



Pastor Mason Phillips | September 13, 2026

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Day 1: The Battle Is Real, But So Is Your Armor

Devotional: The struggle you feel is not imaginary. The weariness, the resistance, the sense that good cannot get ahead — these are signs of a real spiritual battle. Paul does not tell you to run from the fight. He tells you to stand. But standing is not passive. It requires intentional preparation. Every piece of armor Paul describes must be actively put on. Truth must be embraced. Righteousness must be worn. Faith must be raised. And all of it is held together by prayer in the Spirit. You were not designed to fight alone.

Reading:

Ephesians 6:10-18 NKJV

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. 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.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—

Reflection: What area of your life feels most under attack right now? Have you been trying to fight that battle in your own strength?

Practical Application: Write down one specific spiritual battle you are facing. Commit to bringing it before God in prayer each morning this week, asking the Holy Spirit to help you stand.

Day 2: Praying With Purpose — Aligning With God's Heart

Devotional: When the Holy Spirit anoints prayer, it is never random. Jesus did not stand up in the synagogue and offer vague, hopeful words. He declared a specific mission rooted in God's redemptive heart. When we pray in the Spirit, we move from praying our agenda to praying God's agenda. We stop asking God to bless our plans and start asking Him to accomplish His purposes. This shift transforms prayer from a religious routine into a powerful participation in God's work. Purpose-filled prayer sees the brokenhearted and says, "God, your healing belongs here."

Reading:

Luke 4:16-19 NKJV

So he came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read. And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

*“The Spirit of the Lord is upon Me,
Because He has anointed Me
To preach the gospel to the poor;
He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives
And recovery of sight to the blind,
To set at liberty those who’re oppressed;
To proclaim the acceptable year of the Lord.”*

Reflection: Do your prayers tend to be general and repetitive, or do they reflect a specific awareness of what God wants to do in and around you?

Practical Application: Before you pray today, spend two minutes in silence asking the Holy Spirit to show you what God wants to accomplish through your prayers. Then pray according to what He reveals.

Day 3: When Words Fail — The Spirit Steps In

Devotional: There are moments when grief runs too deep for words, when confusion clouds every sentence, when you kneel before God and have absolutely nothing to offer but your presence. This passage is written for exactly those moments. The Holy Spirit does not wait for you to have perfect words before He acts. He steps into your weakness and intercedes on your behalf, translating the cries of your heart into prayers

perfectly aligned with the Father's will. Hannah prayed without audible words and received a prophet. Jesus groaned in the Spirit and raised the dead. God hears what words cannot carry.

Reading:

Romans 8:26-28 NKJV

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groaning which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who're the called according to His purpose.

Reflection: Have you ever felt too overwhelmed to pray? How does knowing the Spirit intercedes for you change the way you approach those moments?

Practical Application: The next time you do not know how to pray, simply say, "Holy Spirit, help me pray." Then sit in stillness and trust that He is working even when you cannot find the words.

Day 4: Praying With Power — Becoming a Conduit of Grace

Devotional: The early believers did not pray timid prayers. They had just been beaten and threatened, and their response was to ask God for more boldness, more signs, more wonders. They understood that prayer is not simply a conversation — it is an invitation for God's power to enter a situation. When they prayed in the Spirit, the place shook. They were changed. They went out and preached with a courage they had not possessed before. Prayer in the Spirit does not just change circumstances. It changes the person praying. You become a conduit through which God's grace flows into the lives of others.

Reading:

Acts 4:29-31 NKJV

“Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus.” And when they had prayed, the place where they were assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness.

Reflection: Do you approach prayer expecting God to move, or do you approach it hoping He might? What would change about your prayers if you prayed with the confidence of the early church?

Practical Application: Identify one person in your life who needs God's intervention. Pray for them today with boldness, declaring what you know to be true about God's character and His ability to act.

Day 5: The Father's Promise — Ask and Receive

Devotional: The promise could not be simpler or more direct. Ask your Heavenly Father for the Holy Spirit, and He will give Him to you. God is not withholding. He is not waiting for you to earn it or figure out the right formula. He is a good Father who delights in giving good gifts to His children. The Holy Spirit is not a reward for spiritual achievement. He is a gift for the spiritually hungry. He is the help you need to pray with purpose, to pray effectively when words fail, and to pray with power that changes lives. You do not have to figure this out alone. You only have to ask.

Reading:

Luke 11:11-13 NKJV

“If a son asks for bread from any father among you, will he give him a stone? Or if he asks for a fish, will he give him a serpent instead of a fish? Or if he asks for an egg, will he offer him a scorpion? If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him!”

Reflection: Have you ever asked the Father specifically for the help of the Holy Spirit in your prayer life? What has held you back from asking?

Practical Application: Close this five-day plan by praying the simple prayer from the sermon: "Heavenly Father, you promised the Holy Spirit. I want the Holy Spirit. I need help — help to live and help to pray. So give me the Holy Spirit, according to your promise, in Jesus' name. Amen." Then trust that He is faithful to do exactly what He said He would do.