

A Series in Ephesians: The Spiritual Battle (Part 4) – Prayer

06/15/2025 – EPHESIANS 6:18-20

EMMANUEL CHINESE CHRISTIAN CHURCH

“Can you hear me now?”




The Spiritual Battle

Part 1 – The Power

Part 2 – The Enemy

Part 3 – The Armor

Part 4 – The Prayer



Communication is
the key ...

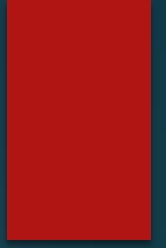
Pray to God the Father

Pray in the Spirit

Pray while alert

Pray for all the Lord's
people

Ephesians 6:18-20



18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. 19 Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, 20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Pray in the Spirit



Pray in the Spirit

- ▶ Why? – Romans 8:26-27, James 4:1-3
- ▶ How? – Jude 20-21, James 5:13-18

Who is God to you?

Matthew 7

7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 8 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.



Why we pray in the Spirit

James 4

¹ What causes fights and quarrels among you? Don't they come from your desires that battle within you? ² You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. ³ When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

Romans 8

²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. ²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

How we pray in the Spirit

Jude

²⁰ But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, ²¹ keep yourselves in God's love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

1 John

¹³ I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. ¹⁴ This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. ¹⁵ And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

What does this mean?

- ▶ The Holy Spirit moves us by faith to pray
- ▶ The Holy Spirit gives us humility to confess we need God
- ▶ The Holy Spirit enables us to put God's will first before ours
- ▶ The Holy Spirit reminds us to pray with the truth of Scripture
- ▶ The Holy Spirit helps us wait and listen for God's response

Pray while Alert

Being Asleep

Matthew 26

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and **keep watch** with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." ⁴⁰ Then he returned to his disciples and found them **sleeping**. "Couldn't you men **keep watch** with me for one hour?" he asked Peter. ⁴¹ "**Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.**" ⁴² He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done." ⁴³ When he came back, he again found them **sleeping**, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing. ⁴⁵ Then he returned to the disciples and said to them, "Are you still **sleeping** and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!"

Being Awake

Luke 21

³⁴ “Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap. ³⁵ For it will come on all those who live on the face of the whole earth. ³⁶ Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.”

Being Alert

James 5

¹³ Is anyone among you in trouble? Let them **pray**. Is anyone happy? Let them sing songs of **praise**. ¹⁴ Is anyone among you sick? Let them call the elders of the church to **pray** over them and anoint them with oil in the name of the Lord. ¹⁵ And the **prayer** offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶ Therefore confess your sins to each other and **pray** for each other so that you may be healed. The **prayer** of a righteous person is powerful and effective.

¹⁷ Elijah was a human being, even as we are. He **prayed** earnestly that it would not rain, and it did not rain on the land for three and a half years. ¹⁸ Again he **prayed**, and the heavens gave rain, and the earth produced its crops.

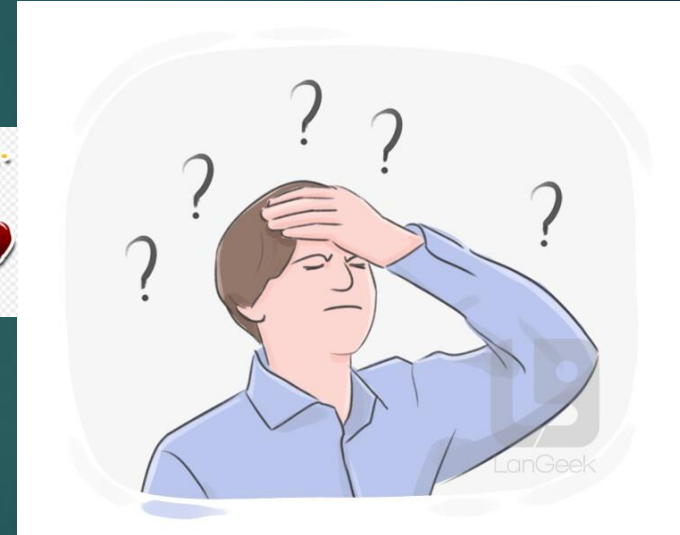
Which are you?



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Pray for all the
Lord's People

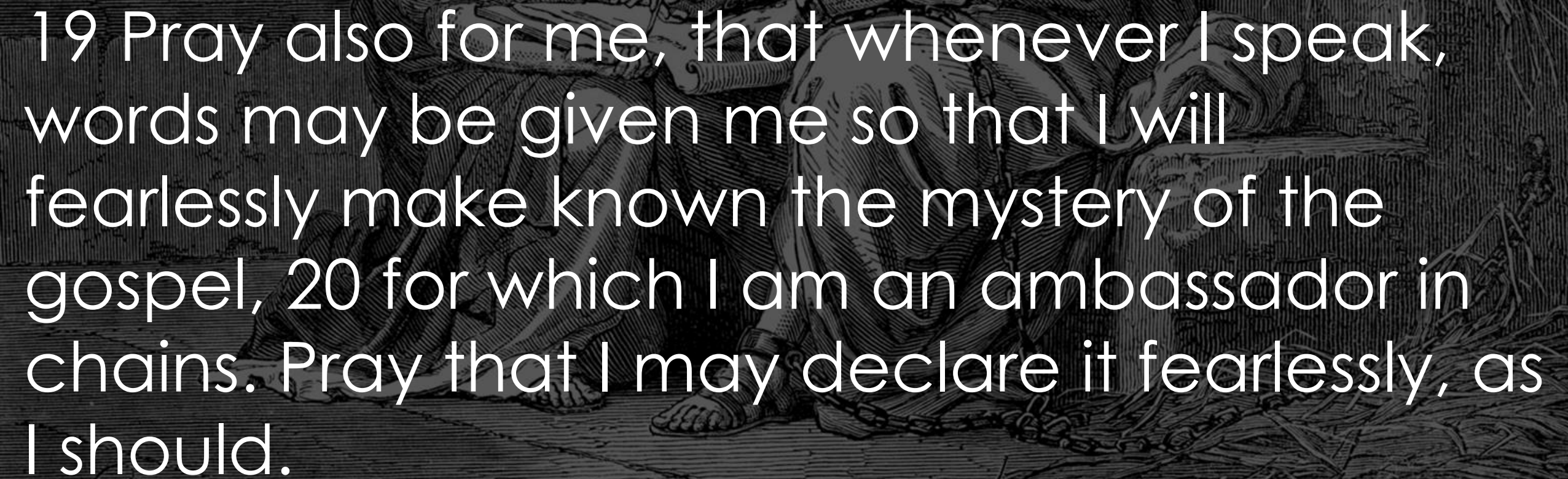
Praying for Peers

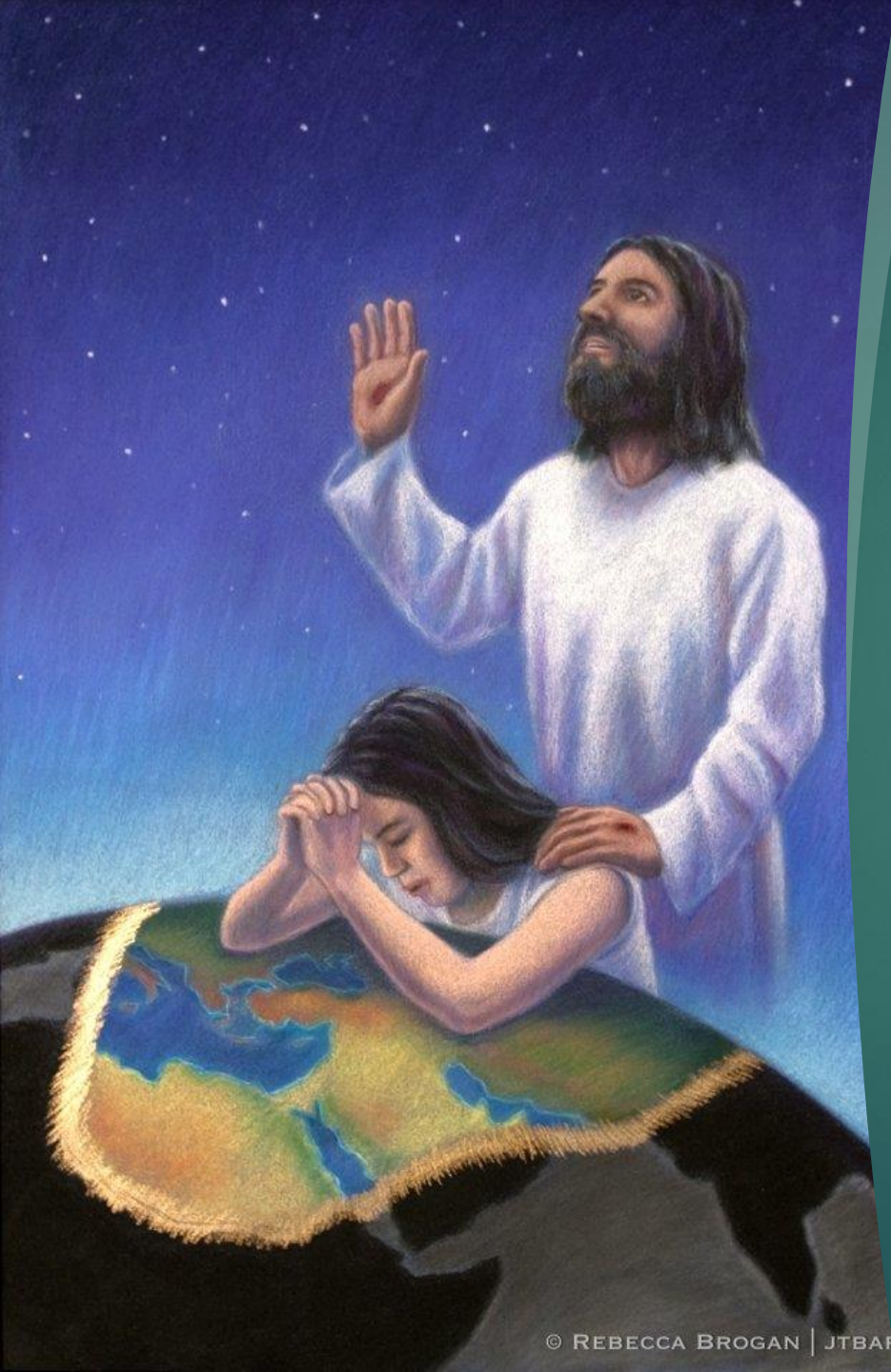
- ▶ Accountability partners
- ▶ Small groups
- ▶ Sunday school class
- ▶ Prayer meeting



Praying for Church Leaders

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Praying for the Global Church

CONCLUSION

THE ARMOR OF GOD

EPHESIANS 6:10-18

"...be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes." v. 10, 11

The Shield of Faith (Eph. 6:16)

Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.



The Helmet of Salvation (Eph. 6:17)

Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

The Breastplate of Righteousness (Eph. 6:14)

Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

The Belt of Truth (Eph. 6:14)

Truth keeps us from giving in to the world's beliefs. Compare your beliefs and actions to the truth of the Word of God.

The Sword of the Spirit (Eph. 6:17)

which is the Word of God. God's Word is our offensive weapon. When we tell others what the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.

Feet Prepared with the Gospel of Peace (Eph. 6:15)

The Gospel of Peace is being right with God and being contented in troubled times. Jesus said peacemakers were blessed.

ARMOR OF GOD

EPHESIANS 6:10-18

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Prayer Prompt

ARMOR OF GOD PRAYER

Heavenly Father,
I come before You, asking for Your strength and
protection.

As I step into this day, I put on the full armor of
God.

"Put on the full armor of God, so that you can
take your stand against the devil's schemes."
(Ephesians 6:11, NIV)

I fasten the belt of truth around my waist,
And I wear the breastplate of righteousness to
guard my heart.

My feet are fitted with the readiness that comes
from the gospel of peace.

I take up the shield of faith to extinguish the
enemy's fiery arrows.

I put on the helmet of salvation to protect my
mind,

And I wield the sword of the Spirit, which is Your
Word.

Strengthen me for the battles I face, and help me
stand firm in Your power.

In Jesus' name.

Amen

prayerprompt.org

ARMOR OF GOD PRAYER

FATHER GOD,

I PUT ON AND STAND FIRM WITH THE
BELT OF TRUTH
BUCKLED AROUND MY WAIST

I AM SAFE AND SECURE WITH THE
**BREASTPLATE OF
RIGHTEOUSNESS**
GUARDING MY HEART FROM EVIL
HELPING ME LIVE A LIFE THAT HONORS YOU

I DILIGENTLY PUT ON THE
GOSPEL SHOES OF PEACE
WILLING TO GO WHEREVER YOU ASK OF ME

I TAKE AND STAND BEHIND THE
SHIELD OF FAITH
PROTECTED AGAINST SATAN'S FIERY DARTS
OF DOUBT, FEAR, LIES AND DECEIT

NOW ON MY HEAD I PLACE THE
HELMET OF SALVATION
KEEPING MY MIND FOCUSED ON YOU

I GRAB HOLD IN MY HANDS THE
SWORD OF THE SPIRIT
THE WORD OF GOD, SHARP AND TRUE

I am prepared to live today in spiritual victory in Jesus' name!
AMEN

MY ARMOR OF GOD PRAYER

Scripture Reference- Ephesians 6:10-18

Dear God, I come to You, in prayer,
Asking for protection, as your Armor I wear.

May the **Helmet of Salvation** remind me I'm Yours,
Saved by the Blood of Christ, I'm a child of God.

May the **Breastplate of Righteousness** remind me
To walk in right standing, till eternity.

May the **Belt of Truth** direct my ways
And remind me to study the Bible, night and day.

May the **Shield of Faith** always rise strong
To help me decide between right and wrong.

May the **Sword of the Spirit** put God's Word in action,
In my words, my thoughts, and every interaction.

May the **Shoes of the Gospel of Peace** always stay on
To share Christ's Love to one and all.

May Your Armor, oh God, keep me strong in prayer,
Always safe and secure, in Your Loving Care.

Amen.