

**Forty Day  
ARMOR UP and PRAY ONE  
Challenge**

Let us enter into spiritual training and warfare for the Kingdom by doing as the Scriptures command. Let us put on the armor of God (Ephesians 6:10-20) and using the Lord's Prayer (Matthew 6:9-13) as our guide commit the next 40 days to persevere in praying at all times in the Spirit with all prayer and supplication.

Ephesians 6:10-20

<sup>10</sup> Finally, be strong in the Lord and in the strength of his might. <sup>11</sup> Put on the whole armor of God, that you may be able to stand against the schemes of the devil. <sup>12</sup> 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. <sup>13</sup> 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.

PRAY ONE

***P (ut on the full armor of God)***

<sup>14</sup> Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness,

<sup>15</sup> and, as shoes for your feet, having put on the readiness given by the gospel of peace.

<sup>16</sup> In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one;

<sup>17</sup> and take the helmet of salvation, and the sword of the Spirit, which is the word of God,

<sup>18</sup> 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, <sup>19</sup> and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

***R(everence) "Our Father in heaven, hallowed be your name.***

**A (sk) <sup>10</sup> Your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup> Give us this day our daily bread,**

**Y (ield) <sup>12</sup> and forgive us our trespasses, as we also have forgiven our trespassers.**

**O (thers)/N (eeds) <sup>13</sup> And lead us not into temptation, but deliver us from evil.**

**E(xalt) For yours is the kingdom and the power and the glory, forever. Amen**

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Signature: I have faithfully completed this challenge-

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