



## **Armor Up and Pray**

Ephesians 6:10-24

**Big Idea:** Pray - Life Depends On It

### **Introduction:**

Prayer is not mentioned as a part of the [whole] armor [of God]; but we would not be overrating its importance if we say that it is the atmosphere in which the [Christian] soldier must live and breathe. It is the spirit in which he must [put on] the armor and face the [enemy]. Prayer should be continual, not sporadic; a habit, not an isolated act. Then too the soldier should use all kinds of prayer: public and private; deliberate and spontaneous; supplication and intercession; confession and humiliation; praise and thanksgiving.

(Believer's Bible Commentary - 2016 by William MacDonald.)

### **Ephesians 6:10-18**

[10] Finally, be strong in the Lord and in the strength of his might. [11] Put on the whole armor of God, that you may be able to stand against the schemes of the devil. [12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. [13] Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. [14] Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, [15] and, as shoes for your feet, having put on the readiness given by the gospel of peace. [16] In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; [17] and take the helmet of salvation, and the sword of the Spirit, which is the word of God, [18] praying at all times in the Spirit, with all prayer and supplication.

## **I. Pray At All Times in the Spirit**

Praying, not in the flesh but in the Spirit. Communicating with God, not with memorized repetitious words and phrases but alive, interacting with, by and through the Spirit.

Petition/Supplication - seeking, asking, entreating

### **Ephesians 6:18-20**

To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

## **II. Pray for the Saints to Boldly Proclaim the Mystery of the Gospel.**

Pray also that you will boldly proclaim the mystery of Gospel.

### **Ephesians 6:21-24**

So that you also may know how I am and what I am doing, Tychicus the beloved brother and faithful minister in the Lord will tell you everything. 22 I have sent him to you for this very purpose, that you may know how we are, and that he may encourage your hearts. 23 Peace be to the brothers, and love with faith, from God the Father and the Lord Jesus Christ. 24 Grace be with all who love our Lord Jesus Christ with love incorruptible.

### **Psalms 28:7-8**

Hear me as I pray, O Lord.

Be merciful and answer me!

My heart has heard you say, "Come and talk with me."

And my heart responds, "Lord, I am coming."

**Conclusion:** A believer who does not pray is like an athlete who does not compete or a farmer who does not plow or a soldier who does not advance or know his enemy. We were created to have fellowship with God our creator. He makes Himself available to us whenever we need Him. We must simply approach God our Heavenly Father in an attitude of reverence, faith and transparency with humility, expectancy and even urgency seeking His face. The more you value (need) God, the more time you will spend reading His Word and talking to Him in prayer. The more time you spend in His Word and in prayer, the more value (need) of God others will begin to see and hear from you.

## Life Application Questions:

1. Define prayer.
2. Why is prayer an invaluable tool for every believer? For you?
3. Why don't we spend more time in prayer?
4. What would happen if you doubled or tripled the amount of time you spend in prayer? (Remember that when you multiply anything by 0 the answer is 0)
5. What reason would you give for not developing a systematic approach to prayer and reading Gods Word?
6. What benefit might there be if you began a systematic approach to time in prayer and reading God's Word?
7. PRAY: Praise God as you begin to P.R.A.Y., Return your focus to what God wants and expects from you, Ask God to meet the needs of your life and to make you a bold witness, Yield all that you are, have and will do to His will for you!