



# Armor of God with Essential Oils

**1 drop of essential oil to the top of your head and pray,**

*“God, help me to put on the helmet of salvation that is only found in Christ Jesus. I believe in HIS life, death, and burial and the resurrection and that I experience forgiveness of my sins through him”*

**1 drop of essential oil in the palm of your hand and apply it to your chest, rubbing in a clockwise circular motion and pray**

*“Heavenly father, when you look at me you see the breastplate of righteousness covering me. Because Jesus has covered my sin you see HIS righteousness in me. Thank you for your incredible gift of mercy”*

**1 drop of essential oil in the palm of your hand and apply it around your navel rubbing in the clockwise circle motion and pray,**

*“Gird me with the belt of truth today Lord. May I be truthful and full of integrity in all that I do today”*

**1 drop of essential oil in the palm of your hand and apply it on the sole of your right foot and pray**

*“May I be prepared with the readiness of the gospel today. I pray I am alert to the opportunities to tell people I encounter about the good news of Jesus and the abundant life that is found in a relationship with HIM”*

**1 drop of essential oil in the palm of your hand and apply it on your left foot and pray**

*“May I share the love of Christ in an attitude of peacefulness using kind words without arguing”*

**1 Drop of essential oil in the palm of your hand and apply it on the right shoulder and pray**

*“Lord, I take up the Sword of the Spirit which is the word of God. Please bring to my {this passage of scripture that I read today} and help me to remember your promises”*

**1 drop of essential oil in the palm of your hand and apply it on your left shoulder and pray**

*“Finally, God in Heaven, I pray I would take up the shield of faith and carry it with me throughout this day. Faith is my unbreakable confidence in you. Protect me from evil and from the fiery darts that are aimed at me”.*

*Now that I am fully clothed in the armor of God. I give you my day today, Lord. Lead me to what you have in store for me today and let my heart not be troubled when it is not the day I imagined was ahead of me. I pray all these things in Jesus Name.*

*Amen.*

