

PRAYER AND FASTING

21 Days of Prayer & Fasting

GUIDE

Day 1: Be Strong in the Lord

Verse:

“Finally, my brethren, be strong in the Lord and in the power of His might.”

Ephesians 6:10 NKJV

Devotional:

Paul begins with a word that carries weight: “finally”. It is his closing instruction to the Ephesian church, a command that sums up everything that has come before. His words are not a suggestion but an urgent call to be strong in the Lord.

This strength does not come from within ourselves. Human willpower, good intentions, and discipline are useful, but they cannot overcome the spiritual opposition we face. The strength we need is only found in the Lord. It comes from His might, His authority, and His Spirit dwelling within us.

When we fast and pray, we are reminded of this truth in a tangible way. Hunger shows us our weakness, but prayer connects us to God’s power. In weakness, we discover His strength. The battles we face in life, whether temptation, discouragement, or spiritual opposition, cannot be won in our own power. But when we lean into His might, we stand firm.

Paul’s call is not to rely on ourselves to be courageous, but to remain rooted in Christ. The power that raised Jesus from the dead now lives in you. To be strong in the Lord is to believe that His Spirit is greater than anything the enemy can bring against you.

Reflection Questions:

1. In what areas of your life have you been relying on your own strength rather than God’s?
1. How does fasting help reveal your weakness and God’s strength?
1. What would it look like for you to daily draw strength from the Lord instead of yourself

Prayer:

Lord, I confess that I am weak without You. I cannot face the enemy in my own power. I thank You that Your Spirit lives in me. Today, I choose to be strong in You. Teach me to depend fully on You and to trust that Your strength is more than enough. In Jesus’ name, Amen.

Day 2: Put On the Whole Armor

Verse:

“Put on the whole armor of God...” Ephesians 6:11a NKJV

Devotional:

Paul gives us a command here that cannot be ignored: “Put on the whole armor of God”. A soldier does not go into battle half-dressed. In the same way, we must not face spiritual battles without being fully covered by what God has provided.

Notice this armor is God’s, NOT ours. We cannot manufacture it. We cannot depend on our own strength, wisdom, or good intentions. Every piece of armor is supplied by Him. His truth. His righteousness. His peace. His faith. His salvation. His Word. His Spirit. To “put on” the armor is to put on Christ Himself.

The key word is “whole”. We are not free to choose only the pieces that feel comfortable or convenient. Each piece matters. To neglect even one is to leave a vulnerable place where the enemy can strike. Just as a soldier would never enter the field missing a helmet or shield, neither should we enter our day without being fully clothed in Christ.

Fasting and prayer help us recognize the areas where we are uncovered. As the Spirit sharpens our awareness, He shows us where truth needs to be fastened around our lives, where righteousness must guard our hearts, and where faith must shield us.

To put on the whole armor is an intentional, daily decision. Just as you would never leave the house without clothing, you must not begin your day without the armor of God.

Reflection Questions:

1. Why is it important to put on the whole armor rather than just one or two pieces?
2. What part of your life feels most uncovered right now?
3. How can you make “putting on the full armor” a daily spiritual habit?

Prayer:

Father, today I choose to put on the whole armor You have provided. Cover me in Your truth, righteousness, peace, salvation, and faith. Let me carry Your Word as my sword and be led by Your Spirit in every step. Thank You for giving me everything I need to face this day. In Jesus’ name, Amen.

Day 3: Stand Against the Wiles of the Devil

Verse:

“...that you may be able to stand against the wiles of the devil. Ephesians 6:11b NKJV

Devotional:

The armor of God has a purpose. It is to enable us to stand against the devil's schemes. Paul does not say “if” the devil attacks but implies that opposition will come. The enemy is real, active, and strategic. His “wiles” are his crafty deceptions; subtle lies, temptations, and distractions designed to pull us away from God.

The good news is that we are not powerless against his schemes. The armor of God equips us to resist him and remain standing. Standing does not mean being passive. It means refusing to retreat, refusing to compromise, and refusing to believe the lies of the enemy.

Jesus modeled this in the wilderness. The devil came with twisted words and tempting offers, but Jesus stood firm on the Word of God. He did not engage in debate or retreat in fear. He stood on truth and the enemy fled. (Matthew 4:1-11)

Fasting and prayer help us do the same. They quiet the noise of the flesh and tune our hearts to God's voice. When the enemy whispers lies, we can recognize them and respond with God's truth.

The armor is not just for protection; it is for victory. When you stand clothed in Christ, no scheme of the devil can prevail.

Reflection Questions:

1. What “wiles” of the devil have you seen in your own life?
1. How did Jesus stand against the devil in the wilderness, and what can you learn from His example?
1. What truth from God's Word do you need to stand on today to resist the enemy?

Prayer:

Lord, I thank You that I do not have to be defeated by the devil's schemes. Clothe me in Your armor so I may stand firm. Expose every lie of the enemy and replace it with Your truth. Strengthen me to resist temptation and remain steady in faith. In Jesus' name, Amen.

Day 4: Not Against Flesh and Blood

Verse:

“For we do not wrestle against flesh and blood...” Ephesians 6:12a NKJV

Devotional:

Paul begins by clarifying who the real enemy is NOT. We do not wrestle against flesh and blood. Our battle is not with people, no matter how much they oppose, hurt, or frustrate us. When we confuse people with the enemy, we fight the wrong battle with the wrong weapons.

The devil delights when we turn our energy against one another. Division, bitterness, and unforgiveness are some of his most effective tools. If he can convince us that other people are our enemies, we waste our strength fighting humans instead of resisting the enemy.

Prayer and fasting reorient our vision. They help us see that the true enemy is spiritual. People may hurt us, but often they are being influenced or deceived by spiritual forces. The truth in that perspective allows us to forgive, intercede, and show grace instead of retaliation.

Jesus modeled this perfectly on the cross. Though people crucified Him, He prayed for their forgiveness, recognizing the deeper spiritual reality at work. When we remember that people are not our enemy, we are free to love them even when opposed.

Reflection Questions:

1. Who in your life have you mistakenly treated as the enemy?
2. How can recognizing the true battle change the way you respond to conflict?
3. What does Jesus' example on the cross teach you about separating people from the powers influencing them?

Prayer:

Lord, forgive me for the times I have treated people as the enemy. Open my eyes to see the real battle is not against flesh and blood. Help me to respond to others with grace, even when I am wronged. Teach me to fight the true enemy with prayer, faith, and truth. In Jesus' name, Amen.

Day 5: Against Principalities and Powers

Verse:

“...but against principalities, against powers...” Ephesians 6:12b NKJV

Devotional:

Paul begins to describe the forces we truly battle. He names “principalities” and “powers”, which point to organized ranks of demonic authority. These are not random spirits causing chaos; they are structured and strategic in their opposition to God’s people.

This reality should not frighten us but should awaken us to the seriousness of the fight. The devil’s kingdom operates with order, but it is no match for the kingdom of God. Christ has already triumphed over every principality and power of the cross. He disarmed them and exposed their defeat.

Why then does Paul warn us about them? Because while they cannot undo Christ’s victory, they still seek to hinder and deceive believers. Their goal is to keep us from walking in the authority that is already ours in Christ. If they can intimidate or distract us, they weaken our effectiveness.

Prayer and fasting prepare us to resist. As we humble ourselves before God, He sharpens our discernment and strengthens our faith. We are not left defenseless. The armor of God equips us to stand against every principality and power, clothed in the victory of Christ.

Reflection Questions:

1. How does knowing the enemy is organized and strategic change the way you approach spiritual battles?
1. “powers?
1. How can prayer and fasting help you walk in greater authority over spiritual opposition?

Prayer:

Lord, I recognize that every principality and power is subject to You. Though the enemy is strategic, Your victory is final. Strengthen me to walk in that victory today. Sharpen my discernment through prayer and fasting so that I may not be deceived or intimidated. In Jesus’ name, Amen.

Day 6: The Rulers of Darkness

Verse:

“...against the rulers of the darkness of this age...” Ephesians 6:12c

Devotional:

Paul continues by naming “the rulers of the darkness of this age’. These are demonic forces that spread deception, sin, and confusion in the world. They influence cultures, systems, and individuals, working to blind people to the truth of Christ.

We see their influences everywhere. In lies that are celebrated, in evil called good, in brokenness that seems unshakable. Yet, we must remember that Christ is the Light of the world, and light always overcomes darkness. (John 8:12)

The rulers of darkness thrive in hiddenness. They operate most effectively when people remain blind. But when believers walk in truth, live in holiness, and proclaim the gospel, the light of Christ drives back the darkness. This is why Paul emphasizes the armor of God. Truth, righteousness, faith, and the Word of God expose and defeat the enemy’s lies.

Prayer and fasting increase our sensitivity to God’s presence and sharpens our ability to recognize the influence of darkness. The more time we spend in His presence, the more clearly we see the schemes of the enemy and the more boldly we shine His light into dark places.

Reflection Questions:

1. Where do you see evidence of the “rulers of darkness” at work in the world around you?
1. How does the light of Christ overcome darkness in both personal and cultural battles?
1. What role can prayer and fasting play in exposing the enemy’s lies in your life?

Prayer:

Jesus, thank You that Your light always overcomes the darkness. Open my eyes to recognize where the enemy is working to deceive and destroy. Fill me with Your truth so that I may walk in light and shine brightly in a dark world. In Your name, Jesus, Amen.

Day 7: Spiritual Hosts of Wickedness

Verse:

“...against spiritual hosts of wickedness in the heavenly places.” Ephesians 6:12d NKJV

Devotional:

Paul completes his description of the enemy by mentioning “spiritual hosts of wickedness in the heavenly places.” This phrase reminds us that there are unseen spiritual forces at work beyond the visible world. While we may not fully understand the scope of these forces, we can be certain of one thing. They are subject to Christ.

Jesus is seated far above every principality, power, and name in the heavenly places. His victory at the cross disarmed these forces, and His resurrection secured their defeat. While they may continue to resist, they cannot overcome those who are in Christ.

The devil’s strategy is often to magnify his power and minimize God’s. But fasting and prayer put things back in perspective. They remind us that we are not fighting for victory but from victory. We do not need to fear these hosts of wickedness because the One who lives in us is greater than all of them combined.

Knowing that these forces are real should not make us paranoid but prepared. The armor of God equips us to resist and to remain standing in the authority of Christ.

Reflection Questions:

1. How does knowing Christ is seated above every principality and power give you confidence in your own personal battles?
1. Why is it dangerous to underestimate or overestimate the power of the enemy?
1. How can fasting and prayer help you walk in Christ’s victory over unseen forces?

Prayer:

God, I know and believe that Jesus reigns far above every principality and power. I will not fear the unseen forces of darkness, because I am seated with Christ in heavenly places. Teach me to live prepared but not fearful, confident in the victory of the cross. In Jesus name, Amen.

Day 8: Take Up the Whole Armor

Verse:

“Therefore take up the whole armor of God...” Ephesians 6:13a

Devotional:

After describing the enemy, Paul gives us a clear command; “Therefore take up the whole armor of God”. The word therefore matters. Because the battle is real and the enemy is strong, we must be prepared. The armor of God is not optional of those who want to walk in victory.

Notice Paul says ‘take up’. God has provided the armor, but He will not put it on for us. Each day, we must choose to clothe ourselves in truth, righteousness, peace, faith, salvation, the Word, and prayer. To ignore this is to step onto the battlefield unprotected.

This is not about striving but about receiving what Christ has already secured. The armor is His. We simply take it up. When you rise in the morning and surrender yourself in prayer, you are clothing yourself in the strength and protection of Christ.

Fasting teaches us discipline, and prayer trains us to be alert. Together, they prepare us to take up the whole armor, not just pieces of it. We are called to be fully equipped so that no part of our life is left exposed.

Reflection Questions:

1. What does it mean to you personally to ‘take up’ the armor instead of passively expecting God to dress you?
1. Why is it dangerous to leave even one piece of armor aside?
1. What spiritual discipline can you add to your routine to help you daily take up the armor of God?

Prayer:

Father, thank You for providing the armor I need to stand in this battle. Today I choose to take up the whole armor of God. Clothe me in Christ so that every part of my life is covered and protected. Teach me to walk daily in what You have provided. In Jesus’ name, Amen.

Day 9: Withstand in the Evil Day

Verse:

“...that you may be able to withstand in the evil day...” Ephesians 6:13b NKJV

Devotional:

Paul explains the purpose of the armor is so that we may withstand the evil day. The ‘evil day’ is not a single date on the calendar but any season when the enemy’s attacks intensify. It could be a time of temptation, persecution, discouragement, or a season of spiritual dryness.

Without the armor of God, these seasons can overwhelm us. But with it, we can withstand; not in our own strength but in the power of God. To withstand means to resist, to hold firm, and to not be moved from our foundation in Christ.

Think of Jesus in the wilderness. For forty days He fasted, and the devil came with every temptation. Yet Jesus withstood by relying on God’s Word and trusting His Father’s will. His example shows us that the evil day will come, but we can be ready.

Prayer and fasting are training grounds for the evil day. When you discipline your spirit now, you will be prepared when temptation comes later. The evil day will test you, but it does not have to defeat you. With the armor of God, you can stand your ground.

Reflection Questions:

1. What has been an evil day; a time of intense testing or temptation in your life?
1. How does the armor of God prepare you to withstand when those days come again?
1. How can fasting and prayer help strengthen you before the evil day arrives?

Prayer:

Lord, I know that seasons of testing will come. Thank You for providing the armor I need to withstand in the evil day. Strengthen me through prayer and fasting to resist temptation and to remain firm in my faith. Let me stand not in my own strength but in Your power. In Jesus name, Amen.

Day 10: Having Done All to Stand

Verse:

“...and having done all, to stand.” Ephesians 6:13c NKJV

Devotional:

Paul reminds us that after we have taken up the armor of God, after we have resisted the enemy's schemes, and after we have endured the evil day, we must still remain standing. The picture here is not of someone barely holding on, but of a soldier who has fought faithfully and still stands tall at the end of the battle.

Standing requires preparation. 'Having done all' means we have prayed, fasted, armed ourselves with the Word, and leaned fully on the Lord's strength. Victory does not come by accident. It comes through intentional dependence on God and daily perseverance in His truth.

The Christian life is not about sprinting for a short burst of victory but about enduring to the end. Fasting and prayer remind us that this is a daily walk. Each day we choose to stand, not in our own willpower but in the power of Christ who sustains us.

Your goal is not just to start strong but to finish well. On the other side of every trial, you should be able to say, “By God's grace, I am still standing.”

Reflection Questions:

1. What does it mean to you to 'do all' in preparation for spiritual battle?
1. How can fasting and prayer strengthen your endurance to keep standing?
1. Where in your life do you need God's strength to help you remain standing right now?

Prayer:

Lord, I know that You give me strength not only to fight but to stand. Teach me to prepare daily, to put on the full armor, and to trust fully in You. May I remain standing firm, no matter what comes against me. In Jesus name, Amen.

Day 11: Girded with Truth

Verse:

“Stand therefore, having girded your waist with truth...” Ephesians 6:14a NKJV

Devotional:

The first piece of armor Paul mentions is truth. In the Roman soldier’s armor, the belt held everything together. It supported the sword and secured the breastplate. Without the belt, the rest of the armor would shift and fall out of place. In the same way, truth holds everything together in the life of a believer.

Truth begins with God’s Word. Scriptures are not suggestions but the unshakable foundation for life. The enemy is the father of lies, and his schemes always begin with deception. When we are not anchored in truth, we are vulnerable to his attacks. But when our lives are girded with the truth of God, the enemy’s lies lose their power.

Prayer and fasting help us strip away falsehoods. They silence the lies of the flesh and the enemy, allowing the truth of God to become clear. In a world full of shifting opinions, God’s Word remains the standard that never changes.

To gird your waist with truth is to let God’s Word shape your thoughts, decisions, and actions every day. It is choosing honesty over deception, reality over illusion, and Christ’s voice over the enemy’s whispers.

Reflection Questions:

1. What lies of the enemy have you believed that need to be replaced with God’s truth?
1. How does God’s Word serve as the ‘belt’ that holds your life together?
1. What practical steps can you take this week to gird yourself daily with truth?

Prayer:

Lord, thank You for Your Word, which is truth. Help me to gird my life with Your truth so that I may stand firm against deception. Remove every lie I have believed and replace it with Your eternal Word. In Jesus’ name, Amen.

Day 12: The Breastplate of Righteousness

Verse:

“...having put on the breastplate of righteousness...” Ephesians 6:14b NKJV

Devotional:

The breastplate protected the soldier’s chest, covering his heart and vital organs. Spiritually, the breastplate of righteousness guards our hearts against the accusations and condemnations of the enemy.

This righteousness is not our own. The Bible tells us our righteousness is like filthy rags, but in Christ, we are clothed in His righteousness. It is a gift, not something earned. When the enemy accuses you of failure, the breastplate of righteousness reminds you that you are justified by Christ, not by your performance.

At the same time, the breastplate also represents practical righteousness, living in obedience to God. Holiness protects us. When we live in sin, we leave our hearts exposed. But when we walk in righteousness, empowered by the Spirit, the enemy has no foothold. Fasting and prayer helps us examine our hearts. They strip away self-righteousness and expose areas that need repentance. As we humble ourselves before God, He covers us with His righteousness and strengthens us to walk in obedience.

Reflection Questions:

1. How does Christ’s righteousness protect your heart from the enemy’s accusations?
1. What areas of your life do you need to surrender in repentance to walk in greater righteousness?
1. How does living in obedience serve as protection against the enemy’s attacks?

Prayer:

Jesus, thank You for clothing me in Your righteousness. Guard my heart against every accusation of the enemy. Help me walk in holiness and obedience so that my life reflects Your righteousness. Jesus, it is in Your name I pray, Amen.

Day 13: The Gospel of Peace

Verse:

“...and having shod your feet with the preparation of the gospel of peace.”

Ephesians 6:15 NKJV

Devotional:

The next piece of armor Paul describes is footwear; “shod your feet with the preparation of the gospel of peace”. For a Roman soldier, sturdy shoes meant stability, readiness, and mobility in battle. Without them, a soldier could slip, stumble, or be slowed down.

For believers, our stability comes from the gospel. The gospel brings peace with God through Christ, and that peace gives us firm footing when the enemy tries to shake us. The devil thrives on chaos, fear, and division, but the gospel of peace anchors us in God’s unchanging love.

This peace is not passive. It prepares us to move forward, to share the good news, and to bring God’s peace wherever we go. Just as shoes equip a soldier to march, the gospel equips us to live on mission, carrying light into dark places and hope into hopeless situations.

Fasting and prayer deepen our experience of this peace. As we draw near to God, anxiety loses its grip, and His presence rules in our hearts. That peace gives us strength to keep walking, even when the ground feels uncertain.

Reflection Questions:

1. How has the gospel brought peace to your life personally?
1. What situations in your life right now require you to stand firm in God’s peace?
1. How can you bring the gospel of peace to someone else this week?

Prayer:

Father, thank You for the gospel of peace that anchors my life. Let my heart be steady and my steps firm as I walk in Your truth. Fill me with peace that passes all understanding and make me ready to share that peace with others. In Jesus name, Amen.

Day 14: The Shield of Faith

Verse:

“Above all. Taking the shield of faith...” Ephesians 6:16a NKJV

Devotional:

Paul emphasizes the shield of faith with the words “above all”. For the Roman soldier, the shield was large enough to cover the whole body, protecting from arrows and spears. Faith serves the same role for the believer. It is our defense against the attacks of the enemy. Faith is not blind optimism. It is confident trust in God’s character and His promises. The enemy wants us to doubt God’s goodness, question His Word, and give in to fear. But when we raise the shield of faith, we declare that God is true, His promises are sure, and His Word cannot fail.

Faith is strengthened through prayer, fasting, and the Word of God. Each time we choose to trust God in difficulty, our shield grows stronger. When we stand together in community, our shields join side by side, just as soldiers did in battle, forming a wall of defense. The shield of faith is not decorative. It is meant to be lifted. Each day we must choose to trust God actively, holding our shield high against doubt, fear, and lies.

Reflection Questions:

1. Where is the enemy trying to make you doubt God’s promises right now?
1. How can prayer and fasting strengthen your faith during this season?
1. Who in your life can you stand with, “shield to shield”, in faith together?

Prayer:

Father, I lift the shield of faith today. I choose to trust Your Word above the lies of the enemy. Strengthen my faith as I fast and pray, and help me to stand firm in confidence that You are faithful. In Jesus’ name, Amen.

Day 15: Quenching the Fiery Darts

Verse:

“...with which you will be able to quench all the fiery darts of the wicked one.” Ephesians 6:16b NKJV

Devotional:

Paul explains the purpose of the shield of faith. It quenches the fiery darts of the wicked one. In ancient warfare, arrows were often dipped in pitch, set on fire, and launched to ignite destruction. Spiritually, the devil sends fiery darts of temptation, lies, accusations, and fears aimed at our hearts and minds.

Without faith, those darts burn deeply and leave lasting damage. But with the shield of faith, every fiery dart is extinguished before it can harm us. Faith does not deny the reality of the attack but renders it powerless.

Consider how Jesus resisted the fiery darts in the wilderness. Each temptation was a flaming arrow, but He quenched them by standing on God’s Word and trusting His Father’s plan. Our faith works the same way. It lifts our eyes from the attack and fixes them on the God who cannot fail.

Fasting and prayer help us recognize the darts for what they are. Lies meant to ignite fear or sin. As we raise the shield of faith, we walk in confidence that no weapon formed against us will prosper.

Reflection Questions:

1. What fiery darts has the enemy launched at you recently?
1. How can you lift the shield of faith in those areas today?
1. How does the example of Jesus in the wilderness encourage you to respond to spiritual attacks?

Prayer:

Lord, I am thankful that faith in You quenches every fiery dart of the enemy. Strengthen me to lift the shield of faith whenever fear, temptation, or accusation comes. Let my trust in You extinguish every lie, and keep me safe in Your protection. In Jesus’ name, Amen.

Day 16: The Helmet of Salvation

Verse:

“And take the helmet of salvation...” Ephesians 6:17a NKJV

Devotional:

The helmet protects the head, the place of thought, reasoning, and decision making. Spiritually, the helmet of salvation guards our minds. The enemy's attacks often begin in our thoughts with lies, doubts, or fears. Without protection, our minds are vulnerable. Salvation secures us. When we know we are saved by grace through faith, we have confidence in Christ's finished work. The enemy cannot steal what Christ has secured.

Doubt may come, but the helmet of salvation reminds us of our eternal hope in Him. The helmet also represents the daily renewal of our minds. We are called to think differently because we belong to Christ. Instead of letting fear of confusion control us, we set our minds on God's truth. Salvation not only secures our eternity but transforms our thinking in the present.

Prayer and fasting clear away distractions and anxieties, helping us to focus on Christ. They remind us of the hope of salvation that no circumstance can take away.

Reflection Questions:

1. How does the assurance of salvation guard your mind in moments of doubt or fear?
1. What lies or anxious thoughts do you need to replace with the truth of salvation?
1. How can fasting and prayer help renew your mind daily in Christ?

Prayer:

Lord, thank You for the helmet of salvation that guards my mind. Protect me from lies, fear, and doubt. Renew my thoughts with Your truth and help me to live in the confidence of the salvation You have given me. In Jesus' name, Amen.

Day 17: The Sword of the Spirit

Verse:

“...and the sword of the Spirit, which is the word of God.” Ephesians 6:17b NKJV

Devotional:

The only offensive weapon Paul lists in the armor of God is the sword of the Spirit, which is the Word of God. A soldier without a sword may defend himself by cannot drive back the enemy. In the same way, a believer without the word may survive, but cannot advance.

The Word of God is living and powerful. It cuts through lies, exposes sin, and reveals truth. When Jesus faced temptation in the wilderness, He defeated the devil by speaking Scripture. He did not rely on clever arguments but on the authority of God's Word.

For us, the sword of the Spirit means more than owning a Bible. It means knowing it, believing it, and speaking it. The Spirit makes the Word alive in us, reminding us of God's promises and giving us boldness to declare the truth in the face of lies.

Prayer and fasting sharpens this weapon. As we humble ourselves, the Spirit brings the Word to life in us. In moments of temptation or battle, He will bring Scripture to our minds so that we can stand firm.

Reflection Questions:

1. How often do you actively use Scripture as a weapon in spiritual battles?
1. What verse has God used recently to strengthen and correct you?
1. How can you make Scripture memorization part of your prayer and fasting?

Prayer:

God, thank You for the sword of the Spirit, which is Your Word. Make it alive in me today. Bring to my mind the verses I need to stand against the enemy. Teach me to wield Your Word with confidence and boldness. In Jesus' name, Amen.

Day 18: Praying in the Spirit

Verse:

“Praying always with all prayer and supplication in the Spirit...” Ephesians 6:19a NKJV

Devotional:

Paul closes his description of the armor of God with prayer. Every piece of armor must be covered in prayer to be effective. He tells us to pray always, with all prayer and supplication, in the Spirit.

Prayer is not an occasional tool for emergencies; it is the constant posture of a believer. To pray in the Spirit is to pray in alignment with God’s will, guided by the Spirit rather than our own limited understanding. This includes prayers of worship, intercession, thanksgiving, and petition.

Fasting intensifies prayer. As we deny the flesh, our spirit becomes more sensitive to the leading of the Holy Spirit. Prayer in the Spirit lifts our eyes above our circumstances and fixes them on God’s purposes.

The enemy fears a praying believer. Armor without pray is like a soldier fully equipped but asleep on the battlefield. Prayer awakens us, empowers us, and keeps us connected to our Commander.

Reflection Questions:

1. What does it mean to you to “pray in the Spirit” instead of praying only from your own perspective?
1. How can prayer become a more consistent rhythm in your daily life?
1. Why is prayer essential to making the armor of God effective?

Prayer:

Lord, teach me to pray in the Spirit at all times. Keep me alert and sensitive to Your leading. Let my prayers align with Your will and push back the plans of the enemy. Strengthen me to be faithful in prayer as I walk through this season of fasting. In Jesus name, Amen.

Day 19: Be Watchful

Verse:

“...being watchful to this end with all perseverance...” Ephesians 6:18b NKJV

Devotional:

Paul urges believers to remain watchful. To be watchful means to stay alert, spiritually awake, and attentive to the movements of the enemy and the leading of the Spirit. The greatest danger in battle is not always the strength of the enemy, but the carelessness of the soldier.

The devil often attacks subtly, with distractions, compromises, and small temptations that grow into strongholds. If we are not watchful, we can drift into spiritual slumber and find ourselves vulnerable.

Prayer and fasting sharpen our watchfulness. Fasting disciplines the body, and prayer awakens the spirit. Together, they help us remain sober-minded and alert. Jesus often told His disciples to ‘watch and pray’, knowing that without vigilance, they would fall into temptation.

To be watchful is not to live in fear but in readiness. It is choosing to stay spiritually awake so that we can resist the enemy, obey God quickly, and preserve in the fight of faith.

Reflection Questions:

1. What areas of your life do you tend to grow spiritually careless in?
1. How can prayer and fasting help you stay spiritually alert?
1. What does it look like for you to ‘watch and pray’ in your daily routine?

Prayer:

Lord, help me to be watchful and alert in my walk with You. Guard me from spiritual laziness and distraction. Keep my eyes open to the enemy’s schemes and my heart sensitive to Your Spirit. Strengthen me to persevere in faith. In Jesus’ name, Amen.

Day 20: Supplication for the Saints

Verse:

“...and supplication for all the saints.” Ephesians 6:18c NKJV

Devotional:

Paul reminds us that prayer is not just about ourselves but about interceding for others. The battle we face is shared, and no believer is meant to fight alone. Supplication for the saints means praying earnestly for our brothers and sisters in Christ.

The enemy seeks to isolate and discourage believers, but our prayers strengthen one another. Just as Aaron and Hur held up Moses' hands during battle, our prayers lift up those who are weary and under attack.

Fasting expands our hearts beyond ourselves. As we intercede for others, God often gives us insight into their needs and burdens. Praying for the saints unites us in the Spirit and strengthens the whole body of Christ.

When we lift one another in prayer, the Church becomes a strong army, equipped and united in battle.

Reflection Questions:

1. Who in your life needs you to intercede for them right now?
1. How does praying for others shift your perspective away from your own struggles?
1. What would it look like for your church community to take seriously the call to pray for all the saints?

Prayer:

Lord, I lift up my brothers and sisters in Christ to You. Strengthen those who are weary, protect those under attack, and encourage those who feel alone. Unite us as Your people and teach us to stand together in prayer. In Jesus' name, Amen.

Day 21: A Call to Bold Prayer

Verse:

“Praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints...” Ephesians 6:18 NKJV

Devotional:

The armor of God concludes not with silence but with prayer. Bold, persevering prayer that fuels the life of the believer and the mission of the Church. Paul’s final instruction is not only to put on armor but to remain in constant communication with the Commander of the army. Prayer is where the battle is won. It is in prayer that strongholds are torn down, lives are transformed, and the power of God is released. To pray always is to remain in unbroken fellowship with God, depending on Him for every breath and every step. As we conclude these 21 days of prayer and fasting, the call is not to end but to continue. These weeks have been a focused season, but the life of prayer must go on. The armor of God is not meant to be set aside; it is meant to be worn daily. Today is a day of commissioning. We are not retreating from battle but advancing in victory. As we gather in worship, we declare that Christ has won, the enemy is defeated, and we are equipped to stand in His power. Let this final day be a launching point into a lifestyle of prayer, watchfulness, perseverance, and boldness. The same Spirit who carried you through these 21 days will sustain you every day going forward.

Reflection Questions:

1. How has your prayer life been strengthened through these 21 days?
1. What habits of prayer and fasting do you want to carry into your daily life beyond this season?
1. How can you boldly pray for God’s kingdom to advance in your family, church, and community?

Prayer:

Jesus, thank You for carrying me through these 21 days of prayer and fasting. Today I declare that I will not take off the armor of God but will walk in it daily. Fill me with boldness to pray, persevere, and to intercede for others. Let Your kingdom advance in power through my life. Lord, I surrender myself completely to You. Send revival in my heart, in my church, and in my community. Let every chair of the enemy be broken, every lie be silenced, and every heart be turned to You. I stand clothed in Your armor, filled with Your Spirit, and ready to walk in victory. In the name of Jesus, my Savior, my King, Amen.

