

DRESSING FOR DAILY BATTLE

in the Armor of God

Lord God, as I start this day, I dedicate myself fully to your service. Equip me not only to stand my ground and to protect my heart and soul in your holy name but to go forth and set others free from captivity and bondage.

I start by placing into my heart *gratitude* for all you have given me and for all you have called me to do. Next, I clothe myself with the *garment of humility* to protect and cover my heart and soul with the understanding that all grace comes only from you, my Lord. Over this, I place the *thigh armor of stability* to hold my ground against the wiles of the enemy and to walk a straight path, not veering to the right or the left to reach the goal God has set. Next, I place the *belt of truth* around me to surround and hold God's truth close to me. Next, I put on the *breastplate of justice, righteousness, and mercy* to protect and guard my heart and soul against the blows Satan would throw against me. Next, I put on my feet the *footgear to propagate the gospel of peace*, covered by the *winged shoes of mercy* that I might take mercy, show mercy, talk mercy, teach mercy, the mercy of God. On my arms, I place the *sleeves of comfort* so that I might embrace those hurting in pain because of lack of love. I put the gloves of *gentleness and kindness* on my hands to work miracles of conversion of the heart through hands of healing.

Over my mouth, I put the *mouthpiece of joy and praise* so that I may declare the goodness of the Lord and to conquer Dominions through the praise of God; that can bring down the ruthless and insincere of heart. I wear the *eyes of mercy* to melt stony hearts and pierce souls so that they may not be afraid to love again, to set free the captives from bondage.

I put on the *helmet of salvation* to protect the mind of Christ and the wisdom God has granted me. I take up the *shield of faith* to defend myself from Satan's darts and arrows. And I take up the *sword of the Spirit*, which is the Word of God that can cut or heal; to free and heal those in captivity. Finally, over all of this, I place the *mantle of love* on my shoulders, which is the authority that God covers me as a citizen of the Kingdom.

Come Holy Spirit, for you have empowered me with this holy spiritual armor to stand my ground and to go forward to set others free from captivity and bondage. Lead the holy angels that come with this armor and me to where we can bring healing, mercy, and freedom to those who are waiting to be rescued by you. I ask all this in the name of Jesus Christ, my Lord, and through Mary's Immaculate Heart. Amen.