfolding so I can participate with You, and keep me from being so lax that I think the most important thing today is the soap operas of this world. Give me courage to be Your witness to those around me today.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. (Ephesians 6:16)

Pray: Jesus, I lift against every lie and every assault the confidence that You are good, and that You have good in store for me. Nothing is coming today that can overcome me because You are with me.

Take the helmet of salvation ... (Ephesians 6:17a)

Pray: Thank you, Lord, for my salvation. I receive it in a new and fresh way from you and I declare that nothing can separate me now from the love of Christ and the place I shall ever have in Your Kingdom.

... and the sword of the Spirit, which is the word of God. (Ephesians 6:17b).

Pray: Holy Spirit, show me specifically today the truths of the Word of God that I will need to counter the assaults and the snares of the enemy. Bring them to mind throughout the day.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

Pray: Finally, Holy Spirit, I agree to walk in step with you in everything—in all prayer as my spirit communes with You throughout the day.

Taken from: Eldredge, John. *Wild at Heart: Discovering the Secret of a Man's Soul*.
Nashville: Thomas Nelson, 2001.

