



## Be Strong | The Energy for your Battle

10.02.22

### **START TALKING | (Find a conversation starter for your group)**

Who was the first person you remember who taught you about prayer? Do you have any special memories associated with those early lessons on prayer?

### **START EXPLORING | (Read the Bible)**

Read Paul's personal prayer for the Ephesians in Ephesians 3:14-21.

- What are some "nuggets" (valuable ideas or facts) that you find as you read and reflect on this passage?

### **START SHARING | (Choose a question to create openness)**

- Do you think it is common or uncommon to view prayer in the context of spiritual warfare? Why or why not?

The equipment is the armor for the battle. Prayer is the energy for the battle.

- Have you ever felt prayer providing energy in your battles? If so, explain a time when this was true for you.
- Have you ever mentally PUT ON the armor of God through prayer? If so, describe your experience. (If not, the below prayer will help you know how to pray mentally dressing yourself with the armor of God.)

**More continued on back**



**Start Praying. (Be bold and pray with power)**

Begin to mentally dress yourself with these prayers as you PUT ON each piece of God's armor.

Belt of Truth – *“God today, I need integrity in my life. I need to know Your truth, and I need to do Your truth. I need to build my life on truth.”*

Breastplate of Righteousness – *“And God, I need purity in my life today. There is a lot of impurity out there. I do not want impure relationships. I do not want impure thoughts. I do not want impure motives. I need to have a clean heart.”*

Fitted Shoes – *“God, I’m so stressed out today. I need Your peace. I need to put on the shoes of the Good News of peace. I’m going to have fears and anxieties, and I need peace.”*

Shield of Faith – *“And God, today when doubts come at me, I need certainty. I need to know that my faith in you will not let me down.”*

Helmet of Salvation – *“God I need sanity. My life is insane right now. My schedule is insane right now. The world is insane right now. I need sanity. Protect my mind as I put on the Helmet of Salvation.”*

Sword of the Spirit – *“And God, I need maturity. I’m going to memorize some Bible verses and go on the offensive when the devil comes my way.”*

**Start Doing. (Commit to a step, and live it out this week)**

- Dress yourself for battle each morning this week in one of three ways:
  - 1.) Use the QR code on the back of the resource/bookmark (09/25 handout) and listen to the audio prayer.
  - 2.) Use the written prayers in the section above.
  - 3.) Formulate your own prayers.