

ABIDE Prayer Guide

The Armor of God

Finally, be strengthened by the Lord and by his vast strength. (Ephesians 6:10)

Aligning our Hearts with God

Let's begin ABIDE by taking a moment to quiet our hearts and minds before God. Simply take a deep breath and exhale slowly. You may want to pray a "breath prayer" as you inhale and exhale, such as, "Jesus, you are my strength."

Note: If you are leading a small group through ABIDE, pray the first prayer below over those you are leading. If you are praying ABIDE alone, use the second prayer.

Group Prayer: *Father, we love you and we need you. Holy Spirit, fill us and lead us as we gather to pray and study Scripture. We dedicate this time to you and what you have for us to receive from you as your sons and daughters. Remove any distractions and help us to focus our hearts on you. In Jesus Name, Amen.*

Personal Prayer: *Father, I give my heart to you. I surrender every area of my life to you. I choose to trust you with my whole heart and with everything in my life. You are my good, good Father who loves me. Thank you for being faithful, all-knowing and all-powerful. Remove any distractions from me and help me focus on you. Holy Spirit, fill me and help me discern your voice as I pray. In Jesus' Name, Amen.*

Prayers of Thanksgiving

You have encircled me; you have placed your hand on me. (Psalm 139:5)

What are you or perhaps a loved one walking through today that is painful or difficult? What burdens are you carrying and what is creating stress in your life? As God's sons and daughters, we are not walking alone. Our Father has encircled us because we belong to Him. He has placed His hand on us and He will never take it off of us.

Take a moment to thank your Father for encircling you (surrounding you) and for placing His hand on you.

Prayer: Father, thank you _____ (fill in the blank with prayers of thanksgiving to your Father for encircling you and placing His hand on you. Thank Him that you are not alone). In Jesus Name.

Prayer for Our Hearts

Ephesians 6:10-17 tells us that we are in a spiritual battle with the enemy (Satan) and that our Father has given us everything that we need to stand firm against the enemy's attacks – his lies, temptations and accusations. We are victorious in Christ!

No, in all things we are more than conquerors through him who loved us. (Romans 8:37)

But thanks be to God, who gives us the victory through our Lord Jesus Christ! (1 Corinthians 15:57)

You are from God, little children, and you have conquered them, because the one who is in you is greater than the one who is in the world. (1 John 4:4)

Let's declare that God is greater and has given us His victory. As the Spirit brings to mind the battles that you are facing (spiritual, emotional, with loved ones or whatever trials we are walking through) - let's ask God to help us see ourselves and our battles through His victory.

Prayer: Father, help me to see that you are greater and have given me your victory in _____ (fill the blank with what the Spirit brings to mind). I choose to trust you. In Jesus Name.

Prayer for Other's Hearts

Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints. (Ephesians 6:18)

Prayer: Father, thank you that you work powerfully through our prayers. I pray for _____ and ask that you protect him/her and empower him/her by your Spirit to walk in your truth today. In Jesus Name.

Closing Prayer

Father, thank you for your faithfulness. You are all-powerful and you surround us! Help us to be aware of your presence and to stand firm in your truth. Remind us to put on your armor and pray in faith for our freedom and for the freedom that you want others to experience in their lives. In Jesus Name, Amen.

Note: The Armor of God Prayer on the next page is an extended prayer to use when putting on the armor of God.

Armor of God Prayer

From Ephesians 6:10-20

Father, I praise you today. You are great and mighty, and I am grateful to be called Yours! I realize that today I am going to be walking in a spiritual battlefield, but I know You have given me everything I need to win. In the power of the Holy Spirit, I will get “spiritually dressed” in the armor You have given me: First, I put on the belt of truth. Help me to see if I am clinging to any lie from the enemy that needs to be brought to light. I confess that I am prone to forgetfulness when it comes to that which is established in your Word. Help me walk in the truth that I might not be deceived today. Second, I put on the breastplate of righteousness. My hope is not in my own righteousness, but in the righteousness of Jesus imputed to me. Please protect my mind and imagination from the compromise that would harm my heart and hinder my ability to serve you. Remind me, Spirit of God, that Your way is the one that brings fulfillment. You are holy, and I want to enjoy the blessings of your righteousness today. Next, I know I can walk with the peace that comes from the Good News of Jesus as if it were my favorite pair of shoes. Help me to extend that grace to others around me. Lord, You are good, and I want to share that goodness with those who I meet today.

I will use my faith as a shield to guard against the confusing tactics of the enemy all around me today. Please bring to mind the promises You have made that I need most as I go through my day. You are faithful, and today I will actively use those promises to fight the fiery darts of unbelief and doubt that circumstances may bring. Just as a helmet is critical to the soldier, I thank You that my salvation is secure. I am protected from destruction because I have trusted in the forgiveness of Jesus, and I have been totally and completely saved from my sin. Thank You that this is a permanent gift, and I can have assurance that You love me! You are all-powerful, God, and I cherish the blessing that I am saved by Your power and not my own. Next, I will take the Sword of the Spirit – Your Word – with me today. Help me to read my Bible with new and fresh insight, ready to hear from You. Lord, I won’t try to fight battles by my own intellect. Instead, I will take advantage of the Word of God as my weapon of love and truth. Lord, you are supremely wise, and I want to walk in your wisdom. And finally, Father, I will leave this line of communication open all day long – trusting You to guide me in prayer from moment to moment as I overcome the struggles this day may bring. You have empowered me to stand firm! You are a loving God and have created me to love You back! Help even the most mundane activities today be transformed into an act of worship – leaving no room for the enemy to work in my life.

In Jesus’ Name, Amen.