



**WEEK 4**  
**DAY 1**

This morning I realized I left my Bible at work along with my prayer journal. So I went and got another Bible off the shelf and a prayer journal that I never finished. I hardly ever finish a prayer journal because they seem to run in seasons. I may be in a mood for a certain type for a period of time and then need a different one. But many times I keep on rotating through the different ones. So this morning, I pulled one off the shelf and smiled when I saw it was one that talked about praying with God's word. Then I just had to grin because I had written in it last on November 9, 2004. Almost four years to the date, what had I been praying for and how did God answer?

Here is a list of what I was praying for:

#1 - Chad to have a job where he was home in the evenings and off on Sunday. He worked for Lowe's at the time and was almost never off on Sunday. Today, he works Monday through Friday!

#2 - I was struggling with anger issues. Today, I still struggle at times, but I am experiencing huge amounts of victory!

#3 - To be in a church that was on fire for the things that God is on fire for. Today, yes we are in a church that is on fire for the things God is on fire for!

There were some things that I am still praying for, but just seeing how good God had been made me want to start praying for things because He does answer!

Can you think back and remember some prayers God has answered? Write them out with a big "THANK YOU" beside them!

As you turn to Ephesians 6: 16-18, see if you can remember all the pieces of armor we have covered so far.

- 1.
- 2.
- 3.
- 4.

Now, let's add the last three pieces of armor to our attire.

5. The Helmet of Salvation
6. The Sword of the Spirit
7. Prayer

*Day 1 continued*

Some of you may be scratching your head with the last one, prayer, is that part of our armor? I believe it is! And I hope by the time we are done with this week, you agree with me.

First, though, what does a helmet do?

It protects our heads! When you see the helmet of salvation, what do you picture in your mind?

Look up each of these and note what it says:

Matthew 10:28

Psalm 139:16



**Our helmet of Salvation is the assurance that because we have accepted Jesus, we have nothing to fear. Satan can not alter our days, God ordained them before we were even born! That gives us boldness in our fight, because no matter what, we win! How does knowing that change your view of your fight?**



**WEEK 4**  
**DAY 2**

Today's piece of the armor is different than the others. What do you see that is different about The Sword of the Spirit than The Helmet, The Shoes, The Belt of Truth, The Shield, The Breastplate?

Everything we have looked at so far is pieces that we either wear or just hold. But the sword is different. We have to learn to use it. That process is going to take work and training. How does that make you feel?

Personally, it makes me nervous. Sometimes I have a lazy streak and I have seen enough movies to know that when you are learning how to use a sword, a sweat is going to break out!

Physically speaking, what are all the things a sword can do or has the capability of doing?

Two big ones I can think of are wounding someone and defending yourself. Spiritually speaking, can you see how the Word of God can do that to our enemies. (Remind yourself of who the two enemies are.)

So, the big question is... how do we start our training? I'm so excited to inform you that you are already in training! As we have gone through the last few weeks, I've been praying that certain verses would take up residence in your heart. So, what are some verses that have become a part of your life?

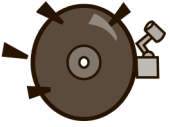
Here is the list I have been praying would take up residence. As you look up each one, note why you would need it in a sword drill.

1. Ephesians 6:12
2. Joshua 23:11
3. Joshua 3:5
4. Deuteronomy 30:6

*Day 2 continued*

In your fight “for”, how can you use these?

In my fight, sometimes my biggest hurdle is motivation. Now, when I am in crisis mode, I have the motivation. But, in everyday, living I find myself slipping at times. Each of these verses motivates me to stick with the practice even during the normal day to day drama!



**Tomorrow, we will start looking at what we need to do when we are faced with a crisis of some sort, where we either need to defend ourselves or others. Take a few minutes today and write which verse out of these four strikes a cord in your heart and applies most to your life at this time.**



**WEEK 4**  
**DAY 3**

I'm getting anxious, and my writing may suffer from here on out, because the end is coming. No, not the end of the world but the end of this particular study! Which as Chad would tell me, is NOT the end of the world. Good grief, now I'm getting a case of the sillies! I am dragging my fingers because I truly have had so much fun doing this study with you. God has been faithful, once again, to meet with us, and encourage us!

Yesterday, we left off realizing that the Word Of God is the sword, and we are supposed to be able to use it! In fact, what does Paul say in Timothy?  
Read 2 Timothy 2:15 to find out.

Since we have already seen that the sword is the word of God, why does Paul tell us to do our best to handle it correctly?

It is so we don't accidentally lop off someone's head? Nothing is more painful than when someone is learning to use their sword and they cut off a body part of an innocent bystander!

I can vividly remember the first time I really heard anything about "going to hell." I was a senior in high school at a football game and a local youth minister decided to witness to me. His method included yelling at me and telling me I was a sinner and was going to hell. See, he had his sword out, but he must have missed the verse about us only having two enemies. In his mind, I was a lost person, so I must have been the enemy! It would be several years later before I would hear a message of God's love for me, a sinner!

Now, since I am so intent on sharing the truth with you, I must confess that I *MAY* have misused my own sword a time or two and caused some damage to someone else.

Okay, I am remembering more than a time or two... it may have been many! So, how can we become better at using our swords?

Yep, we just have to keep on using them! God will start to show us how we can let HIM be in control of it and not cause harm to others. Because the goal is to inflict some pain on the real enemies!

As a side note, I wonder if part of the purpose of the armor could be to protect ourselves when we are around people learning to use it correctly!

Can you think of a time when you mishandled the Word of God, your sword?

If not, I would venture a guess that you aren't using it! Now that we have had a little goofy fun with it, on a more serious note, how is it supposed to work?

*Day 3 continued*

When I began this study, my life was on an even plane. Not perfect, but nothing major. Now, not so much. My job is so shaky that if I sneeze, it may collapse. I have a huge problem in my extended family that is threatening to put a damper on my family's holidays! And, as if those two things weren't enough, my health has been weird. Not really sick, just kinda weird.

Now, for these three issues in my life, here is how I would break them down:

Job ~ Not really self that I am fighting. Satan is trying to make me worry that since he seems to be having a field day with the economy, I am going to go without.

Extended Family ~ Just a smidgen of self, but a lot of Satan trying to bring division into my family so that the holidays have the wrong focus.

Health ~ Mainly self, I need to start taking better care of me.

If you have had any new things pop up since we started this study, write them out.

Now, we have listed what we are fighting "with". What is the "for"?

1. Job ~ Security in Jesus, not the world
2. Extended Family ~ Peace and love
3. Health ~ Health /Stewardship (I only get one body!)

What is your "for"?

Can you see how our sword is going to start to do some damage to the true enemies? Oh, I hope you can! I hope you are already seeing all that we have learned come into play.



**My sword is the Word, so I need to find me "some word" to use to knock off the head of the enemy! In my case, on the job thing, I am going to be reading verses, like the one that says, "why worry? God knows what I need." But to use it, I have to start calling it out and praying it. We have spent quite a bit of time talking about "calling it out", so do that today. Tomorrow we will talk about "praying it".**



**WEEK 4**  
**DAY 4**

It is ironic that we are ending at the place I had thought we would have started at, prayer. When I first started thinking on this series, in my mind, I thought the main focus of it would be prayer. Imagine my shock, as the study unfolded and I discovered the main focus would be calling out to God. That's God, He sees things we don't see and He leads us in a way that at first makes no sense only at the end of it, we are able to see how perfect it is! His plans are amazing!

Today's verse is Ephesians 6:18. Write about all that you see in that verse.

The first portion says we are to "pray in the Spirit", what do you think that means?

I believe it has layers to it, but the foundation is praying using the actual words of God! Look at John 15:7-8. What must remain in us?

When God's Word becomes what we are "calling out" and "praying", then we will see results! We truly will!

Secondly, in Ephesians, we see we are invited and even instructed to pray all kinds of prayers and requests. All kinds!

Lastly, we see that He tells us to be alert and to pray for one another. I think as we start seeing how God is willing and able to work in our lives, we will become more sensitive to the needs of others.

I have been comparing "calling out" and "prayer" ever since I really noticed the difference God puts on the two in His Word. The most obvious and logical one is that "calling out" is vocal. It involves actually speaking aloud. Prayer is different, it can be audible or silent.

As I have thought about the two, I have thought of a couple of things to think of. But before I jump in, what do you see that is different about the "calling out" and "praying"?

*Day 4 continued*

Now, we are going to use pencil for what I am thinking, in other words, it is simply what I am thinking, and not something we are going to hang our hats on. But when I think of prayer, I think of privacy. Some things in life need privacy. Maybe you have some deep hurts, that you need to tell God about and speaking the words aloud would just plain hurt too much.

Or, I have prayed for things I *sensed* from God when I don't have physical proof of it. Like sometimes, I might be around a person, and in my heart I feel like even though they are saying one thing, maybe it isn't so. Now, whipping out my sword and verbally calling out to God, to show the truth in the matter, might be an option. But, in the process, I would cut off their arm, when really they just need their fingernails clipped.

So, I have learned to pray in my head for God to bring the truth to light, with mercy and grace on this area.



**Does that make sense? What do you think about prayer being an invitation to just be private with our God?**



**WEEK 4**  
**DAY 5**

It's here... the end of our time together! I actually have tears in my eyes, because you guys bring out the best in me! God uses you to help me more than you'll ever know! So many of the things that mean the most to my heart, have come out of studies like this, and nothing thrills me more than when I get to share a part in your life!

I like to end a study with a prayer for you! See by now I know you, I know some of your stories, your struggles and more important I know that God has victory planned for you! Big Victory! And I know that no matter what happens, when we all get to heaven, we are going to see some of what went on behind the scenes when we invested in each other, using the good seed!

So, here is my prayer for you as you continue to "fight for"....

*Father,*

*Thank you for letting me be a part of this group of ladies! They are super! I love the ones that have laughed with me. And I love the ones that have shaken their heads. I'm crazy about them because they are family! And because we all are family, I'm coming to you, asking you for wisdom for them! Give them revelation into how to know you better! Enlighten our hearts so that we may know the hope that you have called us to! Let us see the riches of our glorious inheritance, here and in heaven. Let us see with our very own eyes, the power that is in those of us who believe. That power makes us the victorious!*

*You know that I have tried to plant good seed, but if I have planted anything by accident that is not of you, pull it out by the roots! But your good seed, cause to take up root and grow into a mighty tree! A tree that provides shelter, food, and place for the weary!*

*We love you and we give you all the praise for all that you have done!*

*Amen!*