



*Bitterness*

***Forgiveness  
and the  
Armor***

**Day 10 Forgiveness and the Armor**

*26 Be ye angry, and sin not: let not the sun go down upon your wrath:*

*27 Neither give place to the devil.*

*--Ephesians 4*

Unforgiveness seems to be one of the quickest ways to put holes in your armor. Let your anger stew overnight, and just watch the attacks of the enemy start flying.

**Day 10 Prayer**

Father please help me to gird up my loins with the truth. Thank you for providing us with your truth. Help me to not only hear your truth, but act in accordance with it today.

Lord, please cover me with the breastplate of righteousness. Let me be judged by the righteousness of Jesus and not my own. Father, I don't want to grieve your Spirit, so please forgive me of my sins. If there is any unforgiveness in my heart, help me to let go of it and to forgive always as you forgive me. Please cleanse me of any bitterness or grudge-holding. Help me to walk in love this day and hold loosely to any anger that pops up.

Father, please clothe my feet with the preparation of the Gospel of Peace. Please help me to understand always that I am surrounded by the dying world who desperately need Jesus and His salvation. Use me today to reach out to them and touch them with your love and mercy.

Lord, please help me take up the shield of faith. Faith is a gift from you, so please increase my faith this day. I know that You are good, and your Word is true, so help me to trust always in You.

Father, help me to put on the helmet of salvation. Salvation comes through the death, burial and resurrection of Jesus. It was such a high cost for the forgiveness of my sins, please Lord, may I never forget that God himself suffered and died that I might live. May I never forget to extend that forgiveness to those around me.

Lord, please help me take up the sword of the Spirit, which is the word of God. As I read your word this day, please Lord, send your Spirit to convict me and cleanse me. Lead me in your perfect will this day. As I speak your word to others, guide me with your spirit so that I say only what you want me to say. Let your word do its perfect work in me and in those I speak to.