



A DAY OF PERSONAL PRAYER

We hope you are enjoying our second Prayer Week of the year. Our hope is that this week, we will all grow in our practice of prayer. The purpose of today is to take some time for personal devotion and reflection.

PRAYER GUIDE

Leigh preached from Ephesians 6 about the armour of God on Sunday.

Ephesians 6:10–20 (NIV)

Finally, be strong in the Lord and in his mighty power. Put on the full armour 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. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Start with reflection

Consider this text and reflect on its application to your life:

1. In which area of your life is God prompting you to stand and persevere?
2. Which piece of armour do you most need in your life right now?
3. Which verse do you need to remind yourself of to use in the spiritual battle like Jesus did in the wilderness?

Pray

Let your reflection prompt your prayers. Ask God for help to persevere and to apply the spiritual armour to your life. Seek God for wisdom so that you may know how to handle difficult situations. Pray through this scripture in Ephesians or another scripture that you are relying on as you bring your requests to God.

Act

One way to consolidate what God is doing in your life is to write things down. Why not keep a note of the things you feel God saying to you, the scriptures that are touching your heart and mind, the actions you feel God wants you to take. Sometimes the simple act of writing things down helps us to take the next step of putting them into practice.

Closing

At the end of the day, prayer is an expression of our relationship with God. There are some personal aspects to prayer because we are unique individuals. But there are also things we can learn from each other and from God about the life of prayer. Take some time to thank God for what he is doing in your prayer life and ask him to keep helping you to grow in the practice of prayer.

PRAYER WEEK

DAY 2
4 & 6