



FIGHT ON YOUR KNEES

PRAYERS FOR SPIRITUAL WARFARE



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Jesus promised, “...In this world you will have trouble. But take heart! I have overcome the world.” John 16:33

As followers of Jesus we are living daily in a spiritual battle. Because we seek to live for God, we are the targets of enemy attacks. Satan, God’s enemy and ours, will do all he can to leave us discouraged, doubting, and defeated.

These intentional prayers and foundational Scriptures will help you to keep your eyes on Jesus, stand firm in the faith, and experience daily victory as you “fight on your knees”!

Day 1

Are you ready for the battle? The Lord has given us all we need in the Word of God, the power of prayer and His Holy Spirit living in us.

Start off your day by putting on the armor of God in prayer and write it out on a notecard to memorize.

The Armor of God

[Ephesians 6:10-18](#)

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 Lord's people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

Day 2

***Prayer:** Thank You, Lord Jesus, for rescuing me from my sins and the devil's stronghold by going to the cross for me. I claim these promises over my life and those around me.*

Look up these passages and write your favorite on a notecard to focus on today:

[Colossians 2:13-15](#)

¹³ When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, ¹⁴ having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. ¹⁵ And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

[2 Corinthians 2:14](#)

¹⁴ But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere.

Share this with a friend who may need encouragement.

Day 3

***Prayer:** Even though I know that the devil prowls around like a roaring lion to devour me, help me, Lord, to steadfastly depend on You to guide and protect me in daily spiritual battles that I would not live in fear but in your power and love.*

Look up these passages and write your favorite on a notecard to focus on today:

[1 Peter 5:8](#)

⁸Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

[Ephesians 6:12](#)

¹²For 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.

[Luke 10:18](#)

¹⁸He replied, "I saw Satan fall like lightning from heaven."

Share this with a friend who may need encouragement.

Day 4

Prayer: Gracious Lord, forgive me for the ways I have given the enemy an opportunity. By Your name, help me to take back any lost territory he's encroached upon.

Look up these passages and write your favorite on a notecard to focus on today:

[Deuteronomy 18:9-12](#)

⁹When you enter the land the Lord your God is giving you, do not learn to imitate the detestable ways of the nations there. ¹⁰Let no one be found among you who sacrifices their son or daughter in the fire, who practices divination or sorcery, interprets omens, engages in witchcraft, ¹¹or casts spells, or who is a medium or spiritist or who consults the dead. ¹²Anyone who does these things is detestable to the Lord; because of these same detestable practices the Lord your God will drive out those nations before you.

[Psalms 139:23-24](#)

²³Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

[1 John 1:9](#)

⁹If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Share this with a friend who may need encouragement.

Day 5

***Prayer:** Sovereign God, keep me from the enemy: the evil one, the tempter, the accuser. Protect me from his fallen-angel followers—idols, demons, evil spirits.*

Look up these passages and write your favorite on a notecard to focus on today:

[Revelation 12:7-9](#)

⁷Then war broke out in heaven. Michael and his angels fought against the dragon, and the dragon and his angels fought back. ⁸But he was not strong enough, and they lost their place in heaven. ⁹The great dragon was hurled down—that ancient serpent called the devil, or Satan, who leads the whole world astray. He was hurled to the earth, and his angels with him.

[Matthew 6:13](#)

¹³ And lead us not into temptation, but deliver us from the evil one.

[1 Thessalonians 3:5](#)

⁵For this reason, when I could stand it no longer, I sent to find out about your faith. I was afraid that in some way the tempter had tempted you and that our labors might have been in vain.

[Revelation 12:10](#)

¹⁰Then I heard a loud voice in heaven say: “Now have come the salvation and the power and the kingdom of our God, and the authority of his Messiah. For the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down.

[Leviticus 17:7](#)

⁷They must no longer offer any of their sacrifices to the goat idols to whom they prostitute themselves. This is to be a lasting ordinance for them and for the generations to come.

[Luke 8:30](#)

³⁰Jesus asked him, “What is your name?” “Legion,” he replied, because many demons had gone into him.

[Luke 7:21](#)

²¹At that very time Jesus cured many who had diseases, sicknesses and evil spirits, and gave sight to many who were blind.

Share this with a friend who may need encouragement.

Day 6

***Prayer:** Lord, help me to submit anew today to Your authority, control, and will. Lead me to say “no” to the devil and his temptations and “yes” to You and abundant life. By Your power help me resist him and see him run away.*

Look up these passages and write your favorite on a notecard to focus on today:

[John 10:10](#)

¹⁰The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

[James 4:7](#)

⁷Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Share this with a friend who may need encouragement.

Day 7

Prayer: Lord Jesus, keep me in Your presence and away from evil.

Look up these passages and write your favorite on a notecard to focus on today:

[John 17:15](#)

¹⁵My prayer is not that you take them out of the world but that you protect them from the evil one.

[Ephesians 1:18-23](#)

¹⁸I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, ¹⁹and his incomparably great power for us who believe. That power is the same as the mighty strength ²⁰he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, ²¹far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. ²²And God placed all things under his feet and appointed him to be head over everything for the church, ²³which is his body, the fullness of him who fills everything in every way.

[John 12:26](#)

²⁶Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

Share this with a friend who may need encouragement.

Day 8

Prayer: O Lord, thank You that absolutely nothing—not even the spiritual forces of evil—can separate me from Your love.

Look up these passages and write your favorite on a notecard to focus on today:

[Romans 8:38-39](#)

³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

[Luke 4:1-13](#)

¹Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ²where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. ³The devil said to him, “If you are the Son of God, tell this stone to become bread.” ⁴Jesus answered, “It is written: ‘Man shall not live on bread alone.’” ⁵The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. ⁷If you worship me, it will all be yours.” ⁸Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’” ⁹The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. ¹⁰For it is written: “‘He will command his angels concerning you to guard you carefully; ¹¹they will lift you up in their hands, so that you will not strike your foot against a stone.’” ¹²Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’” ¹³When the devil had finished all this tempting, he left him until an opportune time.

Share this with a friend who may need encouragement.

Day 9

***Prayer:** Mighty Lord, thank You for spiritual armor for the spiritual battle—the belt of truth; breastplate of righteousness; helmet of salvation; feet fitted with the readiness of the Gospel of peace; shield of faith; and the sword of the Spirit, the Word of God. I need each piece. Help me to remain strong in Your mighty power and stand against the enemy’s wicked schemes.*

Look up these passages and write your favorite on a notecard to focus on today:

[Ephesians 6:10-18](#)

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

Share this with a friend who may need encouragement.

Day 10

***Prayer:** Thank You, Lord, for such spiritual weapons as faith, truth, and righteousness that demolish strongholds. Help me to keep my mind fixed on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.*

Look up these passages and write your favorite on a notecard to focus on today:

[2 Corinthians 10:3-6](#)

³For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. ⁶And we will be ready to punish every act of disobedience, once your obedience is complete.

[Philippians 4:8.](#)

⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Share this with a friend who may need encouragement.

Day 11

***Prayer:** Holy Spirit, I know my own actions can open the door to the enemy. Lead me to be humble, not prideful; forgiving, not holding grudges; content, not striving for what doesn't satisfy.*

Look up these passages and write your favorite on a notecard to focus on today:

[2 Corinthians 2:10-11](#)

¹⁰Anyone you forgive, I also forgive. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, ¹¹in order that Satan might not outwit us. For we are not unaware of his schemes.

[Galatians 5:22-23](#)

²²But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³gentleness and self-control. Against such things there is no law.

[Ephesians 4:27](#)

²⁷and do not give the devil a foothold.

Share with a friend who may need encouragement.

Day 12

Prayer: Father God, Satan attempts to incite me to sin or prompt me to do evil. I'm desperately dependent on You to thwart the enemy's deceitful attacks!

Look up these passages and write your favorite on a notecard to focus on today:

[1 Chronicles 21:1](#)

¹Satan rose up against Israel and incited David to take a census of Israel.

[John 13:2](#)

²The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus.

[Acts 5:3](#)

³Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land?"

Share with a friend who may need encouragement.

Day 13

***Prayer:** Lord, when Satan goes after the core of who I am—telling me I'm a worthless sinner, a lost cause, an embarrassment to You—remind me of whose I am and who You say I am... a saint, a new creation, Your beloved child.*

Look up these passages and write your favorite on a notecard to focus on today:

[Ephesians 1:1](#)

¹Paul, an apostle of Christ Jesus by the will of God, To God's holy people in Ephesus, the faithful in Christ Jesus:

[2 Corinthians 5:17](#)

¹⁷Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

[John 3:16](#)

¹⁶For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Share with a friend who may need encouragement.

Day 14

Prayer: Father God, keep me alert to the evil one with spiritual eyes wide open as You use me to make a difference for eternity by helping other people come to know, grow in, and live for You.

Look up these passages and write your favorite on a notecard to focus on today:

[1 Thessalonians 5:6](#)

⁶So then, let us not be like others, who are asleep, but let us be awake and sober.

[Proverbs 4:23](#)

²³Above all else, guard your heart, for everything you do flows from it.

[1 Corinthians 10:12](#)

¹²So, if you think you are standing firm, be careful that you don't fall!

[Matthew 28:16-20](#)

¹⁶Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go.

¹⁷When they saw him, they worshiped him; but some doubted. ¹⁸Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Share with a friend who may need encouragement.

Day 15

***Prayer:** Father God, I pray as well for each member of my family and my pastor(s), church staff, and fellow believers. May they suit up in Your armor and experience victory by Your power.*

Look up these passages and write your favorite on a notecard to focus on today:

[Colossians 4:3](#)

³And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains.

[1 Thessalonians 5:25](#)

²⁵Brothers and sisters, pray for us.

[Hebrews 13:18](#)

¹⁸Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way.

[1 Peter 5:8-10](#)

⁸Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. ¹⁰And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Share with a friend who may need encouragement.