

## Praying to Put on the Armor of God Daily

Dear God, today I put on the full armor to guard my life against attack. I put on the belt of truth to protect against lies and deception. I put on the breastplate of righteousness to protect my heart from the temptations I battle. I put the gospel of peace on my feet, so I'm ready to take your light wherever you send me this day.

I choose to walk in the peace and freedom of your Spirit and not be overcome with fear and anxious thoughts. I take up your shield of faith that will extinguish all the darts and threats hurled my way by the enemy. I believe in your power to protect me and choose to trust in you.

I put on the helmet of salvation, which covers my mind and thoughts, reminding me I am a child of your light, forgiven, set free, saved by the grace of Christ Jesus. I take up the sword of the Spirit, your very Word, the one offensive weapon given to me for battle, which has the power to demolish strongholds, alive, active, and sharper than any double-edged sword.

I ask for your help in remembering to put on your full armor every day, for you give me all that I need to stand firm in this world. Forgive me God for the times I've been unprepared, too busy to care, or trying to fight and wrestle in my own strength.

Thank you that I never fight alone, for you are constantly at work on my behalf, shielding, protecting, strengthening, exposing deeds of darkness, bringing to light what needs to be known, covering me from the cruel attacks I face even when I'm unaware. In the powerful name of Jesus, Amen.

By Debbie McDaniel