"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." (Eph 6:18) We're asking our OCF family to "armor" up by committing to pray daily, according to Paul's list of armor. The following are suggested prayers based on each piece of armor. The prayers are simple, but they are profound reminders of what God has done for us, expressions of dependence on Him, and commitments to do our part.

Monday "Stand therefore, having fastened the belt of truth..." (6:14a)

Lord, I pray that you help me and my brothers and sisters at OCF to know and appropriate the truth of our new identity in Christ and that you would help us to speak truthfully and live truthfully. Guard us against the lies that Satan tempts us with, the lies that others tell, and the lies we're tempted to tell ourselves. Help us to see and savor the truth. In Jesus name, amen.

Tuesday "Having put on the breastplate of righteousness" (6:14b)

Lord, I pray that you help me and my brothers and sisters at OCF to have an ever-growing understanding, appreciation, and gratitude for the gracious gift of righteousness you've given us in, and through, Christ. I pray the righteousness we've received will motivate us and strengthen us to live lives of moral integrity, worthy of our calling as your children. In Jesus name, amen.

Wednesday

"As shoes for your feet, having put on the readiness given by the gospel of peace" (6:15)

Lord, I pray that you help me and my brothers and sisters at OCF to have an ever-increasing understanding of the gospel so that we might ready ourselves to share it. Help us to be sensitive to the Holy Spirit's direction, that we may discern when and where to proclaim the gospel, and in your power, free captives from Satan's domain. Help us to be winsome proclaimers of the peace we have with you through Christ. In Jesus name, amen.

Thursday

"In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one" (6:16)

Lord, I pray that you help me and my brothers and sisters at OCF to have an unswerving trust in your sovereignty, goodness, and faithfulness. Remove all doubts we might have today or in the future about your commitment to our good and the fulfillment of your promises. May our trust in you always be greater than our fear of anything else. In Jesus name, amen.

Friday "And take the helmet of salvation" (6:17a)

Lord, I pray that you help me and my brothers and sisters at OCF to know that we have been made alive with Christ, co-resurrected with him and co-exalted with him. We have been delivered from the domain of the powers of darkness and participate with Christ in his power and authority over that realm. May the assurance of our new identity through union with Christ bring assurance of our future destiny and provide hope that informs the way we live through trying times. In Jesus name, amen.

Saturday

"And the sword of the Spirit, which is the word of God" (6:17b)

Lord, I pray that you help me and my brothers and sisters at OCF to know and make use of the Scriptures as a means of defense against every form of demonic attack. May we be strengthened with the knowledge that your Spirit has not only supplied the Scriptures, but dynamically empowers your word in us for maximum impact. Increase in us a desire to know your word, to hide it in our hearts, and to live accordingly. In Jesus name, amen.