

Chapter 6 (10 -17)

To resist the Devil's tactics, put on God's armor:

- the belt of truth
- the breastplate of integrity
- the shoes of eagerness to spread
the Good News of peace
- the shield of faith
- the helmet of salvation
- the sword of God's word

Jesus, help me put on these six pieces of armor

Chapter 6 (18 - 24)

Pray all the time, asking for what you need.
Pray in the Spirit on every possible occasion.
Never tire of praying

Pray for me
that I may proclaim the Good News boldly

Grace and eternal life
to everyone who loves our Lord Jesus Christ

Jesus, help me to put Paul's teaching into practice
in my life