

Ephesians 521 Ministries

Soul Care Series

Spiritual Care Tools for Spiritual Strength & Protection

Equip Me

“Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” {Ephesians 6:11}

Spiritual opposition often works quietly, pressing against the mind and heart through fear, discouragement, confusion, or doubt. When peace feels disrupted or prayer feels unusually difficult, it may be a call to stand more firmly in truth.

The **Equip Me** resources were created to help believers recognize spiritual pressure and respond with confidence grounded in Scripture and prayer. These materials are not designed to create fear, but to restore clarity and strengthen faith.

This resource is offered through Ephesians 521 Ministries because spiritual growth includes learning to stand guard and be anchored in God’s truth. God equips His people with what they need, and these tools are meant to help you engage that provision intentionally.

Use this resource as a reminder that you are not unprotected, unprepared, or alone.

Purpose Statement

This resource is provided to equip believers with biblical truth and prayer for spiritual protection and discernment.

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Tool 1 – Armor of God Prayer & Explanation Sheet

Ephesians 6:10-18 {ESV}

The Armor is About Identity Before Defense.

Belt of Truth

Truth holds everything together.

Prayer: *“Father, anchor my thoughts in what is true, not what fear is telling me.”*

Breastplate of Righteousness

You stand covered in Christ’s Righteousness.

Prayer: *“Lord, help me rest in who I am in You, not in my failures or weaknesses.”*

Shoes of the Gospel of Peace

We stand on peace, not panic.

Prayer: *“Father, plant me in Your peace today.”*

Shield of Faith

Faith blocks the lies, accusations, and discouragement from the enemy.

Prayer: *“Lord, strengthen my trust when doubt rises.”*

Helmet of Salvation

Guard your mind with the assurance that you belong to Christ.

Prayer: *Heavenly Father, protect my thoughts from hopelessness.”*

Sword of the Spirit

Truth spoken in faith pushes away darkness.

Prayer: *“Lord, please bring scripture to my mind when I need it most.”*

Closing Thought:

You are not defenseless. You are clothed in/with Christ Jesus.

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Tool 2 – How to Recognize a Spiritual Attack

Spiritual pressure often shows up as:

- Sudden discouragement without a clear cause
- Intense self-accusation or shame
- Fear that feels much louder than truth in the moment
- Isolation from prayer, scripture, or faith community
- Feeling overwhelmed in areas where you usually stand firm

The Biblical Response Pattern Should Be:

1. **Notice** what is happening in the moment
2. **Name** it honestly before God
3. **Replace the lies with Scripture**
4. **Pray instead of spiraling out of control**
5. **Stay connected** to other believers

Closing Thought:

Not every struggle is a spiritual attack, but all spiritual attacks always try to pull you away from the truth of God's Word.

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Tool 3 – Scripture Declarations for Victory

- *“The Lord is my light and my salvation; whom shall I fear?” {Psalm 27:1}*
- *“God has not given us a spirit of fear, but of power and love and self-control.”
{2 Timothy 1:7}*
- *“The Lord will fight for you, and you have only to be silent.” {Exodus 14:14}*
- *“Greater is he who is in me than he who is in the world.” {1 John 4:4}*
- *“No weapon formed against me shall prosper.” {Isaiah 54:17}*

Closing Thought:

Speak truth from God’s Holy Word when fear grows loud.

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Tool 4 – Daily Protection Prayers

Morning Covering Prayer

“Heavenly Father, I place this day under your authority in my life. Guard my mind, my heart, and my steps.”

When You Feel Pressured

“Father, help me stand firm. Remind me I am not alone in this battle.”

For Emotional Attacks

“Lord Jesus, quiet every voice that is not Yours in this moment.”

For Spiritual Fatigue

“Father, renew my strength and help me to keep trusting You.”

Closing Thought:

May we always remember what Jesus did during His anxious and difficult moments. He took His concerns to the Father in prayer. That should be our response too.

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Tool 5 – Beginner's Guide to Fasting & Prayer

Purpose of Fasting

We fast not to earn God's favor, but to focus our hearts and depend more fully on Him.

Simple Starting Point

- Fast one meal per day
- Use that time to pray
- Read from the book of Psalms
- Ask God to strengthen your faith

Closing Thought:

Fasting is about hunger for God, not some form of religious performance.

Spiritual Warfare and the battles we face are real, but Christ's victory on the cross is even greater. You are not fighting for victory – instead, you are standing in it!