



Put on the Full Armor of God

Put on the Full Armor of God 30 Days of Prayer and Meditation on Ephesians 6:10-20

Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

19 And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel,

20 For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.

--Ephesians 6:10

Introduction

People from my past would likely be shocked that I was writing a book on prayer and the Bible. My past is not pretty. I was an atheist for most of my adult life. I had a pretty hedonistic lifestyle, from promiscuity, to drugs, to even murder. But God in his mercy brought me down to a place where I could repent of all of that, and turn and trust in Him.

So why am I now writing a book on prayer and the Bible? After I became a Christian, there came a time I was getting beat up in the spiritual realm. The demonic attacks were frequent. There were times I would get an urge, as if from outside of me, to suicide. One time while driving by a slaughterhouse, I found myself imagining being in the coffin, and having other very dark thought. This and many other instances made me realize I needed some protection.

To learn how to protect myself, I turned to the Bible. It told me to put on the full armor of God, and to resist the devil. This just caused me to scratch my head, wondering how in the world I should put on this spiritual armor. What I finally came up with was praying over the above passage daily, meditating on each piece of armor. I thought it would help protect me from all the attacks. It did. What I did not expect was how it would draw me much closer to God.

In this book, I share some of the types of prayers/meditations that I go through daily. I set it up so you could pray or meditate along for a month. Maybe it is repetitive, but I have found it helpful anyway to bring these things to mind each day. My hope is that it will be helpful to you, also.

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