



WEEK EIGHTEEN

DAY 1

1. Begin with prayer.
2. Read Ephesians 6:18-24.
3. As Paul closes this section on spiritual battle, our armor and weapons of warfare, what does he tell us to do in verse 18?
4. How does prayer connect and contribute to the pieces of armor we are given? (See Ephesians 13-17 for a list of our armor)
5. Read Psalm 18:3-6 & 16-19; Psalm 55:16-17 and Psalm 118:5-14. Why do you think prayer is important to discuss alongside spiritual warfare? What does calling to the Lord in prayer do for us?
6. According to Psalm 34:17-18 and Psalm 145:14-21, what is promised to us as we call on the Lord for help?
7. Write out this week's memory verse on a notecard and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

Memory Verse:

With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.

- Ephesians 6:18

DAY 2

1. Begin with prayer.
2. Read Ephesians 6:18-24.
3. Read Philippians 4:4-7. What three things are we directed to do in Philippians 4:6? What are we commanded not to do?
4. Each and every day there are countless things that tempt us to be anxious. The areas in which we are anxious indicate areas we do not fully trust the Lord. We are commanded to "be anxious for nothing." Instead of being anxious, what do Philippians 4:6-7 and 1 Peter 5:7 tell us are the fix for anxiety? What are we promised in Philippians 4:7 if we follow the Bible's instructions for the things that concern us?
5. When you face trial or difficulty, what is your first reaction? Is it prayer? Or do you approach your struggles with earthly resources and strength first and think of prayer as a last resort? Read Psalm 121. How can these verses bring us peace in the midst of situations that tempt us to be anxious?
6. Write out this week's memory verse below:

DAY 3

1. Begin with prayer.
 2. Read Ephesians 6:18-24.
 3. Read Jeremiah 29:12-13; Mark 11:24; and 1 John 5:14-15. What do these verses promise us when we pray?
 4. The verses above assure us that God hears us and will grant our requests. However, we know we don't receive everything we ask for. What reasons do Proverbs 28:9; Isaiah 59:1-2; James 4:3 and 1 Peter 3:12 give for prayers that seem to go unanswered? What hinders our prayers? What is the fix for this according to 1 John 1:9?
 5. There are occasions when we are living righteously and God still may not grant us our request. Times like these are difficult for us to understand. Read Luke 22:42. In these verses we see Jesus in the Garden of Gethsemane asking the Father to allow his suffering on the cross to be avoided, if perhaps salvation could come from some other means. We can understand his human desire to be free from the pain of that moment, but even as he prays to avoid his own suffering, we see His complete surrender to whatever the Father's will for His life was. Do your prayers to God contain the element of surrender and acceptance of God's will if it differs from your own? What does Isaiah 55:8-9 remind us about God's plans, purposes and thoughts?
 6. Write out this week's memory verse below:
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DAY 4

1. Begin with prayer.
2. Read Ephesians 6:18-24.
3. Many times we want to be women of prayer, but we feel inadequate or we don't know where to start. Read Psalm 55:16-17; Mark 1:35; Luke 6:12; Ephesians 6:18 and 1 Thessalonians 5:16. According to these verses, how often should we pray?
4. Read Matthew 6:7-11 and Colossians 4:2. What do these verses tell us about how we should pray?
5. Who should we pray for? See Matthew 5:44; Ephesians 6:18; 1 Timothy 2:1-2 and James 5:14-15. List a few people or situations you can be praying for this week.
6. Write out this week's memory verse below:

DAY 5

1. Begin with prayer.
 2. Read Ephesians 6:18-24.
 3. What does Paul ask the believers in Ephesus to pray for in verse 19? Would you dare to pray this for yourself? For your family? For your church? For your saved friends?
 4. In Ephesians 6:20 Paul calls himself an ambassador in chains. Though he is imprisoned, he still considers himself a messenger of the Gospel. Why is this such an incredible picture? Are we willing to pay the price to be an ambassador for Christ?
 5. Even as Paul is imprisoned, enduring his own difficulty, we see his concern for the church in Ephesus in verses 21-24. Why did he send Tychichus to Ephesus? When we are facing trial, are we able to look beyond ourselves and still care for others as we are able, or do we allow our own trials to completely consume us? How can we be better at reaching out in compassion to others even as we bear our own burdens?
 6. Write out this week's memory verse below:
 7. What is something God is speaking to you about this week?
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