

# WEEK OF FASTING

A Chapter of EPHESIANS per day

God equips us with spiritual armor. Through prayer we can stand against attacks of discouragement and doubt.

“Put on” the Armor of God with this prayer based on Paul’s exhortation in Ephesians 6:10–18, using God’s Word, the sword of the Spirit, as we struggle, “not against flesh and blood, but against the powers of this dark world and against the spiritual forces of evil in the heavenly realms” (v. 12).

## EQUIP ME, LORD:



1. **With the belt of truth** (v. 14).

May your truth rule in my heart and be on my mind and on my lips today.



2. **With the breastplate of righteousness** (v. 14).

Outside of you there is no justice, but through Jesus I have been “born again” and made right before you. May I live as a fair person.



3. **With feet equipped with the Gospel of peace** (v. 15).

May I reflect the Gospel in my words and actions, so that through me, with each encounter of mine, others may come one step closer to You.



4. **With the shield of faith** (v. 16).

Let me trust Your word about the promises about the present and the future: promises of everlasting love, abundant life, and much more.



5. **With the helmet of salvation** (v. 17).

Remind me that nothing can separate me from Your love and that I have been saved by grace. In Your grace, help me to say “no” to all ungodliness and worldly passions, and to live a self-controlled, upright and godly life (Titus 2: 12,13).



6. **And with the sword of the Spirit, the Word of God** (v. 17).

May your Holy Spirit reign in my life and bring to mind the correct verses of the Bible to be in my heart and on my lips. May I be “Spirit-filled” and ready with Scripture as you were, Jesus, when the devil tempted you.