



Final Thoughts

It is still hard for me to describe why these simple prayers connect me to God. Perhaps it is the daily repentance, perhaps the daily thanksgiving for the high price paid for my salvation, perhaps the daily request for leadership and guidance from the Lord. In any case, once I have put on the armor, I feel more ready to go on and pray for others afterward.

My typical prayer life would consist of a period of thanksgiving and praise and worship, then putting on the armor, and then intercession for fellow believers and for the lost. Just putting on the armor is rather self-centered. It doesn't involve much prayer for others, but gets me in a place where I am protected from the attacks of the enemy and I can focus making my requests for those in need.