

PRAYING THE ARMOR OF GOD

FOR PARENTS

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² 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. ¹³ Therefore put on the full armor 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. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ 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.

EPHESIANS 6:10-18

PRAYING THE ARMOR OF GOD

Prayer is one of the most important parts of parenting. That's because when we pray for our kids, we are talking with God, our good Father, and inviting Him to come and move in their lives. Our prayers are powerful because God is powerful, and He's the One who hears and responds to our prayers. Prayer brings the power of heaven into the lives of our kids.

When we pray, we can say anything to God, and He's always ready to talk and listen. He's also given us His Word, the Bible, that's full of truth for us to pray over our families. We can pray Scripture by reading the Bible and letting God's Word speak to us as we read and then saying what we read out loud as we declare God's Word back to Him. When we pray Scripture over our kids, we're speaking God's promises over their lives and asking for His will to come in every situation and circumstance while also aligning our hearts with His plans for them.

The "armor of God" that we find in Ephesians 6:10-18 is a great example of Scripture that we can pray over our kids. It was originally written in a letter by Paul to the church of Ephesus while he was under house arrest, being constantly guarded by Roman soldiers. While it appears in his letter that Paul drew inspiration from the armor those soldiers wore, the armor he writes about is simply a physical picture of a spiritual truth.

When Paul tells the Ephesians to put on the armor of God, he's not trying to prepare them for a physical battle but rather a spiritual one. When things in life get difficult, our battle is never with other people. It's with the darkness and brokenness of the world. There's a very real enemy working against us, coming after our hearts and minds, and our kids are confronted with the enemy's schemes at home, at school, with friends, and wherever they go. But the good news is that in Jesus, we have victory!

The spiritual battle Paul is referring to is a battle that Jesus has already won. Jesus died on the cross and rose again, and when He did, He defeated sin and death once and for all. With Him, it is finished. Now, when we believe the truth of who Jesus is and what He has done for us and choose to follow Him as the Lord of our life, we become beloved sons and daughters in God's family. Nothing can stand between us and God ever again.

We can trust that God is our protection and our strength. Truth, righteousness, the gospel, faith, salvation, the Word of God, and prayer are the tools He gives us to prepare for life and anything that may come our way. This is the armor that Paul is referring to! He wants the Ephesians to remember the victory they have in Jesus and to put on the armor of God. And the same is true for our kids. No matter what they're facing, in Jesus, God is with them, and He gives them everything they need to stand firm.

As you walk through praying the armor of God over your kids, our hope is that you will be equipped to go to battle for them in the spiritual realm, fighting on their behalf through prayer as you dress them in the armor of God. Prayer is where spiritual battles are won!

GETTING STARTED

FINALLY, **BE STRONG IN THE LORD AND IN HIS MIGHTY POWER.** PUT ON THE FULL ARMOR 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.

EPHESIANS 6:10-12

As you begin, pray this Scripture as a prayer for you as a parent. Let it remind you that you don't have to fight any battles in your own strength. God is powerful, and He is on your side. There's no struggle too big or too small for Him to handle, and in Jesus, you have access to every resource in the kingdom of heaven.

- Take your attention off of any circumstances and focus it instead on Jesus. Remind yourself that He is Lord and He is where your help comes from.
- Thank God for giving you and your family the tools you need to be protected everyday in this world.
- Ask God to help you be aware of the enemy's schemes and to give you the wisdom to understand that the struggles we face aren't against people but the kingdom of darkness.
- Declare that power and strength is found in Him alone and ask Him to give you the courage to release control and trust Him with your kid.

STAND FIRM

THEREFORE **PUT ON THE FULL ARMOR 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.

EPHESIANS 6:13

Now, it's time to pray the armor of God over your kid. As you begin, remember that prayer is what activates each piece of their armor because prayer is what connects us with God. Prayer is how we communicate with our good Father.

- Ask God to help your kid place their trust in Him. It's only with Him and His armor that they will be able to stand strong against the struggles they face.
- Ask God to help your kid be aware of the enemy's schemes and to give them the wisdom to understand that the struggles they face aren't against people but the kingdom of darkness.
- Pray that your kid would build their life on God rather than the things of this world. He is their firm foundation for them to stand their ground when the storms of life come.
- Declare that God will not only protect your kid from the enemy's schemes but that He'll give them abundant life. While the enemy comes to steal, kill, and destroy, Jesus came so that they would have life.



BELT OF TRUTH

STAND FIRM THEN, WITH THE **BELT OF TRUTH**
BUCKLED AROUND YOUR WAIST...

EPHESIANS 6:14

A soldier puts on a belt to hold their armor together, and the belt of truth is what holds us together. In a world full of lies, we want our kids to rely on God's Word as their source of truth. When they have strong core beliefs rooted in God's Word, they'll be protected from the enemy's attempts to deceive them.

- Picture the belt of truth being buckled around your kid's waist.
- Ask God to help your kid grow a love for His Word so that it guides their decisions, responses, attitude, and ambitions.
- Ask God to help your kid regularly engage Scripture. Just like their body needs food, their hearts and minds need His Word. Pray that they would learn to meditate on it and discover the language of the kingdom of heaven.
- Declare that as God's Word leads your kid to discover more about His nature and character, they would become more like Him and would refuse to settle for the standards of the world.



BREASTPLATE OF RIGHTEOUSNESS

...WITH THE **BREASTPLATE OF RIGHTEOUSNESS** IN PLACE...

EPHESIANS 6:14

A soldier's breastplate goes over their chest and protects their vital organs, and the breastplate of righteousness is what protects our heart. To be "righteous" means to be in right-standing with God. When we receive Jesus' forgiveness and choose to follow Him, God calls us righteous. Our kids' righteousness protects their hearts by reminding them who they are because of Jesus – beloved sons and daughters in God's family. Their hearts are forever changed by Him.

- Picture your kid being fitted with the breastplate of righteousness.
- Pray that your kid would never forget the truth that Jesus has forgiven them. There's nothing they did to earn that forgiveness, and there's nothing they can do to lose it.
- Declare that in Jesus, they are God's beloved children – known, loved, and accepted by Him. He is on their side.
- Ask God to help your kid remember that when they make a mistake or when trouble comes, they never have to run or hide from Him or be afraid. Because they are righteous, they can go straight to Him, their good Father.



SHOES OF THE GOSPEL OF PEACE

...AND WITH YOUR FEET FITTED WITH THE READINESS THAT COMES FROM THE **GOSPEL OF PEACE**.

EPHESIANS 6:15

A soldier puts on their shoes and walks into battle with firm, confident feet, and we can fit our feet with the readiness that comes from the gospel of peace. The gospel is the good news of Jesus and what He's done for us. Our kids can walk through life sure-footed and stable because of their confidence in the gospel. Peace isn't the absence of conflict – it's the presence of Jesus. Even in the midst of a raging storm, they can have peace because Jesus is with them.

- Picture the shoes of peace being laced onto your kid's feet.
- Ask God to help your kid keep their eyes fixed on Him instead of their circumstances so that He can give them peace that surpasses all understanding.
- Declare that peace will guard your kid's heart and mind against the enemy's attempts to stir up chaos, division, and confusion.
- Ask God to give your kid peace of mind, peace of heart, and peace in their relationships.



SHIELD OF FAITH

IN ADDITION TO ALL THIS, TAKE UP THE **SHIELD OF FAITH**, WITH WHICH YOU CAN EXTINGUISH ALL THE FLAMING ARROWS OF THE EVIL ONE.

EPHESIANS 6:16

A soldier holds up a shield to protect themselves during battle, and in life, we can hold up the shield of faith. Faith is being sure of what you hope for and certain of what you do not see. Our kids can hold on to their faith to protect themselves when doubt, fear, and lies come like flaming arrows. Even when their circumstances are difficult, they can stand firm in their belief that God is good and He is good to them.

- Picture your kid being handed the shield of faith.
- Ask God to give your kid a faith like Jesus so that they would act on God's promises regardless of their circumstances, believing that He is real and His kingdom is at hand.
- Declare that as your kid takes up the shield of faith, they'll grow in boldness and courage to live out God's plans and purposes for their life.
- Pray that your kid would be able to push past fear and doubt, knowing that God is with them. As they lean on Him and trust Him with all their heart, He'll guide them and make their path straight.



HELMET OF SALVATION

TAKE THE **HELMET OF SALVATION...**
EPHESIANS 6:17

A soldier's helmet protects their head, and we can put on the helmet of salvation to protect our minds. Salvation means to be saved, and when we believe the truth of who Jesus is and what He has done for us, receive His forgiveness, and make Him the Lord of our life, we are saved. Salvation helps our kids remember who they are in Jesus as they live a life of freedom in God's family. It protects them from the influence of the kingdom of darkness.

- Picture your kid being fitted with the helmet of salvation.
- Declare that because of what Jesus did, your kid can live a new life as a beloved son or daughter in God's family. Salvation is not just for heaven someday, but for all of life!
- Pray that as your kid is molded into the image of God, He would renew their mind and teach them to think like Him, helping them to focus on whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Pray that they would have healthy thought patterns, be free from anxiety and fear, and that they wouldn't be controlled by emotions.
- Declare that God has given your kid everything they need to practice a healthy thought life. In Jesus, they have power, love, and a sound mind.



SWORD OF THE SPIRIT

...AND THE **SWORD OF THE SPIRIT**, WHICH IS THE WORD OF GOD.
EPHESIANS 6:17

A soldier is trained to use their sword to defend and attack, and we can hold the sword of the Spirit, which is the Word of God. God's Word is our source of truth, and our kids can train themselves in God's Word so that they can step into every situation and circumstance remembering and declaring what is true. The Word of God helps them distinguish what is true and false and points them back to Jesus.

- Picture your kid being handed the sword of the Spirit.
- Pray that as your kid engages Scripture, they'll agree with what God says, building their life on His truth.
- Declare that God's Word is alive and active and that God is speaking to your kid as they hear, read, and meditate on it. Pray that God would use His Word to draw them into a deep and intimate relationship with Him.
- Pray that your kid would value God's Word, developing a hunger and passion for it so that they would hide His truth in their heart for when they need it most.

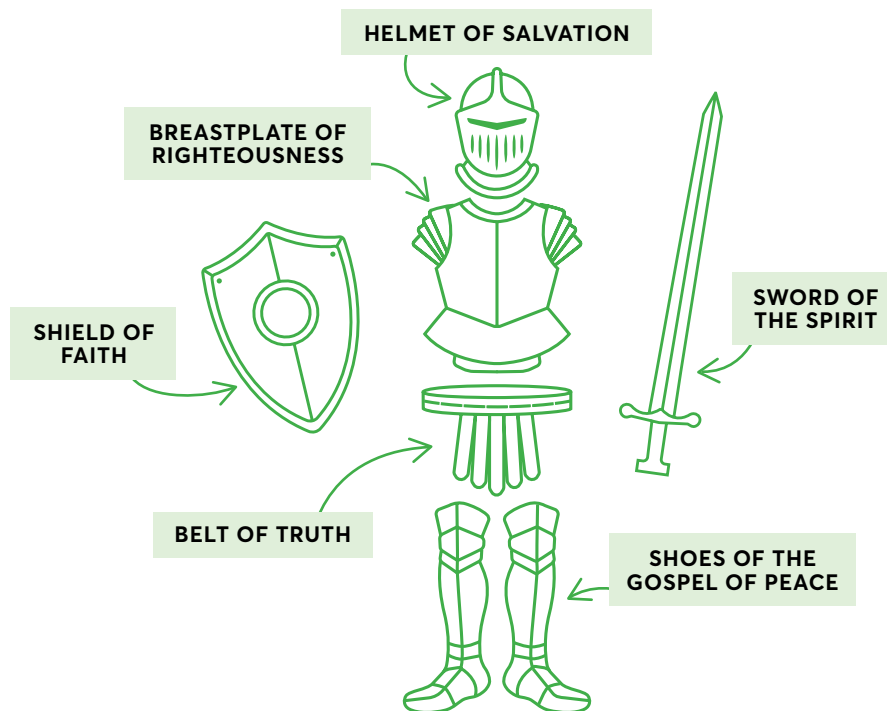
PRAY IN THE SPIRIT

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.

EPHESIANS 6:18

Putting on the armor of God is meant to be done while staying close to God through prayer. We can always talk with God and know that He is listening and speaking to us. He's even given us His very presence, the Holy Spirit, to be our advocate and be with us always. We want our kids to develop a rich prayer life, understanding that they can come to God for all things, big and small.

- Picture your kid fully dressed in the armor of God: the belt of truth around their waist, the breastplate of righteousness on their chest, the shoes of the gospel of peace on their feet, the shield of faith in one hand, the helmet of salvation on their head, and the sword of the Spirit in their other hand.
- Thank God for being a good Father who is with your kid, loves them, and has given them the tools they need to be protected everyday in this world. Pray that they would discover and believe that for themselves.
- Pray that your kid would develop a rich prayer life, talking with God about the life they live with Him.
- Pray that your kid would learn to dress themselves daily in the "armor of God" and that even further, they'd live their life helping others do the same.



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