

Reflection questions:

- What does the image evoke for you?
- What areas do you need protection in?
- What specific 'weapons' do you need?
- Who can pray and support you in this?



Armour of God Prayer / Declaration

Lord, please help me this day put on the full armour of God.

I put on the Helmet of Salvation on my head. Let me always remember I am saved, and who I belong to. My mind is guarded in Christ Jesus, and I have the mind of Christ; I reject all other thoughts.

I put on the Breastplate of Righteousness so others may see your Righteousness in me, and that my heart is guarded in Christ Jesus.

I keep the Belt of Truth securely buckled on my waist, that I may always be secure in the knowledge of the Truth and always speak the Truth.

Please fit my Feet with the readiness that comes from the Gospel of Peace, that I may stand firm in the Gospel, and spread the Gospel of Peace wherever I go.

I hold the Shield of Faith to extinguish the flaming arrows of the evil one. Strengthen my arm and help me hold it high, that I may use it to protect myself, my family, my household and those under my care. Give me courage to use the Shield of Faith to press ahead and push forward for the kingdom of God.

And Lord, I take up the Sword of The Spirit which is the Word of God. Your Word strikes at all that is not true and just. Use it awaken your people so all may obey and serve you. Let me use your Word to bring, encouragement, strength and wisdom to everyone I meet.

Help me serve you this and every day. Please use me Lord. These things I ask in the Name of Jesus Christ.

Amen