




# PRAYER SHIELD





**'MY SHIELD IS  
GOD MOST HIGH,  
WHO SAVES  
THE UPRIGHT  
IN HEART.'**

**PSALM 7:10**

## Welcome to The Prayer Shield

We at Enjoy Church carry a deep conviction that prayer changes things – not least of all, us. We believe God will move powerfully amongst us, renewing and equipping us with the message of hope, truth and love when we are united in prayer.

We believe that as we each pray, our prayers become like interlocking shields which surround us on every side, protecting us and releasing God's blessing and favour over our lives. The more of us that pray, the greater the prayer covering over the life of the church and the more we can accomplish for the Kingdom of God.

*"Surely, Lord, you bless the righteous; you surround them with your favour as with a shield."* Psalm 5:12

If you've been with us for some time, you know that Enjoy Church's rhythm of prayer is to begin the annual and academic year by devoting ourselves to God through a focused time of prayer and fasting!

Throughout this booklet you will find a pattern to prayer based upon Ephesians 6 which we call 'The Prayer Shield'. This is an ongoing pattern, and this guide will introduce you to The Prayer Shield where we focus on daily biblical principles as we commit to pray together.

The PRAY method is broken into four steps, conveniently spelling out the word pray: Pause – Rejoice – Ask – Yield. This framework gives a great foundation for people new to prayer or wishing to expand their awareness of prayer potential.

With Love and Blessings

Chris & Sarah James





# Worship

Worship involves our entire relationship with God: our words, our attitudes, and our actions. God wants worship not only on our lips, but also in our hearts. He wants our worship to be sincere — He wants to be the most important thing in our lives, that we are truly submissive to him. He wants our worship to affect our behaviour, that we make sacrifices, that we put to death the deeds of selfishness, that we seek justice, be merciful and humble, and help others. He wants us not just to obey him, but to serve in ways that go beyond specific commands. We are to worship wherever we go, doing all things to God's glory, praying always, giving thanks always, never ceasing to be a temple of the Holy Spirit.

*“Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.”*

John 4:23 (NIV)

- Pray for anointing on the Worship Team and sensitivity to the Holy Spirit as they lead.
- Pray that God would touch the lives of people as they focus on Him and put Him first – pray for healing, salvation, burdens to be lifted - even as we worship.
- Pray that our gatherings would be marked by a collective passion for the Presence of God.

# Word

God's Word as revealed in the Bible, helps us understand who we are, who God is, and the relationship between God and humanity. Scripture reveals eternal and often uncomfortable truths about our nature, our souls, and our history.

Hebrew 4:12 tells us that *“the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”*

*“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray also 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”*

Ephesians 1:17-18 (NIV)

- Pray for an anointing on the speaker and that peoples' hearts will be receptive to the Word whenever it is preached; that they would have ears to hear what God is speaking personally to them. Pray for a spirit of revelation and understanding to be released.
- Pray that people would not only hear the Word but would apply it to their own lives and be doers of the Word.
- Pray that people's hearts will be receptive to the word whenever it is preached and for a willingness to respond.
- Pray for our children and youth groups: that they will experience God's presence, know His Word, come to a personal faith in Christ and become strong Jesus-followers.





# Power and Presence

In Christ we have the very presence of God living within us by the power of the Holy Spirit. God's presence empowers us to live for God and to do the impossible.

*"...give us, your servants, great boldness in preaching your word. Stretch out your hand with healing power; may miraculous signs and wonders be done through the name of your holy servant Jesus." After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness."*

Acts 4:29–31 (NLT)

- Pray for the power and presence of God to be manifest powerfully whenever we come together, and for words of knowledge and prophetic words be released.
- Pray for lives to be transformed, as people encounter Jesus in a powerful way.
- Pray for signs and wonders, healings and miracles; that sickness will be healed, and emotional needs will be met.
- Pray for those who become Christians; that they would know the love of God at work in their lives.

# Fellowship

In Acts 2, we get a beautiful picture of what fellowship looked like in the early church. At the beginning of this chapter, the Holy Spirit comes and then Peter preaches an epic sermon of the gospel. Then, directly after this, we get verses 42-44:

*"And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. And awe came upon every soul, and many wonders and signs were being done through the apostles. And all who believed were together and had all things in common."*

- Pray for good relationships and a sense of purpose and belonging to be established through Community Groups, Connect Groups and volunteer teams.
- Pray for those who re-commit their lives to God; that they will quickly get connected back into church life.
- Pray that the joy of the Lord will be our strength as God's people come together.
- Pray for the power and presence of God to be manifested whenever we gather together.
- Pray for the gift of the Holy Spirit to be at work so that we will see signs and wonders and healings and miracles in our day.





# Health

Our strength is not found in the absence of sickness, trial, or despair, but rather our strength is found in the truth that God is present with us even in these times. The heart of God is to be our strength when we are weak.

*“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”*

3 John 2 (NIV)

*But he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.*

Isaiah 53:5 (NLT)

*Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.”*

Matthew 11:28 (NLT)

- We declare divine health and strength over those you are praying for, declaring every part of their body will function as it was designed to function and that they will live a long and healthy life.
- Where there are health challenges, command all sickness to leave and pray for full health and strength to return to their body and/or mind.
- Pray for those who are unwell that they will know the presence of Jesus with them in their suffering. Pray that God’s grace will be sufficient for them.

# Protection

Ultimately, our protection comes from God. In times of physical and spiritual attack and in threatening situations of all kinds, those who trust in the Lord find Him to be a strong Protector.

*If you say, “The Lord is my refuge,” and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways;*

Psalms 91:9-11 (NIV)

*The Lord is faithful, and He will strengthen you [setting you on a firm foundation] and will protect and guard you from the evil one.*

2 Thessalonians 3 (AMP)

- Pray a shield of protection around each person, that the Lord would surround them, shelter them from all attacks of the enemy and keep them safe and at peace.
- Pray for the supernatural protection over His people – that they will be delivered from all harm, and that all plans of the enemy will come to nothing
- Pray for protection over Enjoy Church from any attack, distractions and false accusations, that the ministry would continue to advance with strength for the glory of God.



# His Provision

God is all-powerful, all-knowing, and all-loving. It is to his delight that he provides for our needs. In fact, the Gospel is a story of God's incredible provision for us.

***“Honour God with everything you own; give Him the first and the best. Your barns will burst; your wine vats will brim over.”***

Proverbs 3:9-10 (MSG)

***“And my God will meet all your needs according to his glorious riches in Christ Jesus.”***

Philippians 4:19 (NIV)

***“For the Lord God is a sun and shield; the Lord will give grace and glory: no good thing will he withhold from them that walk uprightly.”***

Psalms 84:11 (KJV)

- Pray for provision over every person and household at Enjoy Church. Pray also over the church as a whole – that there would be more than enough provision to extend Enjoy Church ministries and missions and so we can be generous on every occasion.
- Pray against the fear of economic uncertainty. Where people are in debt or difficulty, pray they will put their trust firmly in God who is their provider.
- As we honour God with our finances, pray that He will open up the floodgates of Heaven over us.
- Declare that we will be a people with courageous faith who will step out and trust God in the area of finance. Pray that we will have many testimonies of God's miraculous provision as we do this
- Pray for diligence and wisdom for the Enjoy Church finance team, leadership and board of directors as they steward what is given at Enjoy Church.





# Relationships

God created us to be in relationship with Him and with others. The most important commandment Jesus gave us is to love God and love others. Healthy relationships are so important that God didn't just suggest we treat others well; He commanded it.

*“Let us not give up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

Hebrews 10:25 (NIV)

*“I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.”*

Ephesians 4:1-3

- Pray for Enjoy Church, the community of God's people, journeying together in genuine, Christ-centred community, loving one another, caring for one another and using our God-given gifts to serve one another and spur each other on.
- Pray for blessing, unity and protection over our relationships.
- Declare that as we walk in love, unity and honour towards one another, we will be an example of God's love to those around us.
- Pray that we treat each other with gentleness, humility, patience and love.
- Pray for God's blessing and protection over our relationships within our church and the community.
- Pray for Godly friendships to flourish and that we would spur one another on to grow in our faith.

# Parents and Children

When you become a parent, you take on a role unlike any other. The biblical role of a parent is to be a good steward of the children God has placed into their care. Parents have the responsibility to care for the spiritual, emotional, and physical well-being of their children. The most important biblical duty of a parent is to teach their children about Jesus in action and word.

*“Children, obey your parents in the Lord, for this is right. “Honour your father and mother” – which is the first commandment with a promise – “that it may go well with you and that you may enjoy long life on the earth.” Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”*

Ephesians 6:1-4 (NIV)

- Pray for strong relationships between parents and children. Pray that every member of your family will be wonderfully blessed and will radically love and serve Jesus.
- Pray for Families: Pray for wisdom for parents as they raise their children. Pray that children and young people will grow up knowing that they are loved.







# Spiritual Growth

Spiritual growth is one of the most important aspects of being a Christian. As believers of Jesus Christ, we need to grow and mature in understanding the principles of the Bible and follow them. The same way we want and expect our children to grow in age, wisdom and maturity is the same way God wants and expects us to grow spiritually. Spiritual growth means we grow in the grace of Jesus Christ and in His knowledge.

*“Rather, you must grow in the grace and knowledge of our Lord and Saviour Jesus Christ. All glory to him, both now and forever! Amen.”*

2 Peter 3:18 (NLT)

*“So let us stop going over the basic teachings about Christ again and again. Let us go on instead and become mature in our understanding. Surely, we don’t need to start again with the fundamental importance of repenting from evil deeds and placing our faith in God.”*

Hebrews 6:1



- Pray that every person who comes to Enjoy Church would have a desire to grow spiritually – to know Jesus better and to be growing to become more like Him. We pray that everyone at Enjoy Church will use the spiritual gifts they have been given to build up the body of Christ and to reach the lost.
- Pray that each person will have a ‘renewed’ hunger for the bible; that the Holy Spirit will enable them to understand it, use it to speak to them and empower them to do what it says.
- Pray for wisdom, favour, blessing and insight over our leaders, that they would hear God clearly and lead with authority and anointing.
- Pray that as a church we will continue to have a passion for the Presence of God – worshipping and pursuing Him wholeheartedly
- Pray that we will be as bold as Daniel, so that we will be a people who are growing in courageous faith to impact those who come into our daily lives.
- Pray that each person will have an open heart before God, having a willingness to change, confessing our sins so we can live a life of obedience, holiness and intimacy with God.
- Pray that everyone will be empowered by the presence of the Holy Spirit, being rooted in the love of Christ and filled with the fullness of God.



# Your Kingdom Come

It is clear from Scripture that God uses us to bring Him praise and to invite others into His Kingdom. While we do not control the results, we can control whether we take the initiative to share Jesus with others. While we may still have fears when it comes to sharing our faith, the Holy Spirit can help us overcome these fears. We are not called to be perfect at evangelism, God simply asks us to be obedient – motivated by love for Him and compassion for others.

*“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.”*

1 Peter 3:15 (NIV)

*“For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”*

Ephesians 2:10 (NIV)

*“Serve wholeheartedly, as if you were serving the Lord, not men, because you know that the Lord will reward everyone for whatever good he does”*

Ephesians 6:7–8 (NIV)

*“But you should keep a clear mind in every situation. Don’t be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you.”*

2 Timothy 4:5 (NLT)

- Pray that each of us will grasp that we have been created with a purpose, that we are part of God’s plan for humanity and have a unique calling and destiny to fulfil.
- Pray that Enjoy Church will fulfil the mandate God has given us, seeing lives transformed from our neighbourhoods to the nations by the power of God’s love.
- Pray for an increase of the miraculous among us; that we would have powerful, divine appointments to heal the sick, prophesy life, lead people to Christ, bring deliverance, release signs and wonders and bless every place we go in Jesus’ Name.
- Pray for an awakening in our nation, that people would turn again to the one true God. Pray for revival across the nations. Pray for a breakout of God’s presence and power that would see men, women and children return to Him.





# Sacrificial Mission

Nothing reveals the love of God and the power of Christ more than the work of missions at home and abroad. Missions is the sharing of the gospel of Jesus Christ with people anywhere and everywhere in the world.

Mission is embodied in the command of Christ, *“Go into all the world and preach the Good News to everyone.”*

Mark 16:15 (NLT)

*“Therefore, go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit”*

Matthew 28:19 (NIV)

- Pray that as a church we would reach out to those who do not yet know Jesus and be bold in sharing Him with others. Pray also that we are generous in meeting the need where we find it. Pray for the Holy Spirit to be working in their hearts, convicting them of sin and bringing them to a place of openness and repentance.
- Pray for ‘Love:Portishead’ that the people we interact with will come to the Lord through this go local project.
- Pray that we would be passionate and engaged in sharing the good news of Jesus to all those around us, consistently leading others to the Lord.
- Pray for Enjoy Church’s ‘Go Global’ project, that we would find new church destinations so we can help support their missions while continuing to support our Romanian friends.
- Pray for each by name, that God would open their eyes to see their need of Him, removing any “rocks” in their lives that might be blocking their understanding of the gospel.
- Pray into a season of multiplication at Enjoy Church – that the Lord would help us and lead us to reach people in our towns and cities for Christ.





**“As for God, His way is perfect; the word of  
the LORD is flawless. He is a shield to all  
who take refuge in Him.”**

Psalm 18:30



[www.enjoychurch.co.uk](http://www.enjoychurch.co.uk)

[info@enjoychurch.co.uk](mailto:info@enjoychurch.co.uk)