# A way to pray Ephesians chapter 6

## The Armour of God

### Father God,

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- † I put on the **belt of truth** around my waist. Help me listen to and act upon Your truth alone, and not be deceived by the devil's lies.
- † I put on the breastplate of righteousness.

  Thank you that because of the cross I can be righteous in Your sight.

  Help me live my life in a way that honours You. Guard my heart

  Lord.
- † I put on the **shoes of the gospel of peace**.
  Thank you that I can have peace with You through Jesus. Help me be ready and alert to share the Gospel of peace with others.
- † I stand behind the **shield of faith**, trusting that You are reigning, You are good, You are faithful and that You are all powerful.
- † I place the **helmet of salvation** on my head.
  Thank you for the promise of salvation made possible through Jesus.
  Keep my eyes fixed on this wonderful hope and mount a guard over my thoughts.
- † I take up the **sword of the Spirit**.

  Help me to listen to the voice of the Holy Spirit bringing a Scripture or instruction at my moment of need.
- **†** I ask for your encircling hedge of protection to be around me and my family. In Jesus' Name, Amen.

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