

Prayer Workshop

Put on the full armour of God

Paul wrote to the Ephesian Christians from his prison in Rome. Ephesus was a politically and economically strategic city and its inhabitants were renowned for their devotion to the goddess Diana. They had violently opposed Paul's preaching, but he explained that the real battle was not against these people but against *'the powers of this dark world and against spiritual forces of evil in the heavenly realms.'* (Ephesians 6:12).

Paul then described God's spiritual armour and weapons, comparing them with the equipment worn and carried by the soldiers who guarded him night and day. Like the Ephesian believers we too need to put on this 'armour' as we pray, in order to challenge evil and be well protected from the temptations and attacks of the enemy.

- **Surrounded by the BELT OF TRUTH**

"Then you shall know the truth and the truth shall set you free." John 8:32

- **Guarded by the BREASTPLATE OF RIGHTEOUSNESS**

"Blessed are the pure in heart for they shall see God" Matthew 6:8

- **Equipped with the SHOES OF THE GOSPEL OF PEACE**

"How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion 'Your God reigns!'" Isaiah 52:7

- **Protected by the SHIELD OF FAITH**

"Now faith is being sure of what we hope for and certain of what we do not see." Hebrew 11:1

- **Covered by the HELMET OF SALVATION**

"I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile." Romans 1:16

- **Fighting with the SWORD OF THE SPIRIT – which is the Word of God**

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." Hebrews 4:12

"And PRAYING IN THE SPIRIT on all occasions with all kinds of prayers and requests."
Eph 5:18

Thank God for such wonderful armour! We can wear it wherever we are. At the bus stop, walking through the park, as we sit alone, at home, at work, in the prayer meeting. Living without it we are very vulnerable, walking with it we are fully protected.