

The Enemy Hates Prayer

The Enemy Within - Week 5 Devotional

Day 1

Ephesians 6:18

Devotional:

Paul finishes his "armor of God" teaching by showing us how to use it: "with all prayer... pray at all times in the Spirit." The armor is not just something we "picture" in the morning; it's something we put on and keep on through a life of prayer. To "pray in the Spirit" is not about emotional intensity or special words; it's about dependence on the Holy Spirit. Start prayer not by rushing into our agenda, but by presenting ourselves: "Lord, your servant is listening." In that quiet, the Spirit can bring to mind: Sins to confess. People to forgive. Needs to bring before the Father. Kingdom opportunities you didn't plan to pray for. To pray in the Spirit is to let the Spirit guide what you pray for and how you pray, often starting with listening rather than talking.

Application

Reflection: When you pray, is your first instinct to present requests, or to worship and surrender? Are there areas where you sense the Spirit has been nudging you (a person to forgive, a sin to confess, a calling to accept) that you've been avoiding in prayer?

Action: *Practice the "First 7 Minutes":* Set a timer for 7 minutes. Sit quietly before God. Begin with, "Lord, I'm here. Your servant is listening." Don't try to "think of things." Simply attend to God. When your mind wanders, gently come back.

Pray Through the Model Prayer Slowly: Use Matthew 6:9-13 as an outline. For each phrase, pause and personalize it (e.g., "Your kingdom come in my home, my thoughts, my schedule today...").

Prayer: Holy Spirit, I confess I often rush into prayer with my own agenda and very little listening. Teach me to pray in the Spirit. Help me start with worship, surrender to Your kingdom, and openness to Your correction and guidance. When I don't know how to pray, intercede for me. Shape my heart and my words according to the will of the Father. In Jesus' name, amen.

Day 2

Ephesians 6:14

Devotional:

The belt of truth is the first piece of armor mentioned because it holds everything together. In Paul's imagery, the belt supports the sword and secures the rest of the armor. A life that isn't anchored in truth will eventually fall apart, no matter how gifted or "religious" a person appears. We live in a culture saturated with untruth. This isn't just a cultural issue, it is spiritual warfare. Satan has always used partial truth twisted into deception—starting in the Garden of Eden. Once you detach God's Word from its authority, anything goes. The belt of truth is not only about "their lies out there" but about your truthfulness in here: in your speech, your promises, your online persona, your relationships. If we're careless with the truth, we lose credibility as witnesses. If we manipulate or omit facts for advantage, we're aligning with the enemy's methods, not Christ's. Truth is not just something we defend intellectually; it's something we embody. Jesus doesn't just speak truth; He is truth.

Application

Reflection: Where do you most feel the tension of deception in your life: news, social media, conversations at work, "Christian" content that feels off? Are there any areas where you are not fully honest, exaggeration, half-truths, hiding details, or managing your image? Do you approach the Bible as God's authoritative Word, or as something you can adjust when it clashes with your preferences?

Action: Choose one media source (news, social media, etc.) to cut back on this week. Replace that time with 10–15 minutes of Bible reading (e.g., read through Ephesians or one Gospel). Each morning, pray: "Lord, help me recognize lies, manipulations, and half-truths today. Give me discernment to see through deception and cling to what is true." Identify one situation where you've been avoiding full honesty (a conversation, a report, an apology). This week, choose to tell the truth—graciously, but clearly.

Prayer: Father, You are the God of truth. I confess I am surrounded by deception and sometimes participate in it through my own dishonesty or carelessness. Fasten the belt of truth around my life. Give me discernment to see through manipulation and courage to live truthfully. Help me submit my interpretations and opinions to Your Word, not the other way around. In Jesus, my Truth, amen.

Day 3

Ephesians 6:14

Devotional:

The breastplate protects the heart and vital organs. Spiritually, the “breastplate of righteousness” guards the core of who you are—your desires, affections, and decisions. Righteousness is received before it is lived. In Christ, you are declared righteous (justified), not because you’ve performed well, but because Jesus’ righteousness is credited to you by faith. That’s your standing. But this standing should shape your daily choices. To put on the breastplate means to: let Christ’s righteousness guard your heart against sin’s appeal. Ask God to help your heart submit to what is holy, not merely what feels good.

Forgiveness is non-optional for the righteous. Jesus ties our experience of God’s forgiveness to our willingness to forgive others: We do not earn God’s forgiveness by forgiving, but refusing to forgive reveals we don’t grasp the depth of His forgiveness toward us. Unforgiveness leaves your heart exposed. In an exposed heart: bitterness grows, the enemy gains a foothold your prayers and spiritual sensitivity are dulled.

Application:

Reflection: Where do your desires and emotions pull you away from righteousness? Be specific. How deeply do you feel your own need for God’s forgiveness? Does that awareness shape how you treat others? Is there anyone you have not truly forgiven—someone whose name still provokes anger, resentment, or coldness in you.

Action: *Ask God to Align Your Heart.* When you face a decision today, pause and ask, “What is the righteous choice here?”

Take a Step Toward Forgiveness. Write down the name of one person you need to forgive. Before you try to feel differently, tell God the truth about the hurt and then verbally say to Him: “Because You have forgiven me, I choose to forgive [name]. I release them into Your hands.”

Prayer: Lord Jesus, thank You that my righteousness is found in You, not in my performance. Guard my heart with Your righteousness. Expose any bitterness, unforgiveness, or sinful desire that has taken root in me. As You have forgiven me, empower me to forgive others, even when it is painful. Help me to love what is holy and to turn away from what corrupts my heart. In Your name, amen.

Day 4

Ephesians 6:15

Devotional:

To have your feet "shod" (fitted) with the gospel of peace is to be ready to move with the message and character of Christ anywhere God sends you. It's not only about street evangelism; it's about living as a representative of the kingdom in the particular place and calling God has given you. God has uniquely designed you—personality, experiences, skills—for certain kingdom assignments. The question is not, "What title do I have?" but "How is God calling me to love and serve where I am?" Your "feet fitted with the gospel of peace" means: you carry peace into conflict, not more chaos. You carry hope into despair, not more cynicism. You carry the love of Christ in words and actions, not just neutral presence. God has placed you where you are on purpose. The gospel of peace wants to travel through your feet.

Application:

Reflection: Where has God clearly placed you right now (job, neighborhood, family, school, team)? How might those be your primary mission fields? What specific ways are you already wired or gifted (listening, teaching, serving, organizing, encouraging, protecting) that God might be calling into greater use?

Action: *Name Your Mission Field:* Write down 1–2 places you regularly go, consciously adopt the mindset: "I am sent here. I represent Jesus here."
Look for One Opportunity Today: Before you leave home, pray: "Lord, give me one opportunity today to share Your love in words or actions." Be alert! Opportunities are everywhere, pray for strength and confidence to walk boldly into opportunities to share Jesus.

Prayer: Father, thank You that the gospel brings peace between You and me, and enables peace with others. Fit my feet with the readiness of this gospel. Open my eyes to see where You have intentionally placed me and the people You want me to love. Use my wiring, my gifts, and even my weaknesses to show others the love and peace of Christ. Make me a servant who doesn't need a title to obey Your call. In Jesus' name, amen.

Day 5

Ephesians 6:16–17, James 1:5

Devotional:

In this final set of armor, Paul covers three crucial areas:

Shield of Faith. The shield quenches the “flaming arrows” of the evil one: accusations, doubts, temptations. Faith is not the absence of questions. Doubts do not mean you have no faith. Temptation isn’t a sin unless acted upon. Faith holds up the shield and refuses to surrender to every thought or feeling.

Helmet of Salvation. The helmet protects your head, your thinking. Sin starts as a thought. Lies start as ideas. Despair often begins as a narrative you tell yourself. To “take the helmet of salvation” is to: let your identity in Christ frame how you think about yourself and your circumstances, and ask God to guard your mind from sinful and destructive thoughts.

Sword of the Spirit. The sword is the only offensive weapon mentioned. It is the Word of God, used rightly. Not ripped out of context to justify sin. Not weaponized to misrepresent Christ. Not ignored or left to collect dust. James 1:5 connects here: we must ask God for wisdom; not just to know Scripture, but to apply it well.

Application:

Reflection: What “flaming arrows” are most common for you right now: temptation, accusation, fear, or doubt? How active is your engagement with Scripture? Do you read, meditate, and obey—or mostly know it from a distance?

Action: Make a choice this week to take up your Shield of Faith to quench the flaming arrows that the enemy is sending your way. Choose to put on the Helmet of Salvation and block out the thoughts that lead you to sin. Finally make time every day to pick up your Sword of the Spirit. Don’t just read, ask God to give you wisdom to apply it.

Prayer: Lord God, I lift up the shield of faith—help my unbelief. Guard my mind with the helmet of salvation; remind me who I am in Christ when lies and sinful thoughts attack. Teach me to handle the sword of Your Word with humility, accuracy, and courage. Give me wisdom to apply Scripture to my real situations and to resist the enemy’s schemes. Until the day when I see You face to face and all is made clear, keep me faithful, grounded, and armed in Your strength. In Jesus’ name, amen.