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# PRAYERS FOR WHEN I NEED HELP

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## Pray through the Armor of God.

Read Ephesians 6:11-18 and then say a prayer to God like the one on the next page to put on your armor!

“Put on the full armor of God, so that you can take your stand against the devil’s schemes. 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 armor 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, with the **breastplate of righteousness** in place, and with your feet fitted with the readiness that comes from the **gospel of peace**. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the Word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

*(Ephesians 6:11-18)*

# PRAYING THROUGH THE ARMOR OF GOD...

**Lord,**

Today, I put on the full armor of God. I am protected.

I put on the **belt of truth** to speak and walk honestly.

I will put into place the **breastplate** to do what is morally right.

I will strap onto my feet and be ready with the **gospel of peace.**

On my arm, I will carry the **shield of faith** and block the attacks from the evil one. I know God is with me.

On my head, I will wear the **helmet of salvation.** Jesus loves me and I belong to Him!

With my shield in one hand, I will carry the **sword of the Spirit** with me in the other. It is the Word of God.

I will pray on all occasions, everywhere, for anything. I will be alert and never stop praying daily for those around me.

In Jesus' name, amen.

**THE HELMET  
OF SALVATION**

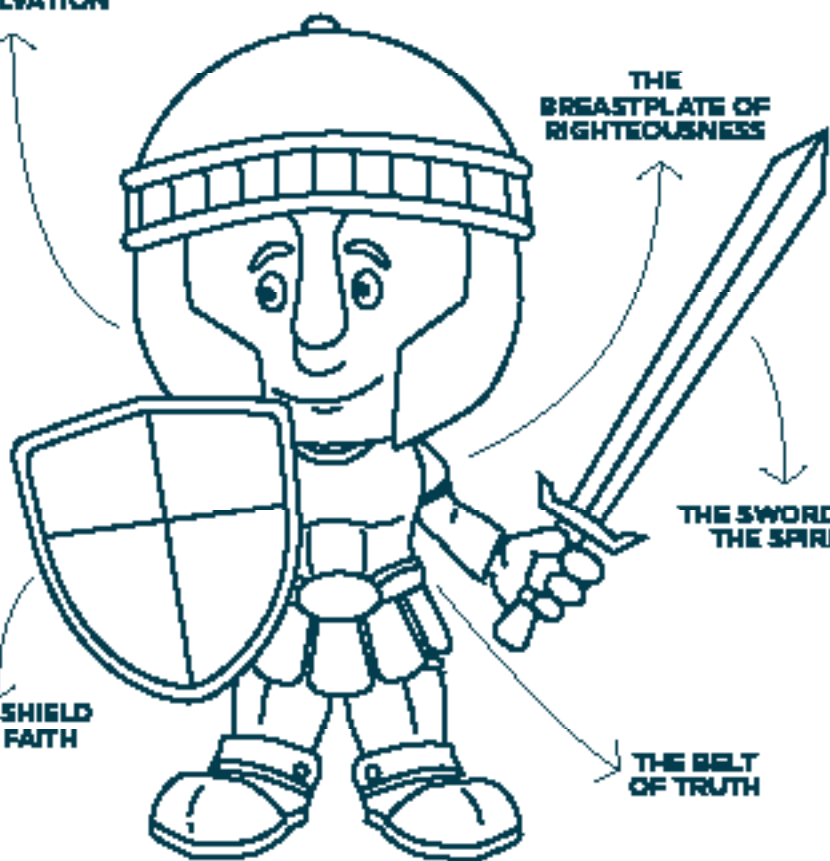
**THE  
BREASTPLATE OF  
RIGHTEOUSNESS**

**THE SWORD OF  
THE SPIRIT**

**THE SHIELD  
OF FAITH**

**THE BELT  
OF TRUTH**

**THE GOSPEL  
OF PEACE**



# PRAYERS FOR MY FAMILY

*Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.  
(Exodus 20:12)*

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**Jesus,**

Today, I thank You for my family.

I thank You that You love us and want the best for us.

I pray You would give (say their names) and me wisdom today to make good choices and do the things You would want us to do.

I pray that You will bless us so that we can be a blessing to others.

I pray You will give us favor and influence.

I pray You would lead us and guide us through the whole day and I pray that You will watch over everything we do.

I pray that You would cover us, protect us, and keep us far from any harm so that we can do good things for You.

In Jesus' name, amen.

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# PRAYERS FOR WHEN I FEEL ALONE

*I will never leave you or let you be alone.  
(Hebrews 13:5 NLV)*

*I am with you always.  
(Matthew 28:20)*

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**Jesus,**

Thank You that You are my best friend.

Thank You that You never leave me, and that I never have to feel alone.

As You are with me today, help me follow You and make good choices.

Help me forgive anyone who has hurt me.

Thank You for the comfort that Your Spirit brings me.

Help me be like You and choose to love people the way You love people.

In Jesus' name, amen.

# PRAYERS FOR WHEN I FEEL AFRAID

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:7 NKJV)*

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**Jesus,**

Today I pray against the spirit of fear.

I command it to go by the authority that You have given me by Your name.

I ask that you would give me peace, perfect love that casts out fear, and complete confidence in You.

Thank You that I don't have to be afraid.

Thank You that You are in control.

Thank You that You love me.

In Jesus' name, amen.

LIST BELOW WHAT YOU  
DON'T NEED TO BE  
AFRAID OF AND THE  
THINGS YOU CAN HAVE  
PEACE ABOUT!

