

**Monday  
Morning**



**Warrior**

**O God, strengthen me, body, mind and spirit.  
Nurture the warrior within me.**

**Prayer:**

On this day Holy God help me to understand the battle that is continually being fought to win over my heart and mind. Help me to recognize the battle within myself. I confess that my thoughts and my reactions are too easily controlled by the battles that rage within and around me. I prepare for spiritual battle through training, discipline and strategy. I recognize that within this day my warrior spirit will either be transmitting self protective fear or transformed in Jesus Christ to active self giving love.

**Old Testament Scripture:**

God is our protected place,  
Our refuge in every moment,  
Within every circumstance,  
As mountains break away  
Falling into the sea,  
And the waters roar  
Foaming over us,  
We stand on the edge, courageous,  
Fearless.

Psalm 46:1-3

**New Testament Scripture:**

“The old law, the old understanding promoted loving your friends and hating your enemies. That day is over. I’m telling you to love your enemies and pray for those who are giving you trouble. This is important not just for your enemies sake but for your sake. This is so you can be children of God.” Matthew 5:43-45

**Warrior Prayer - I**

Creator God  
Father of all tribes,  
Mother source of all life,  
Guide me into the heartbeat  
Of your created order,  
That your life in me  
Would be a guide to others.

Teach me to see You  
In every living thing,  
In my physical body  
And the body of the Earth,  
In sister and brother,  
In companion and stranger,  
In friend and enemy.

Teach me Great Spirit  
To walk straight like the fox,  
To dive into dark waters like the gannet,  
To leap free like the dolphin.

Open me to the wisdom of the raven,  
To the joy of the otter,  
To the industry of the beaver,  
To the agile quickness of the deer,  
To the fierce flight of the peregrine.

Holy, all powerful God,  
Send me forth as your warrior  
Into the battle unafraid,  
To return evil with good,  
Hatred with love,  
Forever knowing that my enemies  
Are not my fellow human beings,  
But principalities that choke off life  
And powers that pervert life.

Forgive me my arrogance,  
Trusting in the illusion  
Of my own strength.  
Help me in my weakness  
To reject violence in all its forms;  
Violence in thought, word or deed.

May the Holy Spirit empower me,  
May the Way of Jesus guide me.

**Monday  
Mid-Day**



**Warrior**

**O God, strengthen me, body, mind and spirit.  
Nurture the warrior within me.**

**Prayer:**

Holy God, guide my training and conditioning so that I will be equipped to do battle physically, spiritually, and intellectually. Guide my eating, drinking, exercise, training and study in preparation for all I will encounter. I reject violence in any form. I reject the false, empty temporal power of the world. I accept into myself the enduring power of self giving love. I accept the Jesus way as the way of the warrior.

**Old Testament Scripture:**

God bans war on Earth,  
God breaks apart the weapons of war,  
God burns the instruments of war.

Psalm 46:9

**New Testament Scripture:**

Our struggle is not against human beings, but against rulers and powers, against forces that demean life and deaden our spirit, against spiritual forces in realms of power beyond our present seeing.

You must begin to understand what you are up against, how deeply you need power beyond yourself. Take up all that God provides to enable you to stand firm.

Ephesians 6: 12-13

**Warrior Prayer - II**

O God,  
Equip me for battle  
With your Holy armor;

The belt of truth,  
The shield of faith to quench the flaming arrows  
Of the evil one,  
The helmet of salvation,  
The sword of the Spirit  
Which is the word of God,  
Wearing marching boots to proclaim  
The gospel of peace.

Help me to disregard winning  
As the world interprets winning,  
To seize the victory  
Already won in Christ,  
To stand firm in the battle for justice,  
To protect the weak,  
To stand with the oppressed.

May the Holy Spirit Empower me,  
May the way of Jesus Guide me.

## Monday Evening



## Warrior

**O God, strengthen me, body, mind and spirit.  
Nurture the warrior in me.**

### **Prayer:**

Creator God, as the day begins to close, I ask for your forgiveness for instances of weakness within the day when I have trusted in illusions of strength. Forgive my fears, careless thoughts, and unloving actions. Supply the rest I will need for tomorrow's warrior journey.

### **Old Testament Scripture:**

Elijah became afraid and ran for his life. He fled into the wilderness and at the end of the day sat beneath a juniper tree in despair and asked that he could die; "I've had enough O God, take my life, I'm not any better than those who have gone before."

1 Kings 19:3-4

### **New Testament Scripture:**

Jesus and his disciples were in a boat upon the sea. A fierce storm came up and waves began breaking over the boat. Jesus had fallen asleep in the stern and the disciples woke him up in a panic; "Don't you care that we are perishing?"

Jesus stood up and commanded the wind and sea to be still.

And Jesus said to his disciples; "Why are you afraid? Where is your faith?"

Matthew 8:23-26

### **Warrior Prayer**

#### **Day 1: Vespers**

Holy Spirit

In your purifying fire

Burn away all impurity,

Lead me away from the thousand deaths

That rob me of life.

Lead me unto the death.  
That leads me to life.

Bathe my simple dwelling,  
In the light of your presence.  
Help me to choose wisely  
From the abundance you provide;  
Food that nourishes muscle,  
Bone, blood, marrow, every cell,  
And strengthens me for the mission  
That brings glory only to you.

All continues by your will,  
By your command the sun rises,  
By your decree the sun will set.

In death  
My soul sails over the lake of fire  
Into the new country.  
Where my ancestors wait  
Within the eternal dwelling;  
Mother and Father,  
Sisters and brothers,  
Friends and enemies,  
My home as ever  
In you.

May the Holy Spirit empower me,  
May the way of Jesus guide me.