

Scripture Reading

Ephesians 6:10-18 (NIV)

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God so that you can take your stand against the devil's schemes. ¹² 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. ¹³ Therefore put on the full armor 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. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸ 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 saints.

1) The spirit is willing, but the flesh is weak

Matthew 26:36-41 (NIV)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." ⁴⁰ Then he returned to his disciples and found them sleeping. "Could you men not keep watch with me for one hour?" he asked Peter. ⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

2) Pray with the help of the Holy Spirit

Jude 1:20 (NIV)

²⁰ But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.

Galatians 5:16 (NIV)

¹⁶ So I say, live by the Spirit, and you will not gratify the desires of the sinful nature.

Philippians 3:3 (NIV)

³ For it is we who are the circumcision, we who worship by the Spirit of God, who glory in Christ Jesus, and who put no confidence in the flesh--

a) Conformed to the Word

2 Timothy 3:16 (NIV)

¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

b) Always

1 Thessalonians 5:17 (NIV)

¹⁷ pray continually;

c) All kinds

Ephesians 6:18a (NIV)

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests.

d) Alert

Matthew 26:41 (NIV)

⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

e) For one another

Ephesians 6:18b (NIV)

¹⁸ ... With this in mind, be alert and always keep on praying for all the saints.