

In Ephesians 6, Paul explains how each of us are involved in a spiritual battle between the forces of good (God) and evil (the devil) and the spiritual powers who are fighting over our souls.

It may be helpful, therefore, to put on God's armour of protection on a daily basis. (It can also be used before going to bed, because we can also be vulnerable at night). As you read through these, you might find it helpful to touch those parts of your body to which they refer.

Heavenly Father, I take to myself this morning/evening:
The HELMET of Salvation;
The BREASTPLATE of Righteousness;
The BELT of truth;
The SHOES of the Gospel of Peace;
The SHIELD of Faith;
The SWORD of the Spirit.

In Ephesians 6, Paul explains how each of us are involved in a spiritual battle between the forces of good (God) and evil (the devil) and the spiritual powers who are fighting over our souls.

It may be helpful, therefore, to put on God's armour of protection on a daily basis. (It can also be used before going to bed, because we can also be vulnerable at night). As you read through these, you might find it helpful to touch those parts of your body to which they refer.

Heavenly Father, I take to myself this morning/evening:
The HELMET of Salvation;
The BREASTPLATE of Righteousness;
The BELT of truth;
The SHOES of the Gospel of Peace;
The SHIELD of Faith;
The SWORD of the Spirit.

This prayer might be helpful when you feel oppressed, burdened and heavy in your spirit and when you are facing difficult times.

In the name of Jesus Christ I disclaim, renounce, and totally reject all the depression, heaviness and gloom, which now burdens me. I am a child of light, not of darkness. I will walk in the light as He is in the light, while the blood of Jesus Christ cleanses me from all sin.

May I live today in the Communion of Saints. I take as my companions the Angels, Archangels, and all the Company of Heaven. May they surround me on every side to be my keepers and guardians.

And I claim the promised indwelling of the Holy Spirit, the Father's gift to all who ask Him. May I be His temple today that I may live to the praise of God the Father and after the pattern of Jesus Christ my Lord.
Amen.

This prayer might be helpful when you feel oppressed, burdened and heavy in your spirit and when you are facing difficult times.

In the name of Jesus Christ I disclaim, renounce, and totally reject all the depression, heaviness and gloom, which now burdens me. I am a child of light, not of darkness. I will walk in the light as He is in the light, while the blood of Jesus Christ cleanses me from all sin.

May I live today in the Communion of Saints. I take as my companions the Angels, Archangels, and all the Company of Heaven. May they surround me on every side to be my keepers and guardians.

And I claim the promised indwelling of the Holy Spirit, the Father's gift to all who ask Him. May I be His temple today that I may live to the praise of God the Father and after the pattern of Jesus Christ my Lord.
Amen.