

## Ephesians Week 10: Practices to Become What We Believe

### Spiritual Warfare Prayer

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#### **What is Spiritual Warfare Prayer?**

*“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.”*  
Ephesians 6:10-12

As the Apostle Paul finished his letter to the church in Ephesus, he reminded them of the raging cosmic battle the church is caught up in. Essentially he is saying in this passage, ‘get ready – you are going to take some hits, you need to stand firm, hang in there and get your armor on!’ The chosen imagery of a Roman soldier’s armor is something everyone in the first century would have understood, and facilitated the sense of urgency Paul wanted to emphasize – ‘pick up’, ‘get dressed’, ‘put your shoes on – get ready.’ After detailing the different items that a soldier of Christ should dress themselves in, Paul goes on to conclude that ultimately the way we both ‘get ready’ and ‘engage’ in this battle is in prayer – “Praying at all times in the Spirit, with all prayer and supplication” (vs 18). We need not fear the battle; in Christ we are more than conquerors (Romans 8:37). But to know the reality of this victory we need to learn how to stand firm and if we are going to learn how to stand firm, we need to know how to pray.

#### **Sample Daily Spiritual Warfare Prayer:**

You can use this as an example to write your own, or simply pray through it as a daily preparation of the battles you may face.

*Heavenly Father, I come to you today as your beloved son/daughter. I worship You, and I give You praise; You are worthy to receive all the glory and honor and praise.*

*Today, I renew my allegiance to You, Jesus – my Savior, my Friend, my Lord and my King. I thank You for saving me Jesus, and for the forgiveness of sins through the victory of the cross and resurrection. Thank You that You triumphed over all principalities and powers and made a show of them openly. I stand in that victory today believing that no weapon formed against me can prosper.\* Today, I put on the armor of God:*

*I put on the belt of truth – I believe You are the Truth, Jesus. Your words are true and I am in You.*

*I put on the shoes of the gospel of peace. By faith I stand, firm-footed, in Your ‘Calvary-love’ that forgives my sins, and I walk forward today in confidence to share this good news with others.*

*I put on the breastplate of righteousness. Protect my heart. I am a new creation and I have received the righteousness of Christ. I choose to ‘die to self’ again today and display Your righteousness through my words and actions.*

*I put on the helmet of salvation. Renew my mind afresh today. I declare my mind set apart for You and therefore I reject the insinuations, the accusations, and lies of Satan. You have not given me a spirit of fear, but of power, love, and a sound mind.*

*I lift up the shield of faith to resist all against all the fiery darts of the enemy. Deliver me from evil and work in my life that there be no ground to give Satan a foothold against me.*

*I take up the sword of the Spirit, the word of God, and in the victory of Jesus I advance today knowing that the weapons of my warfare are not carnal, but mighty in God to the pulling down of strongholds, to the casting down of imaginations and every high thing that exalts itself against the knowledge of God, and to bring every thought captive and make it obedient to Christ. I break the strongholds of Satan formed against my body, soul and spirit today, and choose to make Godly decisions today, by the grace of God.*

*I rejoice in You today Jesus; may Your joy be my strength as Your grace and mercy follow my life. Jesus, You are my Vision.*

\*Note: Before you move on, you can also declare this over your family/friends/church – name them before the Lord.