

Prayer and Supplication

The Essential Support · The Armor of God

Prayer undergirds the entire armor—not another piece but the means by which all pieces are put on and employed. Paul calls for prayer that is constant ('always'), Spirit-guided ('in the Spirit'), varied ('prayer and supplication'), vigilant ('watching'), persevering ('with all perseverance'), and intercessory ('for all saints'). Spiritual warfare cannot be fought in human strength; prayer connects the believer to divine power, wisdom, and protection. Without prayer, the armor remains mere theory.

Key Verses

Ephesians 6:18

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

1 Thessalonians 5:17

Pray without ceasing.

Jude 1:20

But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.

Romans 8:26

Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

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