

I am strong in the Lord, empowered through my union with God. I draw my strength from Him, a strength that His boundless might daily empowers me with.

I wrestle not against flesh and blood but against principalities, powers, rulers of the darkness of this world and against spiritual hosts of wickedness in the heavenly places.

Today, I put on the full armor that God supplies, that I may be able to successfully stand against all the strategies and deceits of the devil. I am able to resist and stand my ground on every evil day of danger, having done all the day demands, I stand firmly in my place, solid in my faith and trust in God and His word.

I stand and hold my ground, having tightened the belt of truth around my loins and having put on the breastplate of righteousness.

I have shod my feet in preparation to face the enemy with a firm footed stability, and the readiness produced by the Gospel of peace, the word of the Living God.

I lift up and am covered with the shield of faith, by which I quench all the fiery darts of the wicked one.

I have on the helmet of salvation and I daily carry the sword of the Spirit, which is the word of God.

Ephesians 6:10-17