

**Day 5: Up!**

**The Passage: Ephesians 6:10–20**

**The Focus:** *“Finally, be strong in the Lord and in his mighty power. . . .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.” (Ephesians 6:10, 18)*

**The Meditation:** *“Pray in the Spirit on all occasions with all kinds of prayers and requests.”*

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**Empowering Truths:** When my daughter was around two years of age, her favorite word was “Up!” She would lift her chubby little arms, look way up to my face, and say, “Up!” Her raised arms were a sign of dependency usually with an air of urgency mixed in.

She wanted “Up!” when she was tired, when she couldn’t see due to her size, when she was scared, or when she just wanted to be snuggled.

Her “Up!” request would bring her into a new position with me—into my arms or onto my shoulders. No longer was she walking on her own power but now she was connected with my power. She was as strong as her father.

Prayer is the way we say, “Up!” to God. When we lift our hands or get on our knees or raise our voice or focus our thoughts on God, we are admitting our weakness and his power. We are saying, “I need strength, vision, courage, protection, and love, and you are the one who can help.”

Paul starts the “armor of God” teaching with a command for us to be strong, to be connected with God’s “mighty power.” He ends the teaching with the provision for connection: prayer (Ephesians 6:18).

He states its importance in an all-encompassing manner. He writes, “all occasions” with “all kinds of prayers” at “all times” for “all God’s people.” He doesn’t want you to miss the point that prayer must be woven into all your life, all your days, all your emotions, all of your needs, all of your battles, all of your temptations, and all of your ministry efforts.

The hard reality is that demons are on the attack daily, and they don’t get tired. The greater reality is that you can walk in victory over them through the power of prayer. Consequently, this is why a primary point of spiritual attack is against your prayer life. If the “spiritual forces of evil” can keep you from praying, they can keep you from victory.

So don’t be surprised that you get too busy to pray, too tired to pray, too bored to pray, too mad to pray, too sad to pray, too cynical to pray, too discouraged to pray, and so on. You must mount a counterattack in those times. You must refuse to allow the evil one to rob the greatest privilege afforded to humans—the power to speak to the living God and know he’s listening. He is “Abba, Father,” and we can say, “Up!” anytime to him!

As Samuel Chadwick, the nineteenth-century Wesleyan preacher powerfully stated:

Satan dreads nothing but prayer. His one concern is to keep the saints from praying. He fears nothing from prayerless studies, prayerless work, and prayerless religion. He laughs at our toil, he mocks our wisdom, but he trembles when we pray.

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**Power Truth:** *We connect with God’s power when we weave prayer into all our lives.*

**Our Prayer:** Father, it’s astounding that you give us mortals the ability to speak to you directly through Christ. Thank you for this powerful privilege. Forgive me for letting prayer become commonplace. Help me live dependent upon you as evidenced through continual prayer. Empower my life and ministry as I meet all situations with prayer.