

I place around my waist the belt of truth (Ephesians 6:14). I shall know the truth and the truth shall make me free (John 8:32). I am free because whoever the Son sets free is free indeed (John 8:36). I am free from (*say whatever you have been set free from*).

I am being led by the Spirit of God and am a Son / Daughter of God (Romans 8:14). The Holy Spirit guides me into all truth. He will guide me with His eye.

I have the wisdom and knowledge of God. The Holy Spirit will instruct me in the way I should go (John 16:13).

I renounce every agreement I have made with the kingdom of darkness, such as that 'I do not want to live anymore', 'life is not worth it', 'I am not worthy', 'nothing is working out for me', 'nobody loves me', 'everybody hates me', 'I want to die', 'I want to kill', 'I want to destroy' etc. (*name agreements you have made with darkness*), in the Name of Jesus. I will only speak what is truth from God's Word, that which brings life and which originates from His Spirit.

I put on the breastplate of righteousness (of integrity, of moral rectitude and of right standing with God (Ephesians 6:14). I will greatly rejoice in the Lord and my soul shall be joyful in You my God, because of the cross Jesus has clothed me with salvation and covered me with the robe of righteousness (Isaiah 61:10). I am the righteousness of God (2 Corinthians 5:21). The blood of Jesus cleanses me from

all my sins and gives me boldness to enter into the holiest place in God's presence (1 John 1:7; Hebrews 10:19).

Forgive me of my sins this day (1 John 1:9). Convict me Holy Spirit of any and all wrongdoings and search my heart of any and all secret sins.

The righteous are as bold as a lion (Proverbs 28:1). I thank You for boldness to do Your will today. Help me to speak Your word with great boldness. I am established today in Your righteousness.

My feet are shod in preparation [to face the enemy with the firm-footed stability, the promptness, and the readiness produced by the good news] **of the Gospel of peace** (Ephesians 6:15).

Help me to be prepared to give my testimony today. I thank You that You have made a covenant with me that Your laws and Your words are written on my heart and in my mind. You said that You put Your words in my mouth. Let my life reflect the gospel of peace. Send someone across my path for me to share the gospel with today. Use me Lord to bless someone today.

I take up the shield of faith which quenches every fiery dart of the enemy. Faith is the victory that overcomes the world (1 John 5:4). I am an overcomer in You. I can do all things through Christ who strengthens me (Philippians 4:13). I thank You for Your angels. I have angels of the Lord that encamp around about me (Psalm

91:11; Luke 4:10). I am protected from the evil one and delivered from the evils of this present world.

I place on my head the helmet of salvation, the hope of glory. I have the mind of Christ (2 Corinthians 2:16), and no weapon formed against my mind will prosper (Isaiah 54:17). I think on things which are good, pure, perfect, lovely and of good report (Philippians 4:8). I will take authority over my mind today. I have authority over all the powers of the enemy (Luke 10:19). I choose to cast down every vain imagination that exalts itself against the knowledge of God and I will bring them into captivity to the obedience of Christ (2 Corinthians 10:5). I belong to Jesus and I give the Holy Spirit full control of my thoughts. And by submitting my mind to God, I can resist the devil, whereby causing him to flee (James 4:7).

I take the sword of the Spirit and I use it on the offense (Ephesians 6:17). I will not shrink back (Hebrews 10:39). I am a soldier for Christ. We wrestle against principalities (Ephesians 6:12). I thank You for the power of Your Word. It is sharper than any two-edged sword (Hebrews 4:12). It will not return void but it accomplishes the task it was sent for (Isaiah 55:11). Your Word is true. You are not a man that You would lie. (Numbers 23:19). I am a doer of Your Word. (James 1:23). Your Word is a lamp unto my feet and a light unto my path (Psalm 119:105). I will hide Your Word in my heart so that I will not sin against You (Psalm 119:11).

I will pray in the Spirit on all occasions because the Spirit will pray through me the will of God (Ephesians 6:18). This builds up my inner man and gives me the strength for the day. I will pray for the saints according to Your Word [I add this to my prayer in addition to the armour of God].

I thank You that the glory of the Lord is my rear guard.

I will praise You today. Let the high praises of God be in my mouth and a two-edged sword in my hand (Psalm 149:6). I will praise You because You are worthy of my praise. I place on myself a garment of praise for a spirit of heaviness (Isaiah 61:3). Put a new song in my heart Lord (Psalm 40:3). Let Your praise be continually on my lips.

I thank You Lord that You are a God of healing, provision and restoration. You are my Healer. It is the will of God for me to be healed. You took our infirmities and bore our sicknesses. You said You heal all my diseases (Isaiah 53:5). **You are my Provider.** Those who seek You will not lack any good thing. You will prosper me as my soul prospers (3 John 1:2). As I seek You first, You will add all things to me (Matthew 6:33). All my needs are met in Jesus. You have made a covenant with me that as I tithe and give an offering that You will supply all my needs and I will reap abundantly (Malachi 3:10). **You are the God of restoration.** As I plead with

You and walk pure and upright, You will rouse Yourself on my behalf and restore me to my rightful place. You will restore what the cankerworm has eaten up. You restore my soul.

I thank You Lord that I walk in the fruit of Your Spirit (Galatians 5:22-23). It is not by might, nor by power (Zechariah 4:6), but by Your Spirit says the Lord. I have love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. This is my personality in You.

I ask You for the gifts of the Spirit to operate daily in my life (2 Corinthians 12). Your Word says to seek the gifts. I want to edify others through these gifts. I ask You for the message of wisdom, the message of knowledge, the gift of faith, the gifts of healing, miraculous powers, the gift of prophecy, discerning of spirits, speaking in different kinds of tongues, and the interpretation of tongues. Help me to encourage someone today through the power of Your Holy Spirit.

I pray all these in Your Holy Name, Jesus. Your Name is above every name. All things are placed under Your feet (Hebrews 2:8). All authority has been given unto You in Heaven and in earth (Colossians 2:10).

In You I live, in You I move and in You I have my being (Acts 17:28). You are Lord. Amen.



El Shaddai
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OUR SPIRITUAL SWORD, VOL 8 THE ARMOUR OF GOD

HOW TO START - Begin your prayer time with praise and worship as the Holy Spirit leads you. You can even worship with a CD or DVD. This prepares your heart to hear the voice of God.

PRAY IN THE SPIRIT - Spend at least 10 minutes to pray in the spirit. You utter secret truths to God, you are praying the wisdom of God and you are being edified in your spirit man. (1 Cor 14:2, 4, 14) When praying the Word of God also pray in the spirit that God can reveal His Word and work through that Scripture to you.

HOW LONG TO PRAY - Pray until you know that the answer in the Word of God is confirmed and unshakable in your heart. You sometimes need to repeat certain prayers when circumstances and hindrances come in that keeps the answer from manifesting or when doubt want to enter.

PRAY OUT LOUD - By praying out loud and hearing what you pray, your faith is being build. Faith comes by hearing the Word of the Lord (Rom 10:17). God spoke this world into existence (Gen 1:3). When praying the Word of the Lord out loud you will speak into the atmosphere of your life and God will move on your behalf. Death and life is in the power of the tongue, so let us eat the fruit of life that we speak forth through our prayers. (Prov 18:21)

STAY ACTIVE - When your thoughts begin to wonder or you become tired, get up and walk up and down to remain focussed and to get energy to continue.