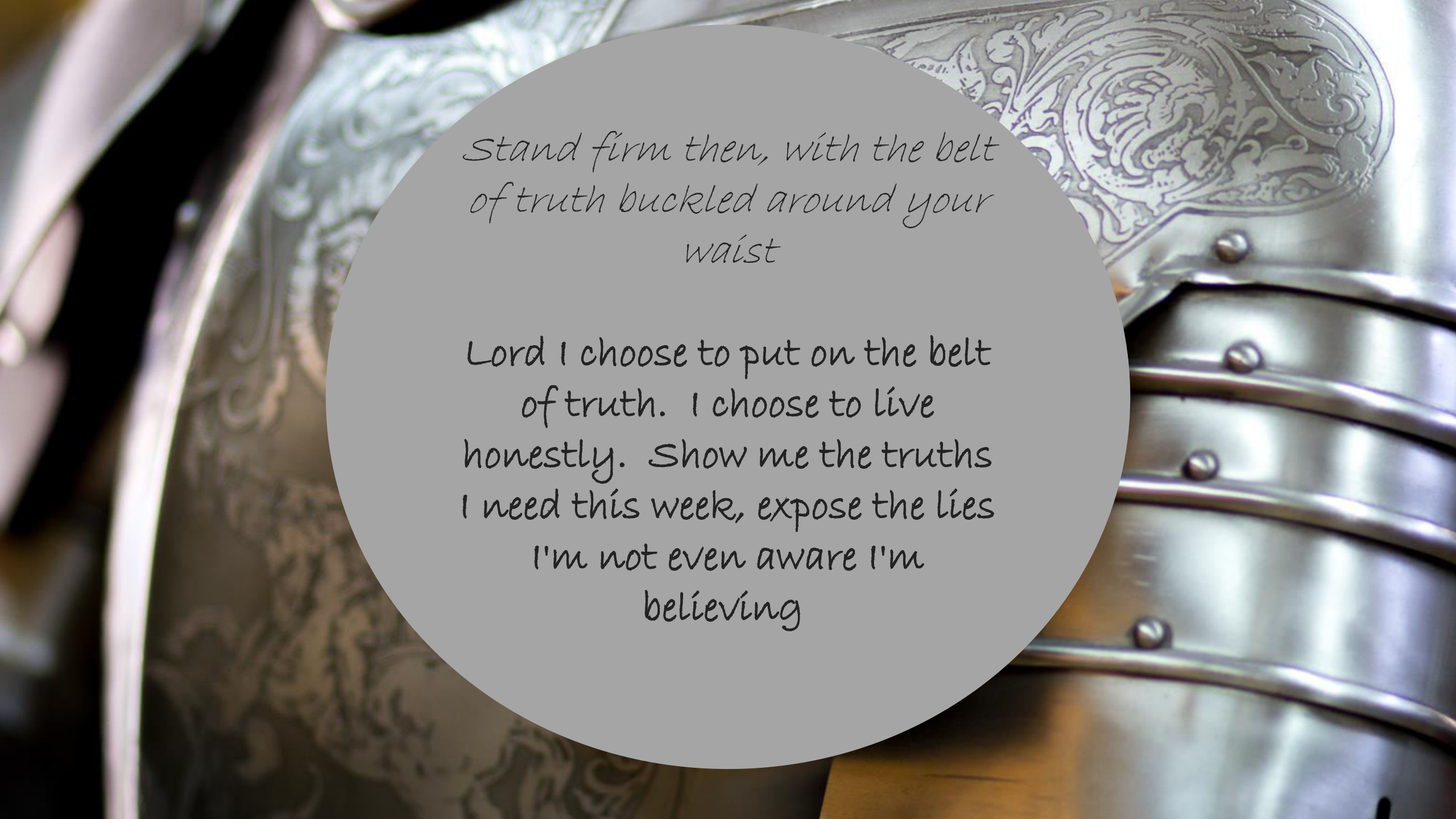


*For our struggle is not against  
flesh and blood, but against the  
rulers, against the authorities,  
against the powers of this dark  
world and against the spiritual  
forces of evil in the heavenly  
realms.*


*Therefore put on the full armour of  
God, so that when the day of evil  
comes, you may be able to stand  
your ground, and after you have  
done everything, to stand.*



*Stand firm then, with the belt  
of truth buckled around your  
waist*


Lord I choose to put on the belt  
of truth. I choose to live  
honestly. Show me the truths  
I need this week, expose the lies  
I'm not even aware I'm  
believing





*With the breastplate of  
righteousness in place*

Lord I choose to trust in your  
righteousness against all  
condemnation. Fill me and  
defend me against all the  
assaults on my heart



*With your feet fitted with the  
readiness that comes from the  
gospel of peace*

*I choose to live for the gospel  
this week. Show me where you  
are working in people's lives. I  
choose not to be apathetic and  
instead recognize that I am an  
agent of your reconciliation*





*With the shield of faith*

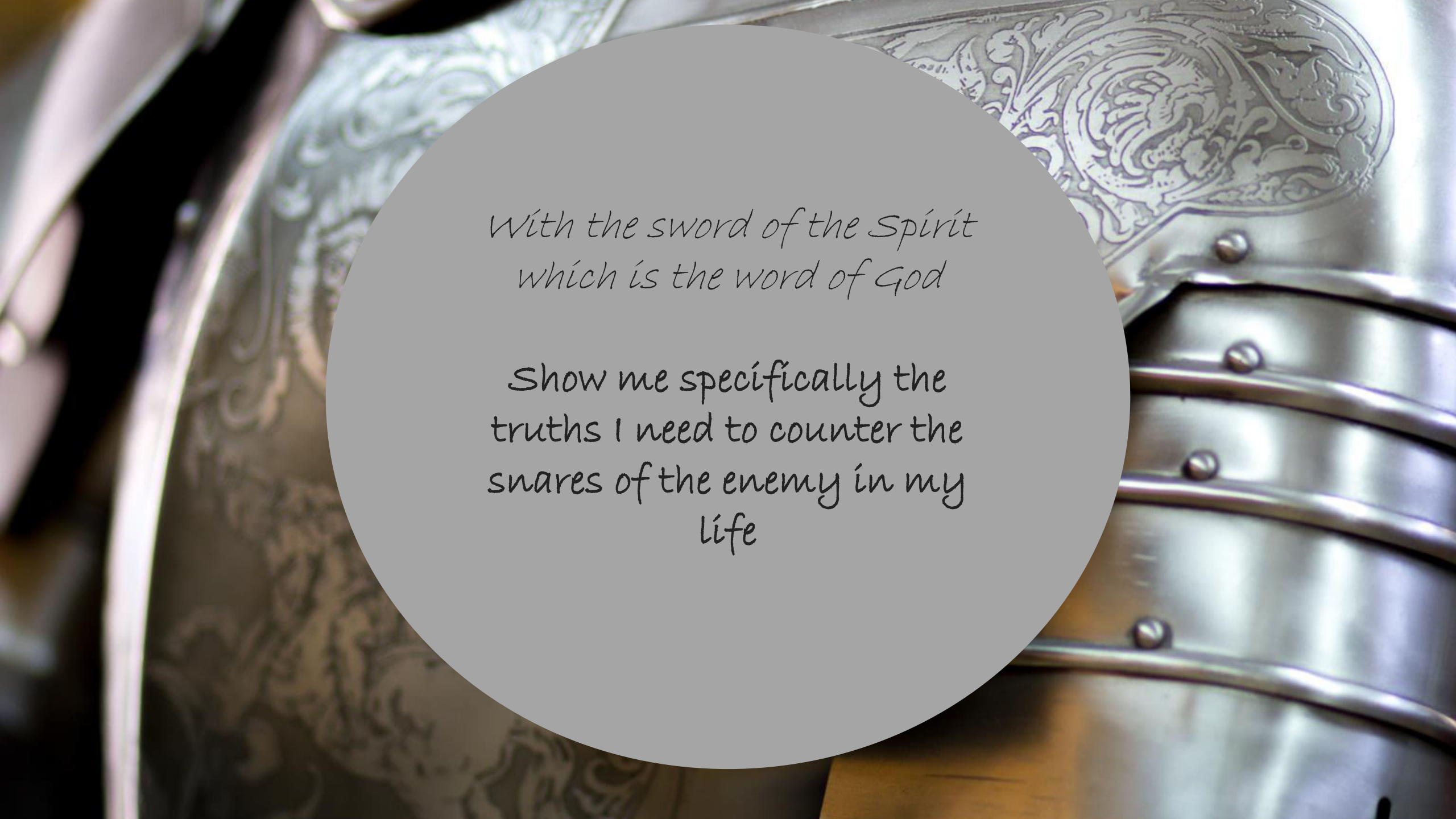
Lord I lift the truth of your  
word against every lie that  
you are good. I choose to  
believe you have a hope and a  
future for me



*With the helmet of salvation*

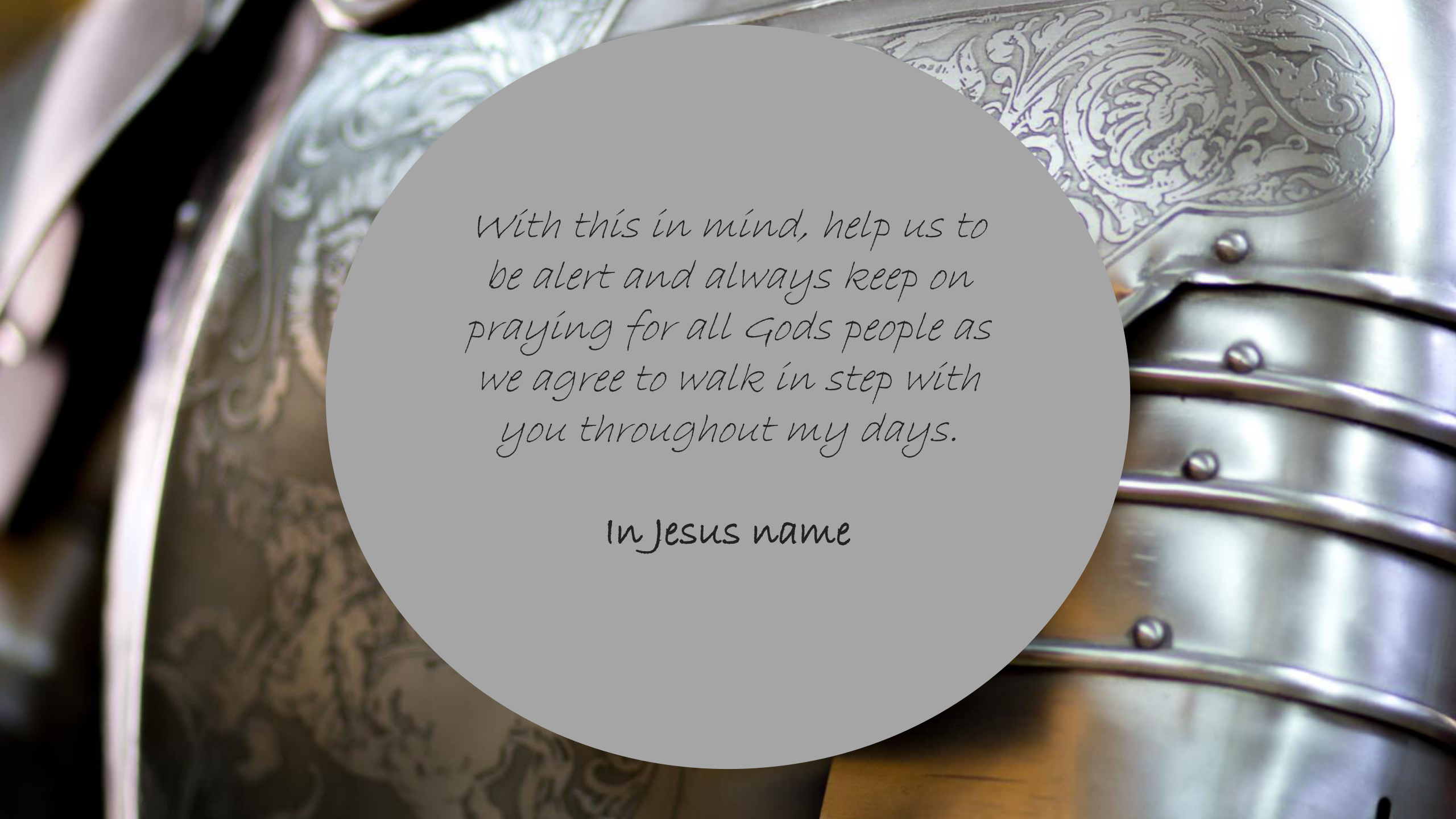
I thank you for salvation. I  
know nothing can overcome  
me in you. I affirm that  
nothing can separate me from  
the love of God in Christ





*With the sword of the Spirit  
which is the word of God*

*Show me specifically the  
truths I need to counter the  
snares of the enemy in my  
life*



*With this in mind, help us to  
be alert and always keep on  
praying for all Gods people as  
we agree to walk in step with  
you throughout my days.*

*In Jesus name*