

Standing My Ground

Prayers from God's Word

These Bible-based prayers have been written in a way that makes them easy to pray. They include requests for not only practical, material needs, but for deeper spiritual needs as well. Because they are written from Scripture, they express God's will. And when we pray His will, He promises to answer! (1 John 5:14-15)

Easy Ways to Use These Prayers

- Read them just as they appear:

“Help me to submit my life to You every day, so that I can resist the devil.” (James 4:7)

- Use them as an outline for your personal prayer.

Pray a sentence or two, just enough to present a complete thought. Then add your own personal prayer, before moving on to the next thought:

“Help me to submit my life to You every day, so that I can resist the devil.” (James 4:7)

You might add something like— *“Show me what I haven't surrendered, anything I'm not ready to let go of....”*

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Clothed in God's Armor

Father, keep me strong in Your power...

I know we're in a spiritual battle with the devil and his spirits of darkness. If I'm to be prepared for the battle, I must be clothed in Your full armor and armed with the weapon of Your Word. I must stand my ground, praying with Your power. (Ephesians 6:10-18)

The Bible describes the armor I'm to wear, and I know this is more than a word picture—it describes the life I'm to live in Christ. Christ is my armor of light! I'm protected by my Christian lifestyle, and it helps me to stand my ground against evil spirits. I must live a life that exhibits the truth of my salvation: that I'm a child of God, who has been given new life in Christ, and Satan cannot harm me. (Romans 13:12, 14; John 1:12; 2 Corinthians 5:17; 1 John 5:18)

I come to make sure that I have no chink in my armor as I prepare for my battle. Help me to take up the sword of the Spirit and stand my ground in prayer. Help me to pray strong, effective prayers that yield great results for Your glory! (James 5:16)

Give me the grace to stand firm in Your strength. In Jesus' name, amen.

Resisting the Devil

Father, keep me strong in Your power...

Help me to submit my life to You every day, so that I can resist the devil. Help me to surrender completely and hold nothing back. May I yield all that I am, all that I have, to Jesus as my Lord. Help me to know and freely admit that I can do nothing without Him. (James 4:7, 10; Romans 12:1-2; Romans 10:9; Philippians 2:10-11; John 15:5)

Then once I've submitted to You, help me to resist Satan and all that he tries to bring against me, by standing strong in my faith. Help me to trust You, to keep my eyes on You. Keep me alert and on guard against the devil's schemes. Don't let him outsmart me or influence me in any way. (1 Peter 5:8-9; Psalm 141:8; 2 Corinthians 2:11; Acts 5:3)

Help me to recognize Satan if he tries to convince me that he's an angel of light. Keep me from being deceived by his servants, who disguise themselves and pretend they belong to You. Help me to have discernment. Help me to carefully weigh what people say and how they act. (2 Corinthians 11:14-15; 1 John 4:1)

Keep me ready to resist! In Jesus' name, amen.

Give No Foothold

Father, protect me...

Don't let me be so foolish as to hang onto anger. Keep me from going to bed mad or resentful without confessing my anger as sin, because it could become a foothold in my life. Don't let me give the devil any place in my life to have an impact on the way I think, speak, or behave. (Ephesians 4:26-27)

Lead me to see my sins for what they are. Help me to confess every sin, every day. Don't let me fall into a pattern of sin that can move from bad habit to addiction—from a foothold to a stronghold that could allow the devil to control that part of my life. (John 16:8; Matthew 6:12; 2 Corinthians 10:4-5)

The Bible warns us that whatever we choose to obey becomes our master. Keep me from being a slave to any sin, for I've been set free. Give me victory over sin, for sin doesn't have a right to control my life. Help me instead to be controlled by Your Spirit and not by my own sinful nature—or any evil spirit. (Romans 6:14; Romans 8:5- 6, 8-9)

Don't let me yield any ground to Satan. In Jesus' name, amen.

Clothed in Light

Father, protect me ...

The best protection from the darkness of sin is to live in the light of Your presence, to live like a child of the light. Don't let me have anything to do with the darkness of sin, but to live in a way that pleases You. (1 John 1:7; Ephesians 5:8-11)

Help me to live so that the light of Christ is obvious in my life. Lead me to be kind and compassionate, and able to forgive others as You forgave me. Help me to live filled with love for others, following the example of Christ. (1 John 1:7; Ephesians 4:32; 5:1-2)

Teach me to clothe myself with Christ, as my armor of light, and to give no thought to my own sinful desires. Keep me from making a practice of sinning so the devil won't be able to touch me. (Romans 13:12, 14; 1 John 5:18)

Enable me to stand my ground in Christ. Keep me strong in Him and His mighty power. Help me to be prepared for the spiritual battle we're in, so that I can stand in prayer against the forces of darkness. (Ephesians 6:10-13)

Help me to stand in the light! In Jesus' name, amen.

Stand Against the World

Father, protect me ...

When troubles come and I'm sensing a need for protection, remind me that I have three enemies, not simply one: the world, the flesh (me, self!) and the devil. They can all mess up my life. Help me to tell the difference, and to make any changes I need to make. (1 John 5:19; Romans 7:19; 1 Peter 5:8)

Protect me from the world, which is under Satan's control. Give me strength to avoid a worldly outlook and lifestyle. Keep me from being influenced by anything that isn't based on the truth of Your Word. (1 John 5:18-19; Colossians 2:8)

Help me to think clearly and stop to pray when I face anything that could lead me down a wrong path. Enable me to stand firm in Christ, so that I won't get caught up in the way the world thinks. Give me His mind and perspective, His point of view. May the Spirit, who teaches me all things, guide me into the truth. (1 Peter 4:7; 1 Thessalonians 3:8; 1 Corinthians 2:16; John 14:26; 16:13)

Help me to live above the influence of the world. In Jesus' name, amen.

Victory over Self

Father, protect me ...

Though I would rather blame the devil for my problems, I realize that I'm capable of causing them myself. Sometimes the issues I face are the consequence of my sins. But it doesn't have to be that way. Thank You that because I'm born again, sin no longer has control over me unless I let it. (Psalm 40:12; Romans 6:14)

That's the problem. I'm like Paul: sometimes I do what I shouldn't, and other times, I don't do what I should! If I'm not careful, my sins can get out of hand, and I can be surrounded by trouble. (Romans 7:19; Psalm 40:12)

Strengthen me, so that I won't have to live with the consequences of sin. Help me every day to put off my old sin nature and put on the character of Christ, to live as the new person in Christ that I am. (Ephesians 4:22-24; 2 Corinthians 5:17)

May I always be willing to face my sins as honestly as the prodigal son in the parable. Help me to come to You humbly for forgiveness and mercy. (Luke 15:11-20)

Give me victory over myself. In Jesus' name, amen.

Protected from the Evil One

Father, protect me ...

Jesus taught us to pray for deliverance from the evil one. He Himself asked You to protect us—and so I ask! I know that Satan is a real threat, that he roams the world like a lion, looking for someone to devour. (Matthew 6:13; John 17:15; 1 Peter 5:8)

Even though that's true, don't let me be afraid of Satan or his evil spirits. He's out to steal, kill, or destroy whatever he can—but how grateful I am that Your Spirit in me is greater than he is! Satan may roam around like a lion, but he's no match for the Lion of Judah! Help me to keep my eyes on Jesus. (John 10:10; 1 John 4:4; Revelation 5:5)

Thank You for Your promise that You are faithful and will strengthen and protect us from the evil one. Thank You for being my rock, my fortress, and my shield. You are like a mighty warrior at my side! Your name is a strong tower to which I may run. Show me how to seek my refuge in You. (2 Thessalonians 3:3; Psalm 18:2; Jeremiah 20:11; Proverbs 18:10)

Keep me safe as I trust in You. In Jesus' name, amen

Sheltered in God's Presence

Father, protect me ...

Psalm 91 tells us to seek shelter in Your presence. Help me to see my quiet time that way, as entering into Your presence when I come to pray and read Your Word. Help me to stay in Your presence through the day as I pray about everything, thanking You and praising You. Bring Scripture to my mind, especially Your promises. (Psalm 91:1-2)

Save me from the devil's traps. Hide me securely beneath Your wings, so that I'll have no need to be worried or concerned about Satan or evil spirits. As I choose to live in Your presence, send Your angels to guard me. May they surround me wherever I go, and keep me from stumbling. (Psalm 91:3-4, 9-11)

Thank You for Your promises that if I love You, You will rescue me. If I trust in Your name, in who You are and all that Your name represents, You will protect me. When I'm in trouble and call out to You, You will answer, and be with me. May prayer be my first response to the issues I face! (Psalm 91:14-16)

Help me to seek Your presence as my protection. In Jesus' name, amen.

Belted with Truth

Father, protect me ...

I come to take up Your full armor, beginning with the belt of truth that holds everything together. I

acknowledge Christ as my truth—for He is the way, the truth and the life. (Ephesians 6:13-14; John 14:6)

Keep me faithful to tell the truth. Don't let me settle for half-truths, exaggerate, or withhold the truth. If I slip, help me to recognize it and confess, to keep my belt of truth firmly in place. (John 16:8; 1 John 1:9)

Satan is a liar and a deceiver. Don't let him trick me! Keep me from believing his lies. Don't let him convince me to sin. Help me to live according to Your truth, to never wander away from it. Keep me from choosing to go my own way. (John 8:44; 2 Corinthians 11:3; 1 Thessalonians 3:5; Psalm 86:11; James 5:19; Isaiah 58:13)

May Your Spirit of truth keep me alert to the devil's schemes, and help me to hold up his lies to the truth of Your Word. Help me to know Your truth so well that it comes quickly to mind. (John 14:16-17; Psalm 43:3; 119:11; Psalm 119:125)

May I stand confidently in Your truth. In Jesus' name, amen.

Guarded by Righteousness

Father, protect me ...

May right living guard my heart like a breastplate of armor, for it affects everything I do, every decision I make. Help me to make godly choices that will keep me centered in Your will. (Proverbs 4:23; Ephesians 6:14)

Give me a growing desire to live rightly. Show me how to give You first place in my life and live the way You want me to. Help me to actively pursue righteousness, to run from temptations and always do the right thing. Enable me to live with integrity—to be the same person whether people are watching or not. May I always practice what I preach. (Matthew 5:6; 6:33; 2 Timothy 2:22; Psalm 25:21)

Help me to run from evil and follow what is right and good. Enable me to pursue a godly life based on Your Word. I'm grateful for the truth it teaches, for the way it equips me to live the life I want to live, and makes clear when there are changes I need to make. Help me to choose what's right and reject what's wrong, to live like Christ. (1 Timothy 6:11; 2 Timothy 3:16-17; Isaiah 7:15; 1 Thessalonians 1:6)

May I live rightly! In Jesus' name, amen.

Ready to Share

Father protect me ...

May the truth of the gospel and the peace that it brings give me sure footing, like the boots that keep the feet of a soldier firmly planted. Help me to live in the confidence that my sins are forgiven, that I belong to You. May that truth make me unshakable. Keep me ready to share the good news that Christ died for our sins, that we are saved by faith, that there's nothing we can do to earn our salvation. (Ephesians 6:15; 2:8-9; 1 Corinthians 15:3-4)

Help me to speak up when I sense the opportunity, and trust Your Spirit to give me words. Forgive me if I've been silent when I should have shared and didn't. Help me to share Christ at the right time with the right people. May I choose my words carefully. (Luke 12:8; Matthew 10:20; 2 Corinthians 4:13; 2 Timothy 2:25)

Give me sure footing and help me to stand firmly on Christ. Help me to live with Him as my sure foundation, the solid Rock on which I build my life. (Isaiah 28:16; Matthew 7:24-27)

Keep me standing strong and ready to share. In Jesus' name, amen.

Shielded by Faith

Father, protect me...

I take up Christ as my shield of faith, for He is the reason for my faith. Help me to live by faith, trusting in the promises of the Bible. Don't let me depend on what I can see—or be intimidated by what I'm facing. Keep my faith strong enough to extinguish the flaming arrows Satan sends my way. (Ephesians 6:16; Psalm 84:9; Ephesians 1:15; 2 Corinthians 5:7)

Give me a heart like David's. He had unshakable faith in You. He saw You as the one who held his life in Your hands, who would protect him from trouble. He saw You as his stronghold and help—lead me to see You that way. (Psalm 31:15; 32:7; 9:9; 63:7)

Help me to keep my eyes on Jesus, for He makes my faith complete. May I set Him before me, for with Him at my right hand, I'll not be moved. (Hebrews 12:2; Psalm 16:8-10)

Keep my faith strong, so that I can pray without doubt and see prayers answered. Give me faith like a mustard seed, living faith that's able to grow. Don't let my faith fail! (Matthew 21:21-22; Luke 17:6; Luke 22:32)

Fill me with faith! In Jesus' name, amen.

Steadfast in Mind

Father, protect me ...

May Christ be my helmet of salvation, for there's no other name by which I am saved—only by Jesus alone. He is my Savior and Redeemer, who laid down His life for me. May that truth keep me sure and steadfast in my thinking.

(Ephesians 6:17; Acts 4:12; Titus 2:13; Psalm 19:14; John 10:11)

I've been given the mind of Christ. May He protect my mind with His, so that Satan can't influence my thinking with evil thoughts. Help me to keep my mind clear and focused on what's really important, so that I'm always ready and able to pray. May I pray with my mind, as well as my spirit. (1 Corinthians 2:16; 1 Chronicles 21:1; 1 Peter 4:7; 1 Corinthians 14:15)

Help me to yield control of my mind to the Holy Spirit, for then His desires will be mine, and I'll want to live for You rather than myself. May I capture every thought to make it obey Christ, so that my words and thoughts will be pleasing to You. (Romans 8:5-6, 9; Colossians 3:2; 2 Corinthians 10:5; Psalm 19:14)

Keep my mind guarded so that my thoughts don't stray down sinful paths. In Jesus' name, amen.

Armed for Prayer

Father, protect me ...

Jesus quoted Scripture in the wilderness, and Satan was defeated. May speaking the Word give me victory as well! (Matthew 4:1-11; Ephesians 6:17)

May Your Word, spoken in prayer, be the sword in my hands that defeats the powers of darkness. Let it release Your living power that's sharper than a double-edged sword, revealing true attitudes and the desires of the heart. (Ephesians 6:17-18, 12; Hebrews 4:12)

May Your Scriptures, as I pray them aloud, even in a whisper, be Your Word that does not return empty, but accomplishes Your desire and purpose. Let it help those I pray for to see and apply Your truth to their lives and actions. Help me to use Your words to pray Your will, so that I'll receive what I ask! (Isaiah 55:11; 1 John 5:14-15)

When I pray Your Word, let it release the presence and power of the Lord Jesus Himself into the lives and situations that I cover with prayer, for He is the Word of God. (John 1:1-2; Revelation 19:13)

May the spoken Word be effective as I pray. In Jesus' name, amen.

As You Pray These Prayers...

You Are Praying God's Will

Think what it will mean to you and your spiritual walk as God hears and answers these prayers. You're praying His will into your lives—You're praying what's on His heart. If you've prayed one prayer a day, you've realized it takes only a minute or two. Keep praying through them, each time adding your own prayers to make them even more personal.

Consider that Prayer Is More than Asking

The main purpose of prayer is to help us know God. To do this, we have to spend time with Him, just as we must with any person if we want to know that person well. (John 17:3; 1 John 1:3)

1. Begin Each Day with God

Jesus taught us that it is important to have some quiet time with our Father every day. Early morning is usually the best time, before we're caught up in busyness. If this isn't a part of your daily life now, ask God to help you begin with just a few minutes, and He will. (Matthew 6:6; 9-13)

Come with clean hands and a pure heart.

The Bible promises that we can draw close to God if we have clean hands and a pure heart, and He will come close to us (James 4:8). That simply means we must confess our sins. When we do, God forgives us and makes us clean (1 John 1:9), and we may come to Him .

3. Have a listening ear.

God usually speaks to us (John 10:4-5) as we read the Bible. You don't have to spend a long time in the Word, but for you to hear His voice clearly, it is important to spend at least a few minutes in the Bible every day. Pray as you read. Ask God to speak to your heart:
What do you want me to know today? What do I need to learn?

Knowing God Personally

Jesus said that eternal life is *knowing God* (John 17:3). We have that life the moment we trust Jesus for salvation. We can then live every day in a real, vital, personal relationship with God. What a privilege, available to all of God's children! (See page 18.)

Are You a Child of God?

This is a question that is easy to answer—if you aren't sure—by verses from the Bible that reveal this truth:

- Have you believed in Christ, trusting Him, relying on Him for everything? Have you received Christ into your heart and life? (John 1:12)
- Have you “believed in Your heart” that God raised Jesus from the dead, and “spoken with your mouth” that Jesus is Lord? (Romans 10:9)
- Do you sense that you are a new creation in Christ evidenced by a desire to spend time in God's Word? (2 Corinthians 5:17)
- Are you experiencing God's call to live as “a child of light,” including the conviction and power to turn away from sin? (Ephesians 5:8-9; Luke 13:3, 5)
- Is the “fruit of the Holy Spirit” influencing your life and relationships in increasing measure? (Galatians 5:22-23)

If these things don't seem real in your life and you want them to be, speak to a pastor or godly friend, or pray like this:

“God, I believe Jesus is Your Son. I now receive Him as the Lord, who is the Savior of my life. I believe that Jesus died for my sins, that He was buried and raised again from the dead. I confess that I have sinned against You and I am sorry. Thank You for forgiving me! Thank You for the gift of salvation!

“Please strengthen me to love You, to serve You and to turn away from the temptations and sins of this world. Thank You for the Lord Jesus Christ as my personal and forever Savior! I pray in His name, amen.”