
Praying At All Times

— Armor of God —

What are the Armor of God Pieces?

1. Belt of Truth **D**
2. Breastplate of Righteousness **D**
3. Shod Feet with readiness of the Gospel **O**
4. Shield of Faith **D**
5. Helmet of Salvation **D**
6. Sword of the Spirit **O D**
7. Praying at all times **O D**

Ephesians 6:18

'praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,'

Agenda

What we'll be looking at:

- The verse itself
- Why prayer should be constant
- What it means to pray in the spirit
- Why perseverance is needed

Won't be looking at:

- How to pray
- What to pray
- Famous prayers
- Strategies to pray
 - ACTS
 - The Hour that Changes the World

Ephesians 6:10-20

Ephesians 6:18

'praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,'

- **Prayer**
 - Prayer is a solemn request for help or expression of thanks addressed to God
 - Prayer is spiritual communication between man and God, a two-way relationship in which man should not only talk to God but also listen to Him.
- **Supplication** = the action of asking or begging for something earnestly or humbly
- **Perseverance** = persistence in doing something despite difficulty or delay in achieving success

Trust in your Teacher















The Protégé Effect

“The protégé effect is a concept in learning that suggests we learn more effectively by teaching information to others, even if those others aren’t necessarily any less knowledgeable.”

**The person who learns the most in any classroom
is the teacher.**

- James Clear in Atomic Habits

Agenda Recap

What we'll be looking at:

- Why prayer should be constant
- What it means to pray in the spirit
- Why perseverance is needed

Prayer Should Be Constant

Ephesians 6:11-13

"Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 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. 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."

Sin and Evil

- 1 Peter 5:8 - Satan is seeking to devour you
- Sin in the world
- The sin in your heart

God Commands It

- Colossians 4:2
- Romans 12:12
- Philippians 4:6
- Matthew 7:7
- 1 Timothy 2:1
- 1 Thessalonians 5:17

**“Prayer is the primary way true faith
expresses itself.”**

- Michael Reeves

Prayer is a Demonstration of Faith

- Prayer is the chief exercise of faith
- Prayerlessness is practical atheism

"Alone with God" by John MacArthur

“it is to be our way of life—we’re to be continually in an attitude of prayer”

"Alone with God" by John MacArthur

"I think of praying at all times as living in continual God consciousness, where everything we see and experience becomes a kind of prayer, lived in deep awareness of and surrender to our Heavenly Father. It is something I share with my Best Friend—something I instantly communicate with God. To obey this exhortation means that, when we are tempted, we hold the temptation before God and ask for His help. When we experience something good and beautiful, we immediately thank the Lord for it. When we see evil around us, we ask God to make it right and to allow us to help accomplish that, if it is according to His will. When we meet someone who does not know Christ, we pray for God to draw that person to Himself and to use us as faithful witnesses. When we encounter trouble, we turn to God as our Deliverer. Thus life becomes a continually ascending prayer: All life's thoughts, deeds, and circumstances become opportunities to commune with our Heavenly Father. In that way, we constantly set our minds "on the things above, not on the things that are on earth" (Col. 3:2)."

Praying in the Spirit

Ephesians 6:18 - In the Spirit

'praying at all times **in the Spirit**, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,'

- Must be a Christian

Does God hear the
prayers of unbelievers?

Ephesians 6:18 - In the Spirit

'praying at all times **in the Spirit**, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,'

- Must be a Christian
- Must be asking correctly

Perseverance in Prayer

Ephesians 6:18 - Keep Alert

'praying at all times in the Spirit, with all prayer and supplication. To that end, **keep alert with all perseverance**, making supplication for all the saints,'

- The Disciples fell asleep



Ephesians 6:18 - Keep Alert

'praying at all times in the Spirit, with all prayer and supplication. To that end, **keep alert with all perseverance**, making supplication for all the saints,'

- The Disciples fell asleep
- Constant Vigilance - fighting against cunning spiritual forces
- Matthew 26:41 - 'Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.'

With All Perseverance

- Have you stopped praying for unanswered prayer(s)?

Answered Prayer Timeline?

Perseverance = persistence in doing something despite difficulty or delay in achieving success

James 4:14, "yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes."

Cross Stitching

Cascade of Dependencies

Tools to Help with Perseverance

- Pray for perseverance
- Community
- Fasting

Lesson Recap

- Prayer should be constant
 - Satan is hunting you
 - God commands you to do it
 - It is exercising your faith
- What it means to pray in the spirit
 - You need to be a Christian
 - You need to be asking correctly
- Perseverance is needed
 - Our timeline is not God's
 - We can't see the full picture

Application

Application

- Set a goal to pray every day
- Identify any blockers to prayer
- Ask two people to pray for you for your prayer life to increase

Resources

Resources

- A Praying Life - Paul Miller
- Praying the Bible - Donald S Whitney
- Alone with God - John MacArthur
- Praying Backwards - Bryan Chapell
- Enjoy Your Prayer Life - Michael Reeves
- The Prayer Life - Andrew Murray
- The Hour That Changes the World - Dick Eastman