

Praying on the Armor of God

The following prayer mixes in the text of Ephesians 6:10-20 with specific prayer language that you can use to “put on” each piece of armor God provides so you can prevail in battle against the forces of Satan. The prayer helps you understand the meaning of each piece as well.

“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...”

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

“... with the breastplate of righteousness in place...”

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

“... and with your feet fitted with the readiness that comes from the gospel of peace.”

I do choose to live for the gospel at any moment. Show me where the larger story is unfolding, and keep me from being so lax that I think the most important thing today is the soap opera of this world.

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

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

“Take the helmet of salvation...”

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 from the love of Christ (Romans 8:38-39) and the place I will ever have in your kingdom.

“... and the sword of the Spirit, which is the Word of God.”

Holy Spirit, show me specifically the truths of the Word of God that I will need to counter the assaults and snares of the Enemy. Bring them to mind throughout the day. I remember that when Jesus faced the devil’s temptations in the wilderness, he always countered the Enemy’s lies with, “It is written...” (Matthew 4 : 1-11)

“And pray in the Spirit with all kinds of prayers and requests. With this in mind, be alert, and always keep on praying for all the saints.”

Finally, Holy Spirit, I agree to walk in step with you in everything, in all prayer as I commune with you throughout the day.

– Prayer adapted from John Eldredge, *Wild at Heart*

Prayer to Assert the Believer's Spiritual Authority over the Enemy

Jesus, I receive you afresh as my authority, rule, and dominion, my everlasting victory against Satan and his kingdom, and my ability to bring your Kingdom (rule and reign) at all times and in every way. I receive all the work and triumph of your Ascension, through which you have judged Satan and cast him down (John 12:31), you have disarmed his kingdom (Col. 2:15). All authority in heaven and on earth has been given to you, Jesus (Matt. 28:18). All authority in heaven and on earth has been given to you, and you are worthy to receive all glory and honor, power and dominion, now and forevermore. And I have been given fullness in you, in your authority, and you are the Head over all (Col. 2:10). I now take my place in your Ascension, and in your throne, through which I have been raised with you to the right hand of the Father and established in your authority (Eph. 2:6). I now bring the kingdom of God, and the authority, rule and dominion of Jesus Christ over my life today, over my home, my household, my church, my vehicles and finances, over all my kingdom and domain.

I now bring the authority, rule and dominion of the Lord Jesus Christ, and the fullness of his work—his Cross, Resurrection, and Ascension— against Satan, against his kingdom, against every foul and unclean spirit come against me/us (at this point you might want to name the spirits that you know have been attacking you and/or the church- such as *spirits of disunity, spirits of fear, spirits of disobedience, spirits of greed, spirits of self-reliance, etc.*). Greater is he who is in me/us than he that is in the world (1 John 4:4). Christ has given me/us authority to overcome all the power of the evil one (Luke 10:19), and I claim that authority now over and against every enemy, and I banish them in the name of Jesus Christ. I bring the full work of Jesus Christ against every foul power, and I bind it all from me (and from my church, family, etc.) in the authority of the Lord Jesus Christ and in his Name. Amen.