

# Prayer Warrior

1. Read what Paul said about the armor of God (Ephesians 6:11-18) and make a poster or craft showing the armor of God.
2. Name five Old Testament prayer warriors and read one of their stories from the Bible. How were their lives changed by talking with God?
3. Discuss how and where to pray.
4. Learn who we should pray for and write a prayer of your own. Read this prayer in the Adventurer Club, Sabbath School class, or during the church service.
5. Discuss why you pray.
6. Take a prayer walk with the Adventurers or your family. Talk about the way you felt during the walk.



## Helps

1. Belt of truth; breastplate of righteousness; boots of peace; shield of faith; helmet of salvation; sword of the Word of God.
2. Examples: Abraham (Gen. 12); Joseph (Gen. 41); Moses (Exodus 16); Joshua (Joshua 5); Gideon (Judges 6); Samuel (I Samuel 3); David (Psalm 41 & I Samuel 17); Daniel (Daniel 6).
3.
  - a. Ways: Pray out loud or silently; pray with others or by yourself; sing; journal (writing down your prayers); telephone prayer (pray with someone on the phone).
  - b. Places: By your bed; at the breakfast table; in the car; on your bike; while taking a walk; in Sabbath School; at a hospital; anywhere!
4. Pray for yourself, family members, friends, enemies, pets, church family, church workers, the unsaved, the sick, and neighbors.
5. To praise God, to say I'm sorry, please forgive me; to tell God thank you; and to pray for others and yourself.
6. Did you feel better after the walk? Did you feel close to God? Did what you see make you feel thankful or give you things to pray about?

## Resources

- Seventh-day Adventist Bible Commentary  
Ephesians 6:10-18
- [museums.ncl.ac.uk/archive/arma/welc/beginner/faq1.htm](http://museums.ncl.ac.uk/archive/arma/welc/beginner/faq1.htm)  
Roman Soldiers
- [cgrustuabCrafters/Com/armor\\_pattern4u.gif](http://cgrustuabCrafters/Com/armor_pattern4u.gif)  
Armor of God Playing Cube
- [bj.canon.co.jp/english/3D-papercraft/costume/roma\\_e.html](http://bj.canon.co.jp/english/3D-papercraft/costume/roma_e.html)  
Roman Soldier Paper Craft