

Putting on the Full Armour of God Prayer

Lord God, today my desire is to stand firm in faith and trust in you. I pray that I will be strong in you and in your mighty power. Help me to put on the full armour that you provide and to live fully and freely as your beloved child.

Belt of truth

Lord, help me to live today according to your truth. I choose to listen to your voice and believe what you say. Show me the truths I desperately need to know. Expose the lies that I am not even aware that I believe. Thank you that your truth will set me free.

Breastplate of righteousness

Thank you that I am covered with the righteousness of Jesus and I am accepted and forgiven. Protect my heart today from any shame or condemnation and help me to come to you quickly and honestly when I mess up, knowing that you will always welcome me.

Feet fitted with the readiness of the gospel of peace

I praise you, Jesus, that you are the Prince of Peace and I am united with you. Help me to be a peacemaker today, to live in love and unity with others and to be ready to share the good news with those around me.

Shield of faith

Thank you, Lord, that you are always faithful. Help me to put my faith and trust in you today. I choose to believe in your presence and your promises. When lies, doubt or temptation come, help me to resist them with faith and be protected from harm.

Helmet of salvation

Protect my mind, today, Lord, and help me to 'take every thought captive in obedience to Christ.' I celebrate that nothing can separate me from your love and that salvation is mine because of Jesus.

Sword of the Spirit - the Word of God

By the power of the Holy Spirit, I pray that I would grow in the knowledge of your word. Help me, today, to resist temptation and all the schemes of the enemy.

I commit myself and my ways into your loving care, trusting that you are strong and mighty, and you hold me in your hand. Amen.



Through Lent this year, we are spending some time looking at Paul's letter to the Ephesians to help us get spiritually fitter, inspired by Watchman Nee's book 'Sit, Walk, Stand'. We will be focusing on three vital aspects of our life as Christians through Sunday preaching and providing resources for you to go on thinking and praying during the week:

Sit: *Knowing who we are in Jesus (Eph 1-3)* 5th March

Walk: *Living God's way in the world (Eph 4-6:9)* 19th March

Stand: *Being alert and prepared (Eph 6:10-24)* 2nd April



In this leaflet you will find suggestions to help you think some more about how you can be more spiritually alert and prepared.

'Put on the full armour of God so that you can take your stand against the devil's schemes'

Ephesians 6:11

Starting from our position of being seated with Jesus in the heavenly realms and then seeking to live our lives day by day walking like Jesus and with Jesus, **standing** is about holding our ground confidently, faithfully and steadily in the face of whatever spiritual opposition comes our way. We are urged to be strong in the Lord and in his mighty power and to **stand firm**.

Pray

Pray for God to help you be increasingly alert spiritually and to grow stronger and steadier in faith so that you can stand firm.

Listen again

You can listen again to the sermon from Sunday 2nd April on our Church website www.allsaintsripley.org.uk

Read

Read Ephesians 6:10 to 18 several times, if you can. Focus on anything that particularly draws your attention and talk with Jesus about it.

Think

- In what ways are you personally aware of being in a spiritual battle?
- How do you (or could you) keep more aware of the hugeness of God and the wonderful truth that he has already won the victory in the battle through the cross and resurrection?
- Can you identify particular lies about yourself or God that you are prone to believe, or temptations that you are vulnerable to? How might you be training to stand firm against these things relying on God's strength and power?
- Romans 8 says, *'If God is for us, who can be against us?... In all these things, we are more than conquerors through him who loved us... Nothing will be able to separate us from the love of God that is in Christ Jesus our Lord.'* What does this mean to you?

Talk to Jesus about your thoughts.

Train to Stand Firm:

Knowing the Truth *'Stand firm then, with the belt of truth buckled round your waist.'* (Eph 6:14)

Knowing the truth about who God is and who we are in him is vital in helping us to stand firm. How could you invest in knowing the truth more deeply and fully?

- You could develop a regular pattern of Bible reading. There are many different Bible reading notes and apps available.
- Jesus said, *'I am the truth'* and *'you will know the truth and the truth will set you free.'* Consider reading through Mark's Gospel day by day leading up to Easter, asking the Holy Spirit to give you deeper revelation of the truth of who Jesus is.
- Have another look at the *'Who I am in Christ'* list on the back of the 'SIT' leaflet.

Exercising Faith *'Take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.'* (Eph 6:16)

To resist the lies, doubts, temptations and other opposition that comes our way, we need to respond with faith. How could you strengthen and stir up your faith?

- Spend time praising God and declaring who he is and what he has done. Consider writing your own version of Psalm 136 with the refrain, *'his love endures forever.'*
- Share the stories of what God has done in your life.

Praying in the Spirit *'Pray in the Spirit on all occasions with all kinds of prayers and requests.'* (Eph 6:18)

Praying expresses our faith in God and our trust in his strength and power. How could you increase your prayerfulness?

- At the start of the day, you could use the *'Armour of God Prayer'* on the back of this leaflet.
- At the end of the day, think about the times or situations where you didn't, wouldn't or couldn't pray. Talk to Jesus about it. If you are struggling, you could ask someone to pray with you.