



## **STAND FIRM - Ephesians 6:10-18 28 Days of Prayer Through the Armor of God**

Early Morning Prayer – sponsored by Pausing With God Ministries

### **DAY 1 – Be Strong in the Lord**

**Scripture:** Ephesians 6:10

**Prayer:** Lord, today we choose strength—not from ourselves, but from You. Remind us that our confidence does not come from our ability, but from Your power working within us. We stand firm because You are firm.

**Pause:** Receive His strength.

**Journal:** Where do I need God's strength today?

### **DAY 2 – Strength for the Journey**

**Scripture:** Ephesians 6:10

**Prayer:** God, strengthen our hearts for the journey ahead. Some days feel heavy, but You promise strength that does not run dry. We lean on You.

**Pause:** Breathe in peace.

**Journal:** What has been draining my strength?

### **DAY 3 – Put On the Full Armor**

**Scripture:** Ephesians 6:11

**Prayer:** Father, help us intentionally put on Your armor today. We do not walk uncovered or unprepared. We are protected by You.

**Pause:** Picture yourself covered.

**Journal:** What does being spiritually prepared look like for me?

## **DAY 4 – Standing Against the Enemy**

**Scripture:** Ephesians 6:11

**Prayer:** Lord, open our eyes to recognize what is not from You. Give us wisdom to stand, not react. We choose discernment over fear.

**Pause:** Ask God for clarity.

**Journal:** Where do I need discernment?

## **DAY 5 – Our Battle Is Not Flesh and Blood**

**Scripture:** Ephesians 6:12

**Prayer:** God, remind us that people are not the enemy. Help us walk in grace, even when we feel misunderstood or hurt.

**Pause:** Release frustration.

**Journal:** Who do I need to view through God's lens?

## **DAY 6 – Standing When It's Hard**

**Scripture:** Ephesians 6:13

**Prayer:** Lord, help us stand—even after we've done all we can. Teach us endurance when answers feel delayed.

**Pause:** Stay present.

**Journal:** Where do I need to keep standing?

## **DAY 7 – The Belt of Truth**

**Scripture:** Ephesians 6:14

**Prayer:** God, fasten truth around our hearts. Silence lies that tell us we are not enough. Your truth holds us steady.

**Pause:** Receive truth.

**Journal:** What lie needs to be replaced with truth?

## **DAY 8 – Walking in God's Truth**

**Scripture:** Ephesians 6:14

**Prayer:** Lord, help us walk honestly before You and others. May our words and actions align with Your truth.

**Pause:** Reflect.

**Journal:** Where do I need to walk more honestly?

## **DAY 9 – The Breastplate of Righteousness**

**Scripture:** Ephesians 6:14

**Prayer:** Father, guard our hearts. Remind us that we are made right through Christ –not by perfection, but by grace.

**Pause:** Rest in grace.

**Journal:** Where do I struggle with guilt or shame?

## **DAY 10 – Guarding the Heart**

**Scripture:** Proverbs 4:23

**Prayer:** Lord, help us protect our hearts from bitterness, comparison, and fear. Fill us with Your peace.

**Pause:** Invite peace.

**Journal:** What affects my heart most?

## **DAY 11 – Shoes of Peace**

**Scripture:** Ephesians 6:15

**Prayer:** God, help us walk in peace today. Let peace guide our steps, words, and reactions.

**Pause:** Slow your pace.

**Journal:** Where do I need peace?

## **DAY 12 – Being Carriers of Peace**

**Scripture:** Matthew 5:9

**Prayer:** Lord, make us women who bring peace into every room we enter.

**Pause:** Breathe deeply.

**Journal:** How can I bring peace to others?

## **DAY 13 – The Shield of Faith**

**Scripture:** Ephesians 6:16

**Prayer:** God, strengthen our faith. Help us trust You even when we don't see the outcome.

**Pause:** Lift your shield.

**Journal:** Where is my faith being tested?

## **DAY 14 – Choosing Faith Over Fear**

**Scripture:** Hebrews 11:1

**Prayer:** Lord, help us choose faith today. Silence fear with hope rooted in You.

**Pause:** Choose trust.

**Journal:** What fear do I need to surrender?

## **DAY 15 – The Helmet of Salvation**

**Scripture:** Ephesians 6:17

**Prayer:** God, guard our minds. Protect our thoughts and remind us of our identity in Christ.

**Pause:** Clear your mind.

**Journal:** What thoughts need renewing?

## **DAY 16 – Renewing the Mind**

**Scripture:** Romans 12:2

**Prayer:** Lord, renew our minds daily. Shape our thinking to reflect Your truth.

**Pause:** Sit with Him.

**Journal:** What mindset needs to change?

## **DAY 17 – The Sword of the Spirit**

**Scripture:** Ephesians 6:17

**Prayer:** Father, help us speak Your Word with confidence. Let Scripture guide us and give us strength.

**Pause:** Listen.

**Journal:** What Scripture encourages me most?

## **DAY 18 – Speaking God’s Word**

**Scripture:** Hebrews 4:12

**Prayer:** God, let Your Word be alive in us. Teach us to rely on it daily.

**Pause:** Reflect on Scripture.

**Journal:** How does God’s Word shape my choices?

## **DAY 19 – Praying in the Spirit**

**Scripture:** Ephesians 6:18

**Prayer:** Lord, teach us to pray beyond words. Help us listen as much as we speak.

**Pause:** Be still.

**Journal:** What is God revealing?

## **DAY 20 – Persistent Prayer**

**Scripture:** Luke 18:1

**Prayer:** God, help us remain faithful in prayer. Remind us that prayer changes us—even before circumstances change.

**Pause:** Stay focused.

**Journal:** What prayer have I grown weary in?

## **DAY 21 – Alert and Watchful**

**Scripture:** Ephesians 6:18

**Prayer:** Lord, keep us spiritually alert. Help us notice where You are moving.

**Pause:** Stay aware.

**Journal:** Where do I see God at work?

## **DAY 22 – Praying for One Another**

**Scripture:** James 5:16

**Prayer:** God, strengthen our prayer team. Unite us in love and purpose.

**Pause:** Lift someone else up.

**Journal:** Who am I praying for today?

## **DAY 23 – Standing Together**

**Scripture:** Ecclesiastes 4:12

**Prayer:** Lord, remind us we are stronger together. Thank You for community.

**Pause:** Give thanks.

**Journal:** Who strengthens my faith?

## **DAY 24 – Courage to Stand**

**Scripture:** Joshua 1:9

**Prayer:** God, give us courage to stand firm even when it's uncomfortable.

**Pause:** Receive courage.

**Journal:** Where do I need boldness?

## **DAY 25 – Strength in Weakness**

**Scripture:** 2 Corinthians 12:9

**Prayer:** Lord, meet us in our weakness. Your grace is enough.

**Pause:** Rest.

**Journal:** Where do I feel weak?

## **DAY 26 – Standing in Hope**

**Scripture:** Romans 15:13

**Prayer:** God, fill us with hope that overflows into joy and peace.

**Pause:** Receive hope.

**Journal:** What am I hoping for?

## **DAY 27 – Standing Firm in Faith**

**Scripture:** 1 Corinthians 16:13

**Prayer:** Lord, help us remain steadfast. Strengthen our faith to stand firm no matter the season.

**Pause:** Commit again.

**Journal:** How has my faith grown?

## **DAY 28 – Fully Armored**

**Scripture:** Ephesians 6:10–18

**Prayer:** Father, thank You for equipping us. We stand firm—not alone, not afraid, but fully armored in You.

**Pause:** Celebrate.

**Journal:** What has God shown me over these 28 days?