

# ARMOR UP

## Seven Days of Remembering

Seven prayers. Seven days. One invitation to return.

Each prayer begins close to home and moves outward. Every card includes a truth to remember, a prayer to speak aloud and one simple act of obedience.

Pray one card each day. On the eighth day, place the set into someone else's hands.

SACRED STEWARDSHIP · RESTORING MORAL CLARITY IN THE DIGITAL AGE · [SACREDSTEWARDSHIP.ORG](https://sacredstewardship.org)

Day 1, My Own Heart

## Begin here. Begin with me.

### WHAT WE REMEMBER

I cannot lead others where I am unwilling to go. Before I ask God to change the culture, I invite Him to search my heart, expose the lies I have believed and return me to truth.

### THE PRAYER

Father, begin with me. Search my heart and show me where I have drifted from You. Reveal the lies I have believed about who I am, what I need and what will make me whole. Forgive me for looking to the world for what can only be found in You. Remind me that in Christ I am accepted, secure and significant. Form me before I try to form anyone else. Amen.

### THE TURN

Spend ten minutes with God before touching your phone tomorrow morning.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families

## Day 2, Our Children

# Reclaim our God-given authority to protect and guide our children

### WHAT WE REMEMBER

Children are sacred, not commodities. Knowing how to operate a device does not mean a child can understand the forces working through it. Protection is an adult responsibility.

### THE PRAYER

Father, cover our children, the ones in our homes and the ones who have no one praying for them tonight. Guard their eyes, minds, bodies, sleep and sense of worth. Expose every plan formed against them. Interrupt grooming, abuse, exploitation, bullying and despair. Place trustworthy adults in the path of every vulnerable child. Give us courage to see clearly, speak honestly and protect faithfully. Amen.

### THE TURN

Pray aloud for three children by name: one in your family, one in your community and one you may never meet.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families

---

## Day 3, Sexual Integrity and Freedom

# Restore what the culture has distorted.

### WHAT WE REMEMBER

Sex is sacred. Pornography and sexualized media train us to consume people rather than honor them. In Christ, shame does not have the final word and bondage does not have to be permanent.

### THE PRAYER

Father, forgive us for treating as entertainment what degrades people You created in Your image. Break the power of pornography, secrecy, lust and counterfeit intimacy. Protect children from exposure and exploitation. Bring hidden things into the light. Give those in bondage courage to ask for help and lead them into true freedom. Restore purity of heart, tenderness in relationships and honor for the human body. Amen.

### THE TURN

Remove one source of temptation or secrecy today, and tell one trustworthy person where you need prayer or accountability.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families

## Bring covenant, faithfulness and tenderness back into our homes.

### WHAT WE REMEMBER

Marriage was created to be a covenant of faithful love, not a performance or prison. Strong relationships require truth, sacrifice, forgiveness, boundaries and help before a crisis becomes a collapse.

### THE PRAYER

Father, strengthen marriages and heal relationships that are strained, wounded or distant. Protect homes from infidelity, pornography, resentment, contempt and isolation. Teach us to listen, forgive, speak truth in love and seek help early. Comfort those who carry the grief of divorce, betrayal or loss. Let every home, married, single-parent, blended, widowed or waiting, become a place where Your name is spoken and Your love is known. Amen.

### THE TURN

Put the phones away for one uninterrupted conversation or meal today.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families

---

## Restore the places where identity should be formed in love.

### WHAT WE REMEMBER

Formation cannot be outsourced. Parents are the primary formers of their children, and the Church has a sacred responsibility to equip, support and protect families.

### THE PRAYER

Father, give us back the hours we have surrendered. Make our homes places of truth, prayer, laughter, repentance and honest conversation. Make our churches courageous enough to address the issues harming children and compassionate enough to walk with those seeking healing. Give pastors wisdom, parents confidence and young people safe adults who will listen. Let discipleship become a way of life, not an event on the calendar. Amen.

### THE TURN

Choose one daily or weekly practice that will bring God back to the center of your home.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families

## Day 6, The Vulnerable and Exploited

# Let what is hidden be brought into the light.

### WHAT WE REMEMBER

Exploitation flourishes where people are unseen, unprotected and treated as disposable. Survivors need safety, justice, long-term support and communities willing to stay.

### THE PRAYER

Father, rescue those being abused, groomed, trafficked, sextorted or exploited. Confuse the plans of predators and expose the networks that profit from harm. Strengthen survivors and surround them with people who will believe, protect and walk with them. Give law enforcement, advocates, counselors, ministries and policymakers wisdom and endurance. Convict those causing harm, stop them from continuing and lead them to true repentance. Amen.

### THE TURN

Learn the name of one trusted local or national protection organization and pray specifically for its work.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families

---

## Day 7, Our Culture and Country

# Bring God back to the center of family, culture and country.

### WHAT WE REMEMBER

Laws can restrain harm, but they cannot form a heart. Cultural renewal begins when ordinary people return to truth, responsibility and the fear of the Lord.

### THE PRAYER

Father, have mercy on our nation. Raise leaders who will protect children over profit and truth over popularity. Confront industries that monetize addiction, appetite, surveillance and exploitation. Give churches courage to lead, families strength to stand and businesses conviction to do what is right even when it costs them. Awaken Your people. Restore our moral clarity. Father, forgive us for turning away from You and trusting in our own strength. We surrender our lives to You and lay every fear, burden and anxiety at Your feet. Teach us to trust You, follow You and stand firm in Your strength. Amen.

### THE TURN

Pray by name for one leader you disagree with, without adding a complaint.

Equipping people to stand firm in the spiritual battle for our hearts, our children and our families