

UNDAUNTED

A Prayer Journal



UNDAUNTED

e-Prayer Journal

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un·daunt·ed

/,ən'daʊnt(t)əd/

adjective

1. not intimidated or discouraged by difficulty, danger, or disappointment

THE ARMOR OF GOD

Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. 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 NIV

Belt of Truth

The Belt of Truth is the first piece of armor listed, and I believe that is on purpose. Truth comes first because without it, all the other pieces of armor would be lacking. There can be no righteousness, peace and so on without truth. Just as the belt of a Roman soldier held the sword and the other pieces of armor to the body, so truth holds a life with Christ secure. The Bible is the book of truth so it's important to be in God's Word daily.

Breastplate of Righteousness

Righteousness comes through faith in Jesus Christ to all who believe. Since our flesh fails and we have no righteousness aside from Jesus, it is He who protects us from the world. As a breastplate protected the Roman soldiers from their foes, similarly the breastplate of Christ protects us from evil. Strap on the righteousness of Christ daily for He is our Savior and Protector.

Sandals with the Gospel of Peace

It was important for Roman soldiers' feet to be prepared to march in long battles, so they were fitted with thick-soled sandals with straps that supported their ankles and spiked bottoms to secure their steps. To walk in readiness with the Lord, we must strap on the gospel of peace, that is the Good News, so that we are fully prepared. When we embrace what Christ did on the cross for us, it gives us security and a firm foundation to base our lives on.

Shield of Faith

A Roman soldier's shield was the first layer of protection. Fiery arrows could not penetrate this important weapon of defense. As believers, our faith is the shield that protects when we are attacked on all sides. To remain faithful, we must shield ourselves with God's power as it's our protection against the enemy's schemes.

Helmet of Salvation

Without salvation in Jesus Christ, there is no victory. Without protection of the face and head, the Roman soldier's armor would be incomplete. I can't imagine going into battle with full body armor, but nothing covering the head. The Helmet of Salvation protects us not only from the battle against sin and the tempter, but the battle with our own mind. Let's put our helmets of salvation on and be grateful for what Christ did on the cross to allow us our freedom.

Sword of the Spirit

The Sword of the Spirit is the Word of God, and there is no better way to go after the lies and schemes of the enemy than with the Holy Scriptures. The Word of God is sharp and can pierce through the darkness of this world like no other weapon. Jesus modeled this when Satan tried to tempt Him in the desert. We must consume God's Word so that we become adept in using it.

Prayer

When we put on the Armor of God we are clothing ourselves for battle, but we are not to go into it alone. Prayer is the seventh component and connects us to our Commander in Chief. We get direction from Him along the way and He renews our strength. Prayer is one of our best weapons as it's used on offense and defense. The Word says to pray in the Spirit **at all times**. Praying in the Spirit is powerful and a necessary companion to the Armor of God.

HOW TO USE YOUR JOURNAL

The UNDAUNTED e-journal is for you, which means that you can go at your own pace. There are enough journal pages for it to be used consistently for 21 days if you cover all seven sections per day. You might like to spend a longer period of time in the morning in prayer or use it at night before bed. Perhaps keeping it out throughout the day doing a section or two at a time will work best for you. If you spend more time in prayer on the weekends, using it as a weekend journal is an option too. Although you can customize it to your schedule, I encourage you to stick with it and be consistent with the time you choose. It's certainly not meant as another thing to simply check off your "to do list" for the day, but keeping your Spirit-led appointments with God will help you get to know and hear Him more. It's all about your relationship with Jesus.

SECTION 1 — *Thanksgiving*

*In everything give thanks;
for this is the will of God for you in Christ Jesus.*

—1 THESSALONIANS 5:18 NASB

For most of us there are so many things to be grateful for that all of our blessings would not fit in the daily box marked thanksgiving; so to start, I suggest listing at least three per day. If you're like me, there will be a constant flow until one day it slows. Does this mean there isn't much else to note? Not at all, but it might be time for us to slow down, shift our perspectives to see a bigger picture.

When we purposefully look to see the beauty in nature, for example, we notice an array of colors and feel warmth in the fall leaves as we drive down the highway to our destination. What a magnificent piece of art we get to admire as we go on a long trip. Too often, I did not notice things like this until I started to list them. One time I remember viewing an annoying drip in the kitchen sink as a blessing because I thought about people without clean running water. *They would rejoice in that sound*, I thought. I pray that when you work on this section, it will become a treasure hunt where you'll find many jewels.

SECTION 2 — *Praise and Worship*

*Blessed be your glorious name,
and may it be exalted above all blessings and praise.*

—NEHEMIAH 9:5 NIV

Praise and worship has to be one of my favorite things to do when spending time with God. Even now as I type there's a melody ringing in my head. I can't keep from praising the Lord because His love is so amazing. There are days that I just want to shout and sing and dance. While doing so brings much joy, it also brings protection. Praise and worship are weapons used to thwart the enemy, and I'm not afraid to use them!

Most days I begin my time with the Lord listening to worship music. As I close my eyes and let the music take over, the Spirit often moves me towards His presence. If you don't do this already, I highly recommend it. During your time of worship, write down lyrics that resonate with you or thoughts that are brought forth as you praise Him. I've also experienced times when I've simply desired to sit in silence speaking words of praise to Christ our King, and then I write those down as if writing Him a note of adoration. Whatever you do to give glory to our God can be noted here in this box.

SECTION 3 — *Humble Confession*

*For all have sinned,
and come short of the glory of God.*

—ROMANS 3:23 KJV

Give me an **S**! Give me an **I**! Give me an **N**! What does that spell? Okay, so who really wants to cheer about sin? Do we even want to acknowledge it at times? It's definitely not something to celebrate, right? But FREEDOM from sin surely is, and it's my prayer that this section will become for you what it has for me; a place where chains are broken. What was one of my least favorite boxes to fill in has become one of the most necessary to hear God more clearly.

As you approach this box, it's important to go there. Let humility wash over you so you're prepared to confess the obvious shortcomings in your day. You're not alone in this as we all have them. It might be a reaction you had towards something that happened and could have been handled better, an argument you took part in, or something bigger. Perhaps it's something only you and God know about, like a thought you had that's not exactly holy. Write it down and give it to God because He knows anyway. It's those prideful or judgmental thoughts that I didn't pay attention to until I said, "God, please show me anything in my life that could hinder me from hearing You more clearly." While it's not been fun to face at times, I'm so thankful He does remove the blinders, and even more thankful for the blood that was shed on the cross so I could be forgiven.

SECTION 4 – *God's Word*

*For the word of God is living and powerful,
and sharper than any two-edged sword,
piercing even to the division of soul and spirit,
and of joints and marrow,
and is a discerner of the thoughts
and intents of the heart.*

—HEBREWS 4:12 NKJV

There are times when it's a challenge to fully express the greatness in something, and one of those times is now. I'm at a loss for words to describe the significance in God's Word. God himself is sovereign so the verity that Scripture is God-breathed is just awe-inspiring. It baffles me to think about not having the Bible to guide me through life, and how lost I was before it became a crucial part of my days. It's truly my sustenance, and I experience an unbalance in my day if I don't consume it.

You'll notice that this box is a bigger space than other sections, and that was done for you on purpose. Some days one verse will stand out and you may want to write it all down and memorize it. Another time it might be a whole paragraph that touches your heart or challenges you, so you'll need more space. If you keep the journal out and use it throughout the day, it's a great place to jot down the book and scripture references so you have it handy to look up when you have more time. I've found it works well as a place to collect favorite scriptures and to refer back to them as I study and reflect on God's Word.

SECTION 5 — *Reflection*

*And don't for a minute let this book of
The Revelation be out of mind.
Ponder and meditate on it day and night.*

—JOSHUA 1:8 MSG

Let the Holy Spirit lead and you'll be amazed some days at what God shows you through His Word. As you seek to hear Him more, He will open your eyes to things you've not seen or give you a deeper understanding of who He is and how He loves. I have story after story of discoveries that came during this time of reflection. If a thought or vision pops into your mind, write it down in the section 5, even if you don't think it has anything to do with what you read. It could be something God's wanting you to ponder or pray about. I'm so excited for you to experience jaw-dropping moments with Him!

SECTION 6 — *The Asking*

With all prayer and petition pray [with specific requests] at all times [on every occasion and in every season] in the Spirit, and with this in view, stay alert with all perseverance and petition [interceding in prayer] for all God's people.

—EPHESIANS 6:18 AMP

Have you told someone that you would pray for them and then never did? I have. It was not intentional, but I either forgot or just got busy. It is comforting to hear the words “I’ll pray for you,” but even more so when we experience the kind of comfort that God gives because that prayer was heard and answered. So many people need prayer and it can be overwhelming to try and cover everyone’s requests. I want to encourage you that if you’re open and willing, God will often give you a burden for whom He wants you to intercede. You might read about a concern in a social media group or page, or someone might ask you personally to pray. The purpose of The Asking section is to write those names down and lift their concerns to the Lord with the authority given to us through Christ Jesus.

I’ve heard it said when we take our eyes off from ourselves and put them on others, our problems aren’t as big and our needs are often met. I’ve seen this happen with prayer over and over. To clarify, there is nothing wrong with asking God for provision and answers for you and your family. In fact, God tells us to in the Scripture above. He even says that we don’t have, because

we don't ask. So ask away and pray that God's will be done on earth as it is in heaven. And when you don't know exactly what words to pray, God's Word says that the Holy Spirit will intercede through wordless groans. Praying in the Spirit is powerful and it is meant for all people. Isn't that amazing?

SECTION 7 — *Prayers Answered*

*And my God will supply all your needs
according to His riches in glory in Christ Jesus.*

—PHILIPPIANS 4:19 NASB

I know it might date me, but one of my favorite songs back in the 90's was by Wayne Watson called *When God's People Pray*. I was comforted when I heard the artist sing of bringing our earthly pain to the doors of Heaven through prayer. It was a time when I needed the Father's ear like never before, and I knew He would not turn from me. Some of my prayers were answered as I believed they would, while others were answered quite differently than I hoped. But I realized that God's "no" is still an answer, and at times . . . the best answer. I may not have seen it then, but down the road, it became much clearer.

What thrills me is the part of the song that names miracles and how we can't explain them away. I know this to be true with signs and wonders too, because my life has been full of them. I've experienced God at work in undeniable ways, too many to be mere coincidence. Over time, we can tend to forget how events played out in our lives, but we don't want to miss giving God the glory for what He's done, right? The last section in this journal is a place for you to remember how God answered your prayers. It could be your "yes" that was the miracle, your "no" that was a sign, or an answer that leaves you wondering; whatever it is, write it down so you can look back on God's goodness, grace, and provision.

Listening vs Talking

*Listen and hear my voice;
pay attention and hear what I say.*

—ISAIAH 28:23 NIV

If you were to ask God what the communication is like in your relationship with Him, would He say that you do more talking or listening? I am a talker, but the more time I spend in His presence listening, the more in tune I am to His voice.

At the top of each section you will see two symbols. The ear represents listening and the chat bubble, talking. When you journal and spend time with the Lord, pay attention to what you did more of in each section, and circle that symbol. It could change as the Spirit leads, and there will be times that you circle both. It is my prayer that your time with God becomes a conversation.

Armor Symbols

At the bottom of the journal pages, you will see the first six pieces of the Armor of God. As you journey through your prayers using the sections in which to write, reflect on which piece(s) of armor kept you UNDAUNTED that day or week. Go ahead and circle the symbol or jot a note next to it. I found myself drawing a line from the symbol to the section that it was most related to that day. For example: you could draw a line from the helmet of salvation to the Thanksgiving section if you were thanking God for your friend accepting Jesus!

YOUR JOURNEY

DAY 01

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 02

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 03

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 04

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 05

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 06

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 07

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 08

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 09

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 10

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 11

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 12

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 13

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 14

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 15

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 16

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 17

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 18

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 19

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 20

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



DAY 21

Thanksgiving



God's Word



Praise & Worship



Humility & Confession



Put on the full armor of God so you can stand your ground!



Reflection



The Asking



Prayers Answered



What pieces of armor were used to keep you UNDAUNTED?



TESTIMONY

Congratulations! It's my hope that you've been communing with God through prayer in a deeper way. I would love to hear your testimony of how God is speaking to you and what He's revealed since the day you began. Here are some questions for you to give thought to:

Did your listening increase?

Which pieces of armor did you find yourself using the most?

How has using this journal left you feeling UNDAUNTED?

IRON SHARPENS IRON

*A friendly discussion is as stimulating
as the sparks that fly when iron strikes iron.*

—PROVERBS 27:17 TLB

Let's connect through the UNDAUNTED online community. There we can share stories and encourage one another in our prayer journaling. Visit me for links to my social media pages and the UNdaunted Community group at victoriachapin.com

ABOUT THE AUTHOR



Victoria Chapin is on a mission to embrace the truth found in John 10:10; Jesus came that we may have life and have it more abundantly. Her passion to do life to the full, despite life's trials, has inspired others to find hope and healing in Jesus. Victoria is a chaplain, speaker and award winning author who is actively involved in ministry leadership focusing on grief, creative arts, and women's ministries. She currently serves on the board of directors for Starlight Ministries and as co-director for The Well Ministry for Creatives. Victoria is a mom to twelve and grandma to thirteen and lives in Southwest, MI with her husband Jim. She loves everything coffee, especially when enjoying a cup over a conversation with friends.