### **TAKE HOME NOTES** ARMOR OF GOD: Praying at All Times in the Spirit with Prayer and Supplication

FOCUS: Why the Whole Armor of God is needed, what it is and how to use it in life.

#### **OUR SALVATION: OUR CREATED PURPOSE: OUR MISSION:**

John 3:16-17 Ephesians 2:8-9 Romans 10:9-10

Mark 12:30-31 Matthew 28:16-20 We exist to bring God glory and make disciples **OUR VISION** 

Through

Gospel-Centered Worship **Gospel-Centered Community Gospel-Centered Service** Gospel-Centered Multiplication



**Ephesians 6:10-20 Matthew 6:5-15** Psalm 23 2 Chronicles 6:21-42

What jumped off the

page at you (word, phrase, concept, application, question) as you read the verse(s)

Equipped Resource Website: Pray Always

Why is what jumped off the page Biblically accurate?

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A TRUTH What is praying at all times in the Spirit with prayer and supplication?

Both speaking and listening to God, through Jesus by the power of the Holy Spirit any time, any place with our heart, mind, soul and strength.

## ARMOR OF GOD: Praying at All Times in the Spirit with Prayer and Supplication now

PRAYING AT ALL TIMES IN THE SPIRIT WITH PRAYER AND SUPPLICATION is an important aspect to why we exist.

Gospel-Centered Based on this what can we do to become more like Jesus?

WORSHIP When possible **Matthew 6:6** But **when you pray**, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. COMMUNITY **2 Chronicles 6:34-35** Pray to God, Jesus and the Holy Spirit with all your heart, mind, soul and strength.

SERVICE **Matthew 6:10** Remember it is always about God's will being done when we make our requests know to Him.

MULTIPLICATION **2 Chronicles 6:36-38** Let us tell others that the way out and through starts and is sustained through prayer which leads to repentance, forgiveness and restored freedom.**in your word.** 

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#### Why the whole Armor of God is needed

#### Ephesians 6:10-20

- 10 Finally, be strong in the Lord and in the strength of his might.
- 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil.
- 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.
- 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

Belt of Truth –

John 14:6

Breastplate of Righteousness –

Philippians 3:9

The Armor of God
Shoes of Readiness –
2 Timothy 4:2
Shield of Faith –
Hebrews 11
Helmet of Salvation –
Isaiah 59:16-17

Sword of the Spirit – 1
Thessalonians 2:13
Praying at all times –
Matthew 6:5-15 & 2 Chronicles
6:21-42
Keep alert

#### **Foundations of Prayer**

To God, through Jesus by the power of the Holy Spirit

Romans 8:26-27, 34, Hebrews 7:25, 1 John 2:1, 1 Timothy 2:5

Both speaking & listening with our heart, mind, soul and strength whenever and wherever.

Matthew 6:10-15

#### A TRUTH What is praying at all times in the Spirit with prayer and supplication?

Both speaking and listening to God, through Jesus by the power of the Holy Spirit any time, any place with our heart, mind, soul and strength.

**Ephesians 6:18** 18 praying at all times in the Spirit, with all prayer and supplication...

Praying = To God, supplicate, worship, earnestly, for, to make All Times = always, any, every, Spirit = Holy Spirit Prayer = perseverance, persistency Supplication = request

#### How to live the Armor of God: Praying at all times in the Spirit with prayer and supplication

#### Matthew 6:5-15 The Lord's Prayer

5 "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward.

- 6 But **when you pray**, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.
- 7 "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.
- 8 Do not be like them, for your Father knows what you need before you ask him.
- 9 Pray then like this: "Our Father in heaven, hallowed be your name.
- 10 Your kingdom come, your will be done, on earth as it is in heaven.
- 11 Give us this day our daily bread,
- 12 and forgive us our debts, as we also have forgiven our debtors.
- 13 And lead us not into temptation, but deliver us from evil.
- 14 For if you forgive others their trespasses, your heavenly Father will also forgive you,
- 15 but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

#### Psalms 23:1-6 The Lord is my Shepherd

- 1 A Psalm of David. The LORD is my shepherd; I shall not want.
- 2 He makes me lie down in green pastures. He leads me beside still waters.
- 3 He restores my soul. He leads me in paths of righteousness for his name's sake.
- 4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are

with me; your rod and your staff, they comfort me.

- 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

#### 2 Chronicles 6:21-42 Solomon's Prayer of Dedication of the Temple in Jerusalem

- 21 And listen to the pleas of your servant and of your people Israel, when they **pray** toward this place. And listen from heaven your dwelling place, and when you hear, forgive.
- 22 "If a man sins against his neighbor and is made to take an oath and comes and swears his oath before your altar in this house,
- 23 then hear from heaven and act and judge your servants, repaying the guilty by bringing his conduct on his own head, and vindicating the righteous by rewarding him according to his righteousness.
- 24 "If your people Israel are defeated before the enemy because they have sinned against you, and they turn again and acknowledge your name and **pray** and plead with you in this house,
- 25 then hear from heaven and forgive the sin of your people Israel and bring them again to the land that you gave to them and to their fathers.
- 26 "When heaven is shut up and there is no rain because they have sinned against you, if they **pray** toward this place and acknowledge your name and turn from their sin, when you afflict them,
- 27 then hear in heaven and forgive the sin of your servants, your people Israel, **when you teach them the good way in which they should walk**, and grant rain upon your land, which you have given to your people as an inheritance.
- 28 "If there is famine in the land, if there is pestilence or blight or mildew or locust or caterpillar, if their enemies besiege them in the land at their gates, whatever plague, whatever sickness there is, 29 whatever **prayer**, whatever plea is made by any man or by all your people Israel, each knowing his own affliction and his own sorrow and stretching out his hands toward this house,

- 30 then hear from heaven your dwelling place and forgive and render to each whose heart you know, according to all his ways, for you, you only, know the hearts of the children of mankind,
- 31 that they may fear you and walk in your ways all the days that they live in the land that you gave to our fathers.
- 32 "Likewise, when **a foreigner**, who is not of your people Israel, comes from a far country for the sake of your great name and your mighty hand and your outstretched arm, when he comes and **prays** toward this house,
- 33 hear from heaven your dwelling place and do according to all for which the **foreigner calls to you**, in order that all the peoples of the earth may know your name and fear you, as do your people Israel, and that they may know that this house that I have built is called by your name.
- 34 "If your people go out to battle against their enemies, by whatever way you shall send them, and they **pray** to you toward this city that you have chosen and the house that I have built for your name, 35 then hear from heaven their **prayer and their plea**, and maintain their cause.
- 36 "If they sin against you—for there is no one who does not sin—and you are angry with them and give them to an enemy, so that they are carried away captive to a land far or near,
- 37 yet if they turn their heart in the land to which they have been carried captive, **and repent and plead with you** in the land of their captivity, saying, 'We have sinned and have acted perversely and wickedly,'

#### **SALVATION**

- 38 **if they repent with all their heart and with all their soul** in the land of their captivity to which they were carried captive, and **pray** toward their land, which you gave to their fathers, the city that you have chosen and the house that I have built for your name,
- 39 then hear from heaven your dwelling place their **prayer and their pleas**, and maintain their cause and **forgive your people who have sinned against you**.
- 40 Now, O my God, let your eyes be open and your ears attentive to the prayer of this place.
- 41 "And now arise, O LORD God, and go to your resting place, you and the ark of your might. Let **your priests**, O LORD God, **be clothed with salvation**, and let your saints rejoice in your goodness.
  42 O LORD God, do not turn away the face of your anointed one! Remember your steadfast love for David your servant."

#### MISSION: Bring God glory and make disciples.

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### **BIBLE VERSES RELATED TO PRAYER**

#### Genesis 25:21

And Isaac prayed to the LORD for his wife, because she was barren. And the LORD granted his prayer, and Rebekah his wife conceived.

#### 2 Samuel 7:27

For you, O LORD of hosts, the God of Israel, have made this revelation to your servant, saying, 'I will build you a house.' Therefore your servant has found courage to pray this prayer to you.

#### 1 Kings 8:28

Yet have regard to the prayer of your servant and to his plea, O LORD my God, listening to the cry and to the prayer that your servant prays before you this day,

#### 1 Kings 8:29

that your eyes may be open night and day toward this house, the place of which you have said, 'My name shall be there,' that you may listen to the prayer that your servant offers toward this place.

#### 1 Kings 8:38

whatever prayer, whatever plea is made by any man or by all your people Israel, each knowing the affliction of his own heart and stretching out his hands toward this house,

#### 1 Kings 8:45

then hear in heaven their prayer and their plea, and maintain their cause.

#### 1 Kings 8:49

then hear in heaven your dwelling place their prayer and their plea, and maintain their cause

#### 1 Kings 8:54

Now as Solomon finished offering all this prayer and plea to the LORD, he arose from before the altar of the LORD, where he had knelt with hands outstretched toward heaven.

#### 1 Kings 9:3

And the LORD said to him, "I have heard your prayer and your plea, which you have made before me. I have consecrated this house that you have built, by putting my name there forever. My eyes and my heart will be there for all time.

#### 2 Kings 6:18

And when the Syrians came down against him, Elisha prayed to the LORD and said, "Please strike this people with blindness." So he struck them with blindness in accordance with the prayer of Elisha.

#### 2 Kings 19:4

It may be that the LORD your God heard all the words of the Rabshakeh, whom his master the king of Assyria has sent to mock the living God, and will rebuke the words that the LORD your God has heard; therefore lift up your prayer for the remnant that is left."

#### 2 Kings 19:20

Then Isaiah the son of Amoz sent to Hezekiah, saying, "Thus says the LORD, the God of Israel: Your prayer to me about Sennacherib king of Assyria I have heard.

#### 2 Kings 20:5

"Turn back, and say to Hezekiah the leader of my people, Thus says the LORD, the God of David your father: I have heard your prayer; I have seen your tears. Behold, I will heal you. On the third day you shall go up to the house of the LORD,

#### 2 Chronicles 6:19

Yet have regard to the prayer of your servant and to his plea, O LORD my God, listening to the cry and to the prayer that your servant prays before you,

#### 2 Chronicles 6:20

that your eyes may be open day and night toward this house, the place where you have promised to set your name, that you may listen to the prayer that your servant offers toward this place.

#### 2 Chronicles 6:29

whatever prayer, whatever plea is made by any man or by all your people Israel, each knowing his own affliction and his own sorrow and stretching out his hands toward this house,

#### 2 Chronicles 6:35

then hear from heaven their prayer and their plea, and maintain their cause.

#### 2 Chronicles 6:39

then hear from heaven your dwelling place their prayer and their pleas, and maintain their cause and forgive your people who have sinned against you.

#### 2 Chronicles 6:40

Now, O my God, let your eyes be open and your ears attentive to the prayer of this place.

#### 2 Chronicles 7:1

As soon as Solomon finished his prayer, fire came down from heaven and consumed the burnt offering and the sacrifices, and the glory of the LORD filled the temple.

#### 2 Chronicles 7:12

Then the LORD appeared to Solomon in the night and said to him: "I have heard your prayer and have chosen this place for myself as a house of sacrifice.

#### 2 Chronicles 7:15

Now my eyes will be open and my ears attentive to the prayer that is made in this place.

#### 2 Chronicles 30:27

Then the priests and the Levites arose and blessed the people, and their voice was heard, and their prayer came to his holy habitation in heaven.

#### 2 Chronicles 33:18

Now the rest of the acts of Manasseh, and his prayer to his God, and the words of the seers who spoke to him in the name of the LORD, the God of Israel, behold, they are in the Chronicles of the Kings of Israel.

#### 2 Chronicles 33:19

And his prayer, and how God was moved by his entreaty, and all his sin and his faithlessness, and the sites on which he built high places and set up the Asherim and the images, before he humbled himself, behold, they are written in the Chronicles of the Seers.

#### Nehemiah 1:6

let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray before you day and night for the people of Israel your servants, confessing the sins of the people of Israel, which we have sinned against you. Even I and my father's house have sinned.

#### Nehemiah 1:11

O Lord, let your ear be attentive to the prayer of your servant, and to the prayer of your servants who delight to fear your name, and give success to your servant today, and grant him mercy in the sight of this man." Now I was cupbearer to the king.

#### Job 16:17

although there is no violence in my hands, and my prayer is pure.

#### Job 22:27

You will make your prayer to him, and he will hear you, and you will pay your vows.

#### Job 42:8

Now therefore take seven bulls and seven rams and go to my servant Job and offer up a burnt offering for yourselves. And my servant Job shall pray for you, for I will accept his prayer not to deal with you according to your folly. For you have not spoken of me what is right, as my servant Job has."

#### Job 42:9

So Eliphaz the Temanite and Bildad the Shuhite and Zophar the Naamathite went and did what the LORD had told them, and the LORD accepted Job's prayer.

#### Psalms 4:1

To the choirmaster: with stringed instruments. A Psalm of David. Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer! Psalms 6:9

The LORD has heard my plea; the LORD accepts my prayer.

#### Psalms 17:1

A Prayer of David. Hear a just cause, O LORD; attend to my cry! Give ear to my prayer from lips free of deceit!

#### Psalms 32:6

Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.

#### Psalms 39:12

"Hear my prayer, O LORD, and give ear to my cry; hold not your peace at my tears! For I am a sojourner with you, a guest, like all my fathers.

#### Psalms 42:8

By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

#### Psalms 54:2

O God, hear my prayer; give ear to the words of my mouth.

#### Psalms 55:1

To the choirmaster: with stringed instruments. A Maskil of David. Give ear to my prayer, O God, and hide not yourself from my plea for mercy!

#### Psalms 61:1

To the choirmaster: with stringed instruments. Of David. Hear my cry, O God, listen to my prayer;

#### Psalms 65:2

O you who hear prayer, to you shall all flesh come.

#### Psalms 66:19

But truly God has listened; he has attended to the voice of my prayer.

#### Psalms 66:20

Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!

#### Psalms 69:13

But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.

#### Psalms 72:15

Long may he live; may gold of Sheba be given to him! May prayer be made for him continually, and blessings invoked for him all the day!

#### Psalms 84:8

O LORD God of hosts, hear my prayer; give ear, O God of Jacob! Selah

#### Psalms 86:1

A Prayer of David. Incline your ear, O LORD, and answer me, for I am poor and needy.

#### Psalms 86:6

Give ear, O LORD, to my prayer; listen to my plea for grace.

#### Psalms 88:2

Let my prayer come before you; incline your ear to my cry!

#### Psalms 88:13

But I, O LORD, cry to you; in the morning my prayer comes before you.

#### Psalms 90.1

A Prayer of Moses, the man of God. Lord, you have been our dwelling place in all generations.

#### Psalms 102:1

A Prayer of one afflicted, when he is faint and pours out his complaint before the LORD. Hear my prayer, O LORD; let my cry come to you!

#### Psalms 102:17

he regards the prayer of the destitute and does not despise their prayer.

#### Psalms 109:4

In return for my love they accuse me, but I give myself to prayer.

#### Psalms 109:7

When he is tried, let him come forth guilty; let his prayer be counted as sin!

#### Psalms 141:2

Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!

#### Psalms 141:5

Let a righteous man strike me—it is a kindness; let him rebuke me—it is oil for my head; let my head not refuse it. Yet my prayer is continually against their evil deeds.

#### Psalms 142:1

A Maskil of David, when he was in the cave. A Prayer. With my voice I cry out to the LORD; with my voice I plead for mercy to the LORD.

#### Psalms 143:1

A Psalm of David. Hear my prayer, O LORD; give ear to my pleas for mercy! In your faithfulness answer me, in your righteousness!

#### Proverbs 15:8

The sacrifice of the wicked is an abomination to the LORD, but the prayer of the upright is acceptable to him.

#### Proverbs 15:29

The LORD is far from the wicked, but he hears the prayer of the righteous.

#### Proverbs 28:9

If one turns away his ear from hearing the law, even his prayer is an abomination.

#### Isaiah 26:16

O LORD, in distress they sought you; they poured out a whispered prayer when your discipline was upon them.

#### Isaiah 37:4

It may be that the LORD your God will hear the words of the Rabshakeh, whom his master the king of Assyria has sent to mock the living God, and will rebuke the words that the LORD your God has heard; therefore lift up your prayer for the remnant that is left."

#### Isaiah 38:5

"Go and say to Hezekiah, Thus says the LORD, the God of David your father: I have heard your prayer; I have seen your tears. Behold, I will add fifteen years to your life.

#### Isaiah 56:7

these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples."

#### Jeremiah 7:16

"As for you, do not pray for this people, or lift up a cry or prayer for them, and do not intercede with me, for I will not hear you.

#### Jeremiah 11:14

"Therefore do not pray for this people, or lift up a cry or prayer on their behalf, for I will not listen when they call to me in the time of their trouble.

#### Lamentations 3:8

though I call and cry for help, he shuts out my prayer;

#### Lamentations 3:44

you have wrapped yourself with a cloud so that no prayer can pass through.

#### Daniel 9:3

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

#### Daniel 9:17

Now therefore, O our God, listen to the prayer of your servant and to his pleas for mercy, and for your own sake, O Lord, make your face to shine upon your sanctuary, which is desolate.

#### Daniel 9:21

while I was speaking in prayer, the man Gabriel, whom I had seen in the vision at the first, came to me in swift flight at the time of the evening sacrifice.

#### Jonah 2:7

When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple.

#### Habakkuk 3:1

A prayer of Habakkuk the prophet, according to Shigionoth.

#### Matthew 21:13

He said to them, "It is written, 'My house shall be called a house of prayer,' but you make it a den of robbers."

#### Matthew 21:22

And whatever you ask in prayer, you will receive, if you have faith."

#### Mark 9:29

And he said to them, "This kind cannot be driven out by anything but prayer."

#### Mark 11:17

And he was teaching them and saying to them, "Is it not written, 'My house shall be called a house of prayer for all the nations'? But you have made it a den of robbers."

#### Mark 11:24

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

#### Luke 1:13

But the angel said to him, "Do not be afraid, Zechariah, for your prayer has been heard, and your wife Elizabeth will bear you a son, and you shall call his name John.

#### Luke 2:37

and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.

#### Luke 6:12

In these days he went out to the mountain to pray, and all night he continued in prayer to God.

#### Luke 19:46

saying to them, "It is written, 'My house shall be a house of prayer,' but you have made it a den of robbers."

#### Luke 22:45

And when he rose from prayer, he came to the disciples and found them sleeping for sorrow,

#### Acts 1:14

All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.

#### Acts 3:1

Now Peter and John were going up to the temple at the hour of prayer, the ninth hour.

#### Acts 6:4

But we will devote ourselves to prayer and to the ministry of the word."

#### Acts 10:31

and said, 'Cornelius, your prayer has been heard and your alms have been remembered before God.

#### Acts 12:5

So Peter was kept in prison, but earnest prayer for him was made to God by the church.

#### Acts 14:23

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.

#### Acts 16:13

And on the Sabbath day we went outside the gate to the riverside, where we supposed there was a place of prayer, and we sat down and spoke to the women who had come together.

#### Acts 16:16

As we were going to the place of prayer, we were met by a slave girl who had a spirit of divination and brought her owners much gain by fortune-telling.

#### Romans 10:1

Brothers, my heart's desire and prayer to God for them is that they may be saved.

#### **Romans 12:12**

Rejoice in hope, be patient in tribulation, be constant in prayer.

#### 1 Corinthians 7:5

Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.

#### 2 Corinthians 1:11

You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

#### Ephesians 6:18

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,

#### Philippians 1:4

always in every prayer of mine for you all making my prayer with joy,

#### Philippians 1:9

And it is my prayer that your love may abound more and more, with knowledge and all discernment,

#### Philippians 4:6

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

#### Colossians 4:2

Continue steadfastly in prayer, being watchful in it with thanksgiving.

#### 1 Timothy 4:5

for it is made holy by the word of God and prayer.

#### James 5:15

And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven.

#### James 5:16

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

#### 1 Peter 3:12

For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil."

### **OTHER RESOURCES**

#### **Sharing the Truth Tips**

When revealing the Biblical truth to someone ask questions and give them the opportunity to wrestle with their relationship with Jesus.

It is the Holy Spirt who gives Christians the proper heart, mind, soul and strength to share the Biblical truth in a way that will hopefully result in salvation and sanctification for the hearer.

**Ask questions**, encourage others to ask questions. Everyone is three good questions away from sharing what is really going on in their heart, mind and soul.

YOUTUBE: John MacArthur - The Armor of God: Praying at All Times (Ephesians 6:18-20)

https://www.youtube.com/watch?v=sPZxnMPuDkw

**YOUTUBE: Alistair Begg – Praying** 

https://www.youtube.com/watch?v=gKBq1jzNqvM