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"PUT ON THE WHOLE ARMOUR OF GOD"



EPHESIANS 6:10-18
KJV

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Dear Reader:

This booklet is a small exert from the course entitled, *Watching, Waiting, Warning*, a Bible Study that *unveils* Yeshua’s command, *explains it clearly*, and then, *presents powerful prayers* formed around the Word of God. It puts a practical teaching and an amazing tool to “watch and pray” into your hand to help you **watch and pray**.

With the principle to “watch and pray” understood, embraced, and operative in your life, your defence system is heightened, thus, you’ll be alert, ready, and better equipped to live in the world, *without being part of it*. Additionally, after personally embracing and obeying this command to watch and pray, you can expand your scope of influence to “watch and pray” over your loved ones, and even over those who carry the torch of the gospel, either on the home front or abroad.

Yes, with God’s help, *you can learn* to “watch and pray” for yourself, for others and for nations, too! It begins, however, by first learning to obey Yeshua’s command to

LEARN TO WATCH & PRAY!¹

Watching, Waiting, Warning awaits to help you at cegullahpublishing.ca.

¹ This course comes with 3 books: 1 *workbook*, 1 *textbook* and 1 *prayerbook*. Available also on Amazon. Search for it by *Watching, Waiting, Warning* and author’s name, Jeanne Metcalf.

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THIS DECLARATION BASED ON
EPHESIANS 6:10-18

“10 ¶ Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high *places*. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; 15 And your feet shod with the preparation of the gospel of peace; 16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God: 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”

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PUT ON THE WHOLE ARMOUR OF GOD

Heavenly Father,

As I watch and pray, I thank You that, *through the covenant in Yeshua's blood*, I have a powerful defence system. **You, Lord, are that defence system.** Therefore, as Your Word instructs, I put on Yeshua Ha' Mashiach, and thus, wear my spiritual armour.

MY LOINS:

Yeshua is the Way, the truth, and the life. *I choose to die to my own ways and instead, walk in His Way, His Truth, and His life.* Therefore, in doing so, I gird my loins with Yeshua, Who is truth.

MY CHEST:

Yeshua is my only righteousness. *I choose to walk within the Biblical guidelines of His righteousness*, therefore, I put on Yeshua, as my breastplate of righteousness.

MY FEET:

Yeshua, ever present with me, is always ready to touch the lives of all humankind. By the power of the Holy Spirit living and working in me, *I choose to walk on, obeying the gospel and bringing salvation's message with me,*

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therefore, I put on Yeshua as my readiness to speak the gospel of peace.

MY HEAD:

Yeshua dwells in me, thus, I have the mind of Messiah, which is always in complete agreement with the water, the blood, and the Spirit. *I choose to yield to the mind of Messiah*, therefore, I put on Yeshua as my helmet of salvation.

MY SHIELD (DEFENCE):

Yeshua overcame the world. Through faith in Him, I overcome, also. I choose not to embrace the world, nor any of its forms of attachments; rather, *I choose to live my life by the faith of the Son of God*, who loved me and gave Himself for me. Therefore, I take hold of Yeshua, Who is my shield of faith, thus, every fiery dart is extinguished! Nothing of the enemy penetrates any part of my God-given defence system.

MY SWORD (OFFENCE & DEFENCE)

Yeshua is the Word of God, which is alive, powerful, and sharper than a double-edged sword. It divides soul and spirit, even separates joint and marrow, and discerns the thoughts and intents of the heart. *I choose to embrace the Word of God in my heart and put it in my mouth*, therefore, I use the sword of the Spirit.

MY CONFIDENCE:

Finally, I praise You Lord, that as *I choose to wear this armour given to me in Yeshua*, its resilience, which originates in the power of the Holy Spirit, protects me. As *I choose to watch* with all perseverance and supplication for the saints, praying always in the Spirit, I have nothing to fear. As an ambassador of God's kingdom, I ask for boldness to open my mouth to make known the mystery of the gospel.

Donned in full armour, with You as my defence system and ally, I stand ready and fully alert. I praise You, Lord, that wherever I go, whatever I do, or whatever I face, since I am in Messiah, I am more than a conqueror. *I choose to put my foot down in the Spirit* and declare that, in my life, in the name of Yeshua Ha' Mashiach, *Your kingdom comes in power and Your will is done.*

Amen