

Fighting Stance

Suit Up: Winning the War Within - Part 4

June 22, 2025

“Everyone has a plan until they get punched in the mouth.” - Mike Tyson

“¹⁸Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints. ¹⁹Pray also for me, that the message may be given to me when I open my mouth to make known with boldness the mystery of the gospel. ²⁰For this I am an ambassador in chains. Pray that I might be bold enough to speak about it as I should.” Ephesians 6:18-20 (CSB)

The armor equips you—but prayer energizes the armor.

The Prayer Arsenal: 5 Weapons in Your Fighting Stance

“Pray at all times ... ” Ephesians 6:18 (CSB)

1. All-Occasion Prayer

Prayer isn't our last resort. It's our first response.

Prayer is not panic-driven. It's presence-driven.

A - Adoration

C - Confession

T - Thanksgiving

S - Supplication

“God won't answer 100 percent of the prayers we don't pray.” - Mark Batterson

“Pray at all times in the Spirit with every prayer and request ... ” Ephesians 6:18 (CSB)

2. Spirit-Led Prayer

The Holy Spirit is the difference between praying in your own strength and praying in God's strength.

When you pray in the Spirit, you're not just talking to God—you're aligning with Him.

“In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit Himself intercedes for us with inexpressible groanings.” Romans 8:26 (CSB)

The Spirit fills in the blanks when you don't know what to say.

“... and stay alert ... ” Ephesians 6:18 (CSB)

3. Watchful Prayer

If the devil can't get you to sin, he'll settle for making you spiritually sleepy.

We fight with discernment, with Scripture in one hand and a prayer list in the other.

*"... with all perseverance and **intercession for all the saints** ..." Ephesians 6:18 (CSB)*

4. Intercessory Prayer

When you intercede, you ignite fire in someone else's fight.

*"¹⁹Pray also for me, that the message may be given to me when I open my mouth to **make known with boldness** the mystery of the gospel. ²⁰For this I am an ambassador in chains. Pray that I might be **bold enough to speak** about it as I should." Ephesians 6:19-20 (CSB)*

5. Bold Prayer

You don't get holy confidence without humble conversation.

"When Daniel learned that the document had been signed, he went into his house. The windows in its upstairs room opened toward Jerusalem, and three times a day he got down on his knees, prayed, and gave thanks to his God, just as he had done before." Daniel 6:10 (CSB)

Don't expect lion's den faith if you don't have prayer room habits.