



# *How Often to Put on the Armor*

## **Day 7 How Often to Put on the Armor of God**

Some teachers say to put on the armor once and you never need put it on again. If you do need to put it on again, that would mean that you must have taken it off. I think it is more like the manna the Hebrews received from heaven in the desert. They could only gather manna for one day (or two if the next day was a sabbath). That way, each day they were looking to God for their sustenance. In the same way, we should look to God each day for our protection in this world.

## **Day 7 Prayer**

Lord, please help me to gird up my loins with the truth. Please help keep me coming to you daily for truth. Please cover me with the protection that your truth gives.

Father help me to put on the breastplate of righteousness. Help me to keep coming to you daily for my righteousness and forgiveness. By this, I can avoid giving the devil a foothold on me.

Lord, help me have my feet shod with the preparation of the Gospel of Peace. Help me to daily remember to give out the Good News of peace and reconciliation with God.

Father please help me to take up the shield of faith. Help me to come to you daily for the restoration of my faith. Help me to see answered prayers that build my faith.

Lord, help me to put on the helmet of salvation. Salvation is only by your grace and mercy, so please Lord, let me never forget what price has been paid for me.

Lord, please help me to take up the sword of the Spirit, which is the word of God. Help me to remember I need the word daily for my protection, for strength, for its cleansing power.