



The
**Prayer
Shield**

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Welcome to the Prayer Shield

Right from the early days of the church, prayer has been a cornerstone here at KingsGate Community Church. Today, developing a lifestyle of prayer continues to be one of our core spiritual practices, and we believe much of the blessing we have experienced over the years is a result of our commitment to pray, and of God's gracious answers to those prayers.

Our desire is for every member of the church to get involved in praying the Prayer Shield over themselves, their families, their LifeGroups, and their leaders. The more we press forward to serve the Kingdom of God and see lives transformed, the deeper our foundations in prayer need to be. As we do this together, we believe that by God's grace, we will build a spiritual shield of protection and see a greater anointing released amongst us, giving momentum to all we set our hand to.

As we seek to fulfil our purpose of transforming lives from our neighbourhoods to the nations by the power of God's love, we want to increase our prayers for those around us. Let's pray with bold expectation that God's Spirit will flow through us more powerfully than ever before, bringing greater transformation in the lives of individuals, our communities and our cities.



Within these pages you'll find the heartbeat of the Prayer Shield, with simple guidelines for praying 10-15 minutes each day. You will also find helpful insights on

- The Lord's Prayer and The Prayer of Jabez
- Putting on the armour of God
- Fasting
- Speaking in tongues
- Prayer walking through your community

You might also consider starting a prayer journal alongside the Prayer Shield so that you can keep a record of your prayers, along with the answers!

Thank you for joining us as we remain expectant for all that God will do in us, and through us, as we seek Him together.

With love and blessings,

Dave Smith
Senior Pastor

What is the Prayer Shield?

The concept of the Prayer Shield is rooted in the apostle Paul's powerful teaching on spiritual warfare in Ephesians 6:10-20. Here he emphasises the vital importance of putting on the full armour of God, urging each of us to,



'...take up the shield of faith with which we can extinguish all the flaming arrows of the evil one.'

 **EPHESIANS 6:16**

The imagery Paul uses here is of the Roman phalanx – disciplined lines of soldiers lifting their individual shields together to create a solid canopy of protection over the entire company. In the same way, we are called to lift our individual shields of faith, bringing protection over not just our own lives, but over the whole church.

How do we do this? In Ephesians 6:18, Paul reveals how we take up these spiritual weapons: through the power of prayer. He gives us a stirring call to pray for one another:



“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.”

 **EPHESIANS 6:18**



The link between the shield of faith and ‘praying in the Spirit, on all occasions, with all kinds of prayers...for all the Lord’s people’ is clear. As we pray in faith for others, we lift up interlocking spiritual shields, guarding us against the enemy’s tactics and releasing God’s blessing over our lives. The more of us who pray in this way, the stronger the prayer covering over our lives, and the more we can accomplish together for the Kingdom of God.

But we don’t stop with just defensive prayers. We are called to also pray offensively as we take the good news of Jesus Christ into enemy territory. Notice that Paul concludes his teaching with this request,



“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...Pray that I may declare it fearlessly, as I should.”

📖 *EPHESIANS 6:19-20*

This highlights the need to undergird all our missional efforts with prayer. Not only will we be empowered and emboldened in our witness, but we will also see hearts become more spiritually receptive to the good news of the gospel.

So, let’s pray!

How to pray the Prayer Shield

The Prayer Shield is designed to complement your personal devotions, rather than replace them. By setting aside just 10-15 minutes a day, you can join with the rest of our church family in a shared rhythm of prayer.

Each day of the week has a different focus, allowing us to cover every area of our lives and mission. As we lift this prayer shield together, let's pray with boldness and confidence knowing that when we pray in line with His Word and His will, He hears us and He answers! Be encouraged by these prayer promises:



'This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us - whatever we ask - we know that we have what we asked of him.'

 **1 JOHN 5:14-15**



'And whatever you ask for in prayer, having faith and [really] believing, you will receive'.

 **MATTHEW 21:22 AMP**



"...if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and I will forgive their sin and will heal their land."

 **2 CHRONICLES 7:14**



'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'

 **PHILIPPIANS 4:6**



'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.'

 **EPHESIANS 6:18**



People to pray over:

YOUR NAME:

**NAMES OF YOUR
FAMILY MEMBERS:**

KingsGate

**GROUP
PASTOR(S):**

**LIFEGROUP
LEADER(S):**

**LIFEGROUP
MEMBERS:**

**THOSE IN YOUR
SPHERE OF
INFLUENCE E.G.,
PLACE OF WORK
OR EDUCATION:**

Sunday

Our weekend
services

Worship



‘Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks.’

 *JOHN 4:23*



- **Pray for an open heaven every time we gather together to glorify God.**
- **Pray that our hearts will be open and expectant as we meet together.**
- **Pray against any tactics of the enemy that would seek to distract people from entering into worship.**
- **Pray for anointing on the Worship Team and sensitivity to the Holy Spirit.**
- **Pray that God would touch the lives of people as they focus on Him and put Him first – pray for healing, salvation and burdens to be lifted as we worship.**

Word



'I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of his glorious inheritance in his holy people.'

 *EPHESIANS 1:17-18*



- **Pray for an anointing on the speaker and that peoples' hearts will be receptive to the Word whenever it is preached; that they would have ears to hear what God is speaking personally to them.**
- **Pray for a spirit of revelation and understanding to be released.**
- **Pray against any distractions or resistance to what is being preached.**
- **Pray that people would not only hear the Word, but would apply it to their own lives and be doers of the Word.**
- **Pray for our children and youth groups: that they will experience God's presence, know His Word, and will come to personal faith in Christ and become strong Jesus-followers.**

Power, Presence, and Fellowship



“...give us, your servants, great boldness in preaching your word. Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus.” After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.’

 *ACTS 4:29-31 NLT*



- Pray for the power and presence of God to be manifest powerfully whenever we come together, and for words of knowledge and prophetic words to be released.
- Pray for lives to be transformed, as people encounter Jesus in a powerful way.
- Pray for signs and wonders, healings and miracles; that sickness will be healed and emotional needs will be met.
- Pray for those who become Christians; that they would know the love of God at work in their lives.
- Pray for good relationships and a sense of purpose and belonging to be established through LifeGroups and serving teams.
- Pray for those who re-commit their lives to God; that they will quickly get connected back into church life.

Monday

Our health and protection



Speak divine health and strength over those you are praying for. Declare that their bodies will function as God designed and that they will live long, healthy lives.



‘Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.’

 **3 JOHN 1:2**



‘Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you... I will give you a full life span.’

 **EXODUS 23:25-26**



Where there are health challenges, command all sickness to leave and pray for full health and strength to return to their body.



‘But he was wounded for our transgressions, he was bruised for our iniquities; the chastisement for our peace was upon him, and by his stripes we are healed.’

 **ISAIAH 53:5 KJV**



‘Then they cried out to the Lord in their trouble, and He saved them from their distresses. He sent His word and healed them, and rescued them from their destruction.’

 **PSALM 107:19-20 AMP**



Pray that our work lives and our rest times would be balanced and blessed; that we would be full of energy and vitality to serve the Lord.



‘But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.’

📖 *ISAIAH 40:31 NKJV*



Declare that we are living under supernatural protection; that all plans of the enemy will come to nothing, and that we will enjoy safety and peace.



‘If you say, “The Lord is my refuge,” and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways;’

📖 *PSALM 91:9-11*

Tuesday

His provision



Pray that we would put our full trust in God as our provider; not fearing what the future may hold, but knowing that He will richly supply all our needs.



‘And my God will meet all your needs according to his glorious riches in Christ Jesus.’

 **PHILIPPIANS 4:19**



‘For the Lord God is a sun and shield; the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly.’

 **PSALM 84:11 KJV**



As we honour God with our finances, pray that He will open up the floodgates of Heaven over us. Pray that we will know His protection over our finances.



‘Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this says the Lord Almighty, and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be enough room to store it.’

 **MALACHI 3:10-11**



‘Honour God with everything you own; give Him the first and the best. Your barns will burst; your wine vats will brim over.’

 **PROVERBS 3:9-10 MSG**



Speak protection and divine favour over jobs and businesses; declare that they will thrive and succeed. Pray for creative ideas, wise strategies and the ability to make wealth for the Kingdom.



‘Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.’

📖 **COLOSSIANS 3:23-24**



Declare that we will be a generous people, ready and willing to sow into the lives of others. Pray for abundance - more than enough to achieve all that God has for us to do individually and together.



‘Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of God’s people but is also overflowing in many expressions of thanks to God.’

📖 **2 CORINTHIANS 9:10-12**

Wednesday

Relationships

Pray for blessing, unity and protection over our relationships:



Declare that we will be free from all strife, gossip, bitterness, unforgiveness, distraction, and division; instead walking in grace, forgiveness, unity and living under a commanded blessing.



‘How good and pleasant it is when God’s people live together in unity!’

 *PSALM 133:1*



‘Walk worthy of the calling with which you were called, with all lowliness and gentleness, with long-suffering, bearing with one another in love, endeavouring to keep the unity of the Spirit in the bond of peace.’

 *EPHESIANS 4:1-3 NKJV*



Declare that as we walk in love, unity and honour towards one another, we will be an example of God's love to those around us.



Be devoted to one another in brotherly love.
Honour one another above yourselves.

 **ROMANS 12:10**



'If you have any encouragement from being united with Christ, if any comfort from His love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.'

 **PHILIPPIANS 2:1-4**



'By this everyone will know that you are my disciples, if you love one another.'

 **JOHN 13:35**



Pray for godly friendships to flourish and that we would spur one another on to grow in our faith.



'The righteous choose their friends carefully, for the way of the wicked leads them astray.'

 **PROVERBS 12:26**



'A friend loves at all times, and a brother is born for adversity.'

 **PROVERBS 17:17**



Declare that marriages in KingsGate will thrive, be long-lasting and an example of Godly relationships to the world.



‘Marriage is to be held in honour among all [that is, regarded as something of great value], and the marriage bed undefiled [by immorality or by any sexual sin]; for God will judge the sexually immoral and adulterous.’

📖 *HEBREWS 13:4 AMP*



Pray for strong relationships between parents and children. Pray that every member of your family will be wonderfully blessed and will radically love and serve Jesus.



‘Children, obey your parents in the Lord, for this is right. “Honour your father and mother” – which is the first commandment with a promise – “so that it may go well with you and that you may enjoy long life on the earth.” Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.’

📖 *EPHESIANS 6:1-4*

Thursday

Our spiritual
maturity



Pray that everyone will receive the empowering of the Spirit, be strong in the love of Christ and filled with the fullness of God!



‘I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.’

 **EPHESIANS 3:16-19**



Pray that every believer in KingsGate will increase in their maturity as sons and daughters of the Father, becoming more and more like Jesus.



‘We have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.’

 **COLOSSIANS 1:9-10 ESV**



Pray that each person will commit to keeping short accounts with God, confessing their sins and choosing to live a life of obedience and intimacy with God.



‘If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.’

 **1 JOHN 1:9**



‘Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.’

 **ROMANS 12:1-2**



Pray that we would move from discipline to delight in prayer and reading the Word, and that we would live a life of worship and thanksgiving.



‘...these I will bring to my holy mountain and give them joy in my house of prayer...for my house will be called a house of prayer for all nations.’

 **ISAIAH 56:7**



‘Through Jesus, therefore, let us continually offer to God a sacrifice of praise – the fruit of lips that openly profess his name.’

 **HEBREWS 13:15**



Pray that we will continue to be committed to gathering together at weekend services and in LifeGroups.



‘Those who are planted in the house of the Lord shall flourish in the courts of our God.’

 *PSALM 92:13*



‘And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

 *HEBREWS 10:24-25*



Thank God for our KingsGate leaders and pray for supernatural protection, wisdom, favour, blessing and insight over them; that they would hear God clearly and lead with authority and anointing.



‘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...’

 *EPHESIANS 6:19-20*

Friday

Our destiny
and purpose



Declare that God's Kingdom will come and His will be done in our lives and over those we are praying for, bringing righteousness, peace and joy.



'Your kingdom come, your will be done, on earth as it is in heaven.'

📖 *MATTHEW 6:10*



Pray that each of us will grasp that we have been created with a purpose, that we are part of God's plan for humanity and have a unique calling and destiny to fulfil.



'For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.'

📖 *EPHESIANS 2:10*



Pray that individually and as a church, we would give our all for the Kingdom of God, experiencing the joy of playing our part and using the gifts we have been given to serve the purposes of God.



'Never be lacking in zeal, but keep your spiritual fervour, serving the Lord.'

📖 *ROMANS 12:11*



'Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does.'

📖 *EPHESIANS 6:7-8*



Pray that, as a church, KingsGate will fulfil the mandate God has given us, seeing lives transformed from our neighbourhoods to the nations by the power of God's love. Pray for an increase of the miraculous among us; that we would have powerful, divine appointments to heal the sick, prophesy life, lead people to Christ, bring deliverance, release signs and wonders, and bless every place we go in Jesus' name.



'You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.'

 **MATTHEW 5:14-16**



Pray that we would rise up as the body of Christ, affecting change in all areas of life; government, business, schools, the community. Pray that we would be salt and light to the world, demonstrating the goodness and the glory of God.



'The church, you see, is not peripheral to the world; the world is peripheral to the church. The church is Christ's body, in which he speaks and acts, by which he fills everything with his presence.'

 **EPHESIANS 1:22-23 MSG**



Pray for a spiritual Awakening in our nation and the nations; pray for a breakout of God's presence and power that would see men, women, young people, and children return to the one true God.



'Arise, shine, for your light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you. Nations will come to your light, and kings to the brightness of your dawn.'

📖 *ISAIAH 60:1-3*



'All the ends of the world shall remember and turn to the Lord, and all the families of the nations shall worship before You. For the kingdom is the Lord's, and He rules over the nations.'

📖 *PSALM 22:27-28 NKJV*



'Ask me, and I will make the nations your inheritance, the ends of the earth your possession.'

📖 *PSALM 2:8*

Saturday

Our mission
in the world



Pray that whatever sphere we are in, we would be Kingdom Ambassadors demonstrating the love and goodness of God to all those around us, being salt and light wherever we have the opportunity.



‘Let your light shine before men, that they may see your good deeds and praise your Father in heaven.’

📖 **MATTHEW 5:16**



‘The Lord’s hand was with them, and a great number of people believed and turned to the Lord.’

📖 **ACTS 11:21**



Pray that we would be passionate and engaged in sharing the good news of Jesus to all those around us, consistently leading others to the Lord.



‘Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.’

📖 **MATTHEW 28:19**



Pray for favour and good relationships with those in authority; for godly leaders in our government, for protection over our Royal Family, and for Kingdom values to come back into the centre of our nation once again.



‘I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone – for kings, and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Saviour, who wants all men to be saved and to come to a knowledge of the truth.’

📖 **1 TIMOTHY 2:1-4**

Write down the names of your VIPs – those who are Very Important People to God and to you, those who you are praying for and believing to see come to salvation:

Pray for each by name, that God would:



Open their eyes to see their need of Him, removing any rocks in their lives that might be blocking their understanding of the gospel.



‘The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God.’

2 CORINTHIANS 4:4



Bring people into their path to share and demonstrate the goodness of God to them. Look for opportunities to be one of those people!



‘Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.’

1 PETER 3:15



Take away any obstacles or arguments that they may have against God and His Church.



‘We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.’

2 CORINTHIANS 10:5



Pray for the Holy Spirit to be working in their hearts, convicting them of sin and bringing them to a place of openness and repentance.



'I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.'

EPHESIANS 1:17



'When He [the Holy Spirit] comes, He will convict the world of guilt in regard to sin and righteousness and judgment.'

JOHN 16:8



Pray that, if they are local, they will come along to an event at KingsGate such as a LifeGroup social, a Celebration Service, or Alpha. Why not be the one to invite them!



'God our Saviour wants all men to be saved and to come to a knowledge of the truth. For there is one God and one mediator between God and men, the man Christ Jesus, who gave Himself as a ransom for all men.'

1 TIMOTHY 2:4-6A



'I [Jesus] am sending you to them, to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.'

ACTS 26:17-18



Our Father in heaven

Hallowed be your name

**Your kingdom come, your will be
done on earth as it is in heaven**

Give us today our daily bread

**Forgive us our sins as we forgive
those who sin against us**

**Lead us not into temptation
but deliver us from evil**

**[For Yours is the kingdom, the power
and the glory, forever and ever, Amen]**

MATTHEW 6:9-13



The Lord's Prayer

A simple, powerful framework for daily prayer, taught by Jesus Himself



Our Father in heaven

RELATIONSHIP • ACCESS • IDENTITY

Picture the cross and thank God that, through Jesus, you can call God 'Father'.

- **Thank Him that you are forgiven, adopted, and welcomed into His presence**
- **Draw near with confidence, through the blood of Jesus.**
- **Ask the Holy Spirit to help you pray as a beloved son or daughter.**



Hallowed be Your name

WORSHIP • ALIGNMENT • IDENTITY IN CHRIST

Honour God's holy name by worshipping Him for who He is, and thanking Him for who you are in Christ.

As you worship and declare each name of the LORD, receive the matching truth that is yours in Christ:

- **The LORD our righteousness: In Christ, I am forgiven and made righteous**
- **The LORD who sanctifies: In Christ, I am set apart for purity and purpose**
- **The LORD my peace: In Christ, I have peace and wholeness**
- **The LORD who is there (His presence): In Christ, I carry God's presence and power**
- **The LORD our healer: In Christ, I have restoration and wholeness**
- **The LORD our provider: In Christ, I have favour, provision, and supply**
- **The LORD our banner (victory): In Christ, I have protection and victory**
- **The LORD my shepherd: In Christ, I have guidance, care, and security**

Let worship lift your faith, steady your heart, and realign your perspective before you move on.



Your kingdom come, Your will be done on earth as it is in heaven

SURRENDER • AUTHORITY • INTERCESSION

Invite God's rule and reign into every area of your life.

Pray intentionally for God's Kingdom and will to be established in:

- **Your life - decisions, character, calling**
- **Your family - blessing, wholeness, unity, protection and salvation**
- **Your church - vision, leadership, anointing**
- **Your community and nation(s) - justice, peace, awakening**

Lay down your own plans and declare, "Not my will, but Yours be done."



Give us today our daily bread

PROVISION • TRUST • GRATITUDE

Bring your needs to God with confidence and faith.

- **Thank Him that He is your faithful provider**
- **Present your practical requests, including your financial, physical, emotional, and relational needs**
- **Intercede for the needs of others, not just your own**

Thank God specifically for His promises concerning giving, that as you honour Him with tithes and offerings, He opens the windows of heaven

- **That He supplies all your needs according to His riches in glory**
- **That you have seed to sow and bread to eat, and abundance for every good work**

Declare that you are blessed to be a blessing.



Forgive us our sins, as we forgive those who sin against us

REPENTANCE • CLEANSING • FREEDOM

Pause and allow the Holy Spirit to search your heart.

- **Confess anything He brings to mind**
- **Receive forgiveness fully, without shame or condemnation**
- **Choose to forgive and release anyone who has hurt or offended you**

Forgiveness keeps your heart clean, free, and open before God.



Lead us not into temptation, but deliver us from evil

PROTECTION • DISCERNMENT • VICTORY

Ask God to guide your steps and guard your life.

- **Pray for wisdom to avoid sinful or compromising situations**
- **Ask for strength where you feel vulnerable**

Thank God for the power and protection of the blood of Jesus:

- **Declare that you are covered by His blood, spirit, soul, and body**
- **Speak protection over your mind, heart, home, family, and future**
- **Declare that every plan of the enemy is cancelled and defeated**

Put on the full armour of God and stand in Christ's victory (see page 44)



For Yours is the kingdom, the power and the glory forever and ever. Amen.

AUTHORITY • CONFIDENCE • WORSHIP

Finish with faith-filled declaration and praise.

- **Declare that God reigns, and all authority belongs to Him**
- **Rejoice that His power is at work, even when answers aren't yet visible**
- **Thank Him that His glory endures forever, and that you have eternal life in Him.**

Rest in His faithfulness and step into your day strengthened and secure.



‘Jabez cried out to the God of Israel, ‘Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.’ And God granted his request.’

1 CHRONICLES 4:10



The Prayer of Jabez

This prayer is a bold invitation to step out of the 'ordinary' and into God's extraordinary purposes. It contains four life-changing elements:



Oh that you would bless me

(A PRAYER FOR DIVINE FAVOUR)

Thank God that, in Christ, we've already been blessed with every spiritual blessing in the heavenly realms (see Ephesians 1:3).

- **Pray for a full release of God's favour so that His goodness is visible in your character, your home, and your work. Pray that the blessings already stored up for you in heaven would manifest here on earth, in your life and in those you are praying for.**



Enlarge my territory

(A PRAYER FOR KINGDOM INFLUENCE)

For Jabez, this would have literally meant territory or land. For those of us 'in Christ', our territory is far more significant since it concerns the hearts and lives of the people around us!

- **Ask God to stretch the borders of your influence. Pray for divine appointments with people who are searching for hope. Ask the Holy Spirit to give you a greater platform in your workplace, your school, or your neighbourhood, so that Jesus can be made known through your life.**



Let your hand be with me

(A PRAYER FOR ANOINTING)

The moment we start boldly praying 'Oh that you would bless me and enlarge my territory' we find that we are more dependent on Him than ever. Throughout the Bible, the 'hand of the Lord' symbolises His sovereign ability. We cannot do God's work in our own strength.

- **Pray for the tangible presence of God to rest upon you. Ask that when you speak, His words would hit the mark; that when you serve, His strength would sustain you; that when you pray for others, His healing power would flow. Pray for His sovereign power to be released in your life.**



And keep me from harm so that I will be free from pain

(A PRAYER FOR PROTECTION)

This is a prayer of avoidance. It's a recognition of our own vulnerability and a request to God to lead us away from any situations that would be harmful for us.

- **Pray for a permanent boundary line to be drawn around your heart and mind. Ask for strength and spiritual protection as you put on the full armour of God, and pray for wisdom.**

And God granted his request.

These five words reveal the loving heart of our all-powerful God towards us. Here, He answered the cry of an Old Testament believer for FAVOUR, INFLUENCE, ANOINTING and PROTECTION. How much more will He answer His believing children in the New Testament age who are now 'in Christ'!



Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

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.

EPHESIANS 6:10-18



The Armour of God

A prayer to put on the armour of God,
based on Ephesians 6:10-18



Father God, today I choose to be strong in You and in the power of Your might. I recognise that I cannot face life's challenges in my own strength, so I draw my strength from You. I put on the full armour of God, so that I can stand firm in every situation I face today.



I put on the belt of truth.

- Help me to live honestly and with integrity - in my thoughts, my words, and my actions, living according to Your Word.
- Guard me from lies, confusion, and compromise, and help me to walk in the truth of who You say I am.



I put on the breastplate of righteousness.

- Thank You that through Jesus I am made right with You.
- Protect my heart from guilt, shame, and condemnation, and help me to choose what is right, even when it is difficult.



I put on the shoes of readiness that come from the gospel of peace.

- Help me to walk through my day grounded in Your peace, steady and secure, not anxious or reactive.
- Make me ready to bring Your peace into every conversation, every workplace, every relationship, and every situation I step into.



I take up the shield of faith.

- When doubts, fears, or negative thoughts come my way, I choose to trust You.
- I lift my faith to extinguish every lie, every accusation, and every attack that comes against my mind or heart.



I put on the helmet of salvation.

- Guard my mind with the truth of Your saving grace.
- Protect my thoughts from discouragement, distraction, and despair.
- Help me to think with clarity, hope, and confidence in You.



I take up the sword of the Spirit, which is the Word of God.

- Remind me of Your truth when I need direction, strength, or wisdom.
- Help me to speak Your Word in faith - over my life, my family, my work, and my circumstances.

And Holy Spirit, I commit to praying at all times, with all kinds of prayers and requests. Keep me alert, dependent on You, and faithful in prayer, not only for myself, but for others too. Today, I stand firm in You. I receive Your strength, Your protection, and Your peace.

In Jesus' name,

Amen

Additional Information

Fasting is Feasting

What is Fasting?

Fasting is a spiritual practice that is taught in the Bible. Jesus didn't just suggest it, He spoke of it as a natural part of our walk with God, promising that our Father would reward us as we fast for the right reasons (see Matthew 6:16-18).

To fast is to voluntarily reduce or eliminate your intake of food for a specific time and purpose. This might mean fasting everything but water, or you may decide to go on a juice fast, or simply fast from specific foodstuffs or drink, for example, sugar, red meat, chocolate, coffee, alcohol etc. Fast from food only if your health allows it at this time.

We also encourage the practice of fasting from other things, particularly during extended seasons of prayer. For example, you may want to give up social media or your favourite television programme (or TV altogether!) – anything that might be distracting you from putting God first in your life.

Why Fast?

The overall purpose of fasting is not to simply fast from food, but to FEAST ON GOD! There are a number of ways that fasting can benefit us in our relationship with the Lord.

IT HELPS US TO HEAR HIS VOICE MORE CLEARLY

Fasting creates space to listen. Notice this great event in the history of the church in Antioch,



'While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' So after they had fasted and prayed, they placed their hands on them and sent them off.'

📖 **ACTS 13:2-3**

When we combine fasting with extra time in worship and prayer, we can expect God to meet with us with fresh clarity.

IT IS A WAY OF EXPRESSING OUR SPIRITUAL HUNGER

Fasting reveals the depth of our desire for God and His presence. It is a way of saying, "Lord, I need You more than I need my daily bread." We can fully turn to Him and seek Him for breakthrough in our lives or the situations we are praying for. An example of this call to seek the Lord with fasting is found in the book of Joel,



"'Even now" declares the Lord, "return to me with all your heart, with fasting and weeping and mourning.'"

📖 **JOEL 2:12 NASB**

IT PREPARES US TO RECEIVE A NEW ANOINTING

Jesus is our ultimate example. After forty days of fasting in the wilderness, He returned "in the power of the Spirit" ready to enter into His earthly ministry, Fasting prepares us to carry the weight of what God wants to do through us, (see Matthew 4:1-11).

IT HELPS US BRING OUR SOUL AND BODY INTO SUBMISSION TO THE HOLY SPIRIT

In Psalm 35:13, David says, “I humbled my soul with fasting”. In 1 Corinthians 9:27, Paul says, “I discipline my body”, no doubt helped by the fact that he was “often in fasting”.

IT POSITIONS US FOR SPIRITUAL VICTORY AND BREAKTHROUGH

When faced with a vast enemy army, King Jehoshaphat,



‘proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord.’

2 CHRONICLES 20:3B-4A

The Lord heard them, spoke to them, and dramatically delivered them!

IT’S A WAY OF US ASKING GOD FOR HIS SPECIAL PROTECTION

Similarly, Ezra needed protection and safety as he and the exiles returned to Jerusalem.



So, he, ‘proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey...’ And as they fasted and prayed, God answered their prayer.

EZRA 8:21

How are we to Fast?

BE INTENTIONAL:

Decide in advance how long you are going to fast for and what you are going to fast from. Then ask for God’s help and strength. It’s better to set a realistic goal and stick to it, than to be over-ambitious! Determine, where possible, that you will use the extra time and focus to read the Word, worship, and pray.

CHECK YOUR HEART:

Ensure your primary goal is to spend time with the Lord, and then to seek His blessing and breakthrough.

LIVE THE FAST:

In Isaiah 58 the Lord rebukes His people for just attending to the physical aspects of fasting, and then highlights that a TRUE FAST involves life change and compassion:



“... Is not this the kind of fasting I have chosen; to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”

📖 *ISAIAH 58:6 NIV*

It's worth reading this whole passage in Isaiah 58 and asking God how He is asking you to change, and who He is asking you to bless.

Finish well: End your fast by celebrating with a light, healthy meal, not a large unhealthy spread! Ask the Lord to help you continue to grow spiritually, long after the fast is over.

The Importance of Fasting

It's so important for us to recognise that fasting doesn't change God or His willingness to hear us. But it certainly changes us, removing barriers, allowing the Spirit to work more powerfully in and through us. As the author and theologian Andrew Murray said: “Fasting helps to express, to deepen, to confirm the resolution that we are ready to sacrifice anything... to attain what we seek for the Kingdom of God”.

Let's use this practice to sharpen our focus and to revive the power of prayer in our lives.

Speaking in Tongues

What is Speaking in Tongues?

It's a beautiful way of communicating with God through a language or languages given by the Holy Spirit – a language which is unknown to the person speaking. These may be human languages, as on the Day of Pentecost (see Acts 2) or a heavenly language that is less easy to detect, often referred to as angelic (see 1 Corinthians 13:1).

Whether earthly or heavenly, this gift is a powerful tool for personal prayer and a unique way for the Spirit to pray through us.

Why Speak in Tongues?

The simple answer is because it is both thoroughly Biblical and incredibly helpful in our walk with God! Throughout the New Testament, we see that speaking in tongues was a normal part of the early church's experience. In the longer ending of Mark's Gospel Jesus simply says that believers would, "speak with new tongues." (see Mark 16:17C). This was clearly the experience of the disciples in the Book of Acts.

Significantly, speaking in tongues accompanied the infilling of the first Jewish believers in Jerusalem (see Acts 2:4), as well as the first Gentile converts in Caesarea (see Acts 10:44-46) and later in the highly influential church in Ephesus, hundreds of miles away in Asia Minor (see Acts 19:6).

The apostle Paul clearly held this gift in high regard. While he provided clear instructions on its proper use in public gatherings, that is, the importance of the gift of interpretation, he also made a striking statement about his own personal prayer life,



“I thank my God that I speak in tongues more than you all.”

 **1 CORINTHIANS 14:18**



Given that Paul, the greatest apostle in history, found this gift vital for his life and ministry, we can only conclude that praying in tongues remains a powerful tool for us today.

Three ways that this gift empowers us

SPEAKING IN TONGUES IS A GREAT WAY TO PRAISE GOD

Do you ever feel that you can't quite find the words to express the depth of your love for someone? Because the gift of tongues comes from the Holy Spirit and we speak them from our spirit, not our mind, we are no longer limited by our natural vocabulary. When the Holy Spirit first came upon the disciples on the Day of Pentecost, we read how they all,



'began to speak in other tongues as the Spirit enabled them.'

 **ACTS 2:4B**

It is clear from the response of Jews from other nations who heard them speaking in their native languages that this was the language of praise,



'...we hear them declaring the wonders of God in our tongues!'

 **ACTS 2:11B (SEE ALSO ACTS 10:46).**

Similarly, the apostle Paul clearly praised God this way, telling the Corinthians,



“I will sing with my spirit [i.e. with tongues], but I will also sing with my understanding”

 **1 CORINTHIANS 14:15B**

SPEAKING IN TONGUES IS A GREAT WAY TO PRAY

The early Christians didn't just praise God in tongues, they also prayed this way. Paul clearly states,



“I will pray with my spirit [i.e. with tongues], but I will also pray with my understanding.”

 **1 CORINTHIANS 14:15A**

Using tongues as a prayer language is clearly not for edifying the listeners, but rather is a way of the speaker communicating directly with God,



‘...anyone who speaks in a tongue does not speak to people but to God.’

 **1 CORINTHIANS 14:2**

SPEAKING IN TONGUES IS A GREAT WAY TO EDIFY OURSELVES

As we praise and pray in tongues, something happens in us, too: it strengthens us spiritually. As Paul puts it,



“He who speaks in tongues edifies himself.”

 **1 CORINTHIANS 14:4A.**

The word ‘edify’ means to build up. We can see from the Bible, and from the experience of many others, that speaking in tongues is a hugely helpful means of a Christian staying spiritually edified.

However, Paul, writing in 1 Corinthians 14 highlights that in the presence of others, especially with unbelievers, we need to prioritise intelligible gifts like prophecy. If and when a tongue is spoken in public, then it would need to be interpreted. However, this is not the case in an all-believers gathering when everyone is praying out loud together, or praying in tongues as a form of interceding for others!

How can I Speak in Tongues?

Be filled with the Spirit: Speaking in tongues is a natural overflow of being filled with the Holy Spirit. If you haven’t yet been filled with the Spirit, then eagerly desire Him and be expectant as you ask for Him to come and fill you. Jesus gave us a beautiful promise:



“...how much more will your Father in heaven give the Holy Spirit to those who ask Him!”

 **LUKE 11:13.**

You may want to ask a Spirit-filled believer to pray with you.

SPEAK OUT WHAT GOD GIVES YOU:

In Acts 2:4 it says the disciples began to speak with tongues, as ‘the Spirit enabled them.’ In other words we, like them, have to open our mouths, partner with the Spirit, and give voice to what the Spirit is giving to us. Just as with your natural language you can choose to start or stop speaking, so it is with speaking in tongues.

JOURNEYING WITH THE SPIRIT:

Like any form of communication, your prayer language might start small. It often takes time to build confidence and fluency in speaking in tongues. Don’t be discouraged but persevere and use your gift daily. As you do, you will find that you grow in the ability to pray boldly and powerfully.

It’s important to remember that all of this doesn’t mean that you have to speak in tongues. Speaking in tongues doesn’t make a person a Christian and speaking in tongues is not the only or even necessarily the most important spiritual gift.

The Holy Spirit provides different gifts for different contexts. For example, if someone needs encouraging, then we need the gift of prophecy, if someone is sick, the gift of healing etc.

But when it comes to personal praise, prayer and edification, speaking in tongues is a wonderful gift that you can receive if you would like to. Receiving any gift should never lead to an attitude of superiority, but rather one of humility and gratitude. As someone rightly said: “to be filled with the Spirit doesn’t make me better than you, it makes me better than me!”



Prayer Walking

Prayer walking is as simple as it sounds – praying as you walk. One simple definition is ‘praying on-site with insight’. When we prayer walk, we are stepping into our God-given authority to bless people and places in Jesus’ name. This simple activity is a powerful way to invite transformation into our local communities, asking God to break in with His love and power.

Getting Started

KNOW YOUR LOCAL AREA

Ask God to show you how you can pray with greater insight for the people, places, and events in the community. Look for the positive qualities and opportunities as well as signs of where God is already at work. How could you serve here? God may show you ways to display His love by practical acts of kindness.

KNOW LOCAL PEOPLE

Where appropriate, find out what the needs are in your local community by speaking to those in your area. What challenges do they face in their daily lives? As you prayer walk, be intentional about praying for God’s blessing on everything you see and feel. Even in difficult areas, pray with hope, focusing on God’s plans and purposes: praying this line from the Lord’s Prayer,



‘Your Kingdom come, Your will be done...’

 **MATTHEW 6:10**

is the perfect place to start.

KNOW LOCAL NEEDS

Notice the realities of your area – whether it’s unemployment, crime, or poverty. What do you see that’s detracting from people’s quality of life?

You may find it useful to put all this information onto a physical map of your community, or write it down to inform your prayers and add to it over time.

How to Pray

- **Pray for discernment** – ask the Lord to show you what He sees and to reveal His heart for your community.
- **Pray for blessing** – speak God’s peace over every home you pass. Pause at key buildings such as schools, community centres, hospitals or local businesses. Ask for His will to be done in this community,



‘as it is in heaven.’

 MATTHEW 6:10

- **Pray with empathy** – allow yourself to feel what the residents feel. Intercede for the brokenness that grieves God’s Spirit, and give thanks for the blessings and all the good things you see in your community.
- **Pray from scripture** – let the Word of God be the foundation of your prayers. There is immense power in speaking His promises over your community.
- **Pray in God’s power** – allow times of silence for the Holy Spirit to speak to you, then speak out with confidence in the power of Jesus’ name.

Some Practicalities

IF YOU ARE PRAYER WALKING IN A GROUP, START AND END TOGETHER

Agree a place and time to start prayer walking. Begin by explaining why you’ve gathered together to pray, and if relevant, share specific prayer points. Breaking into pairs or small groups is a great way to pray for different parts of your area, and is safer than prayer walking alone. If splitting into smaller groups, agree a place and time to end together. You can then share what you’ve prayed and heard from God. Write it down so that you can keep track of how to pray for your area in the future.

CHOOSE WHETHER OR NOT TO PLAN YOUR ROUTE

You can plan ahead to ensure that you pray for specific areas, or simply ask the Holy Spirit to guide your time – just make sure you don't get lost!

USE YOUR NATURAL AND SUPERNATURAL SENSES

As you prayer walk, be aware of your surroundings – what you see, smell, hear, and touch. But also be aware of what God is saying to you as you move around your community. If any Bible verses pop into your head or if you have any pictures, visions or words of knowledge, then turn these natural and supernatural senses into prayer.

CHOOSE WHETHER TO PRAY SILENTLY OR OUT LOUD

The point of prayer walking isn't about being seen praying; it's about seeing and praying. Pray quietly, but don't be afraid to speak out prayers if you feel compelled to. However, don't draw attention to yourself – you are there to be on the scene, not to make one!

KEEP GOING

Prayer walking is also a way of claiming a specific area for God. Just as Joshua and his army circled Jericho with persistence (see Joshua 6), we are called to keep going. Why not commit to making prayer walking a regular habit!

As you walk, continue to ask for God's Kingdom to come and His will to be done in your community. If He highlights a specific challenge, ask yourself, 'How can I be part of the solution?' Prayer often leads to action. So keep your heart tuned to Him, and don't stop praying!

You can find out more by going to [🔗 waymakers.org/pray/prayerwalking](https://waymakers.org/pray/prayerwalking)



Thank you for standing with us and taking up the Prayer Shield.

We believe there is an extraordinary power released when we stand in unity and agree together in prayer!

For other prayer resources go to
📍 kingsgate.church/prayer





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