

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2026 Focus: 12 Months of Prayer | February: The Spirit’s Help in Prayer

Each month, journey through a different biblical model of prayer.

Day 1 [Ephesians 6:10-12](#) | The Enemy

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. Ephesians 6:12

Paul begins his letter to the Ephesians with important reminders about who they are in Christ. They are adopted, redeemed, forgiven and sealed by the Holy Spirit. In the closing chapter of Paul’s letter, he transitions by reminding these blood-bought followers of Jesus that though their identity is secure, they are in a real spiritual battle. They have an enemy that seeks to take them down. This enemy, the devil, is elsewhere described as a lion who seeks to devour ([1 Peter 5:8](#)) and the father of lies ([John 8:44](#)). Paul’s point is that these believers need to know who their enemy is and put on the full armor for battle.

We are also in a spiritual battle, whether we recognize it or not. We have an enemy who wants to destroy us. He does not bite or devour our flesh, but he speaks lies that can sink deep into our hearts. This has been his tactic from the very beginning—to plant seeds of doubt and disbelief into the hearts of God’s people. These lies can be about the nature or character of God, ourselves or even the destructiveness of sin. Our responsibility as followers of Jesus is to take every thought captive by identifying lies and turning to the truth.

TODAY: Make a list of some of the major thoughts you have been thinking lately. Then identify whether these thoughts are lies or the truth. If lies, write out truths from God’s Word that contradict and replace them.

Day 2 [Ephesians 2:1-3](#) | The Battleground

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. Ephesians 2:1-2

In an opening section of Paul’s letter to the Ephesians, he warns that there are battlegrounds for their souls. These battlegrounds include the world and the flesh. The world, as Paul refers to it here, is not the tangible, physical world, but the society and system that redefines good and evil and calls it normal. The flesh includes internal desires that get twisted and distorted. It’s about disordered desires and a pressure to conform to the world and its values that are opposed to God. Paul reminds the believers that though they used to live according to the flesh and the world, they have a new identity and way of life found in Jesus.

Much like the Ephesians two thousand years ago, we also face a battle with the world and the flesh. If we don’t actively resist them, we will be conformed to their ways and values. Scripture calls us to be *transformed* rather than conformed. Instead of assuming the ways of the world or giving into the temptations of the flesh, we should

allow God's Word and ways to direct our hearts and lives. As Paul wrote to the church in Rome, we are to be transformed by the renewing of our minds ([Romans 12:2](#)).

TODAY: Renew your mind through Scripture by memorizing Romans 12:2. As you do, ask God to give you the grace and strength to think and live as he would have you to.

Day 3 [Isaiah 59:16-17](#) | The Armor

He saw that there was no one, he was appalled that there was no one to intervene; so his own arm achieved salvation for him, and his own righteousness sustained him. He put on righteousness as his breastplate, and the helmet of salvation on his head; he put on the garments of vengeance and wrapped himself in zeal as in a cloak. [Isaiah 59:16-17](#)

The prophet Isaiah ministers to Israel roughly eight hundred years before Paul writes his letter to the church in Ephesus. Israel has rebelled against God and is walking contrary to God's instructions. Isaiah warns them of the coming judgment and exile, which will be fulfilled one hundred years after his ministry. As part of his prophecy, however, Isaiah also describes God as the one going into battle on behalf of his people. Using language that Paul would later borrow in his letter to the Ephesians, Isaiah describes God as donning armor and garments for battle, indicating that God is the true warrior who fights for his people.

Isaiah's words should remind us today that spiritual strength and victory are not about trying harder, doing better or engaging in a rigorous self-help program. Rather, strength and victory come from looking to Jesus, our true champion, who has already fought on our behalf. We still have responsibility in this fight, which includes putting on the whole armor of God. But we fight the battle from a place of victory, not uncertainty or timidity.

TODAY: Sing with our worship team the "[Jesus Song](#)." As you join Ada Bible Worship in praising God, reflect on the victory and power you have through Jesus, letting him cultivate a joyful and confident heart in you.

Day 4 [Colossians 2:13-15](#) | The Victor

He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. [Colossians 2:13b-14](#)

While imprisoned in Rome, Paul writes multiple letters to churches, including the churches in Ephesus and Colossae. These two letters have similar themes and ideas. In his letter to the Colossians, Paul notes the victory that has been won in and through Jesus. Although God's people were once dead in their sins, they have now been made alive through the victory of Christ—a victory accomplished through Jesus's life, death on a cross and resurrection from the dead. Through his conquering of the grave, the enemy has been defeated, sins have been forgiven and God's people have been granted new life.

Jesus's victory is now our victory. For all those who believe in Christ, we are now heirs with him and co-conquerors. This means that our current spiritual battle occurs under the umbrella of Jesus's greater victory. The war has already been won. The enemy has been defeated. We can now fight and resist the enemy knowing that his days are numbered and we stand victorious in Christ. The battle may still rage, but we serve a triumphant champion who ushered in the victory.

TODAY: If you haven't received this victory and gift of life through Christ, make the decision to do so right now. Pray and ask God to forgive your sins as you place your whole trust and confidence in Jesus. Once you take that step, we would love to hear about it and celebrate with you! Email us at btw@adabible.org to let us know.



Day 5 [Luke 10:21-22](#) | Jesus Rejoices in the Spirit

This year in Beyond the Weekend, journey through different biblical models of prayer—one each month. February's focus is The Spirit's Help in Prayer.

At that time Jesus, full of joy through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.” Luke 10:21

Jesus sends seventy-two disciples out to share the good news of his kingdom. They return from their mission, filled with joy at what God has done through them in Jesus's name. Then, something beautiful happens—Jesus is filled with joy through the Holy Spirit. The Spirit moves Jesus to praise what the Father is doing, enabling him to see the Father's perfect plan unfolding. Jesus responds with joyful worship. Even Jesus, fully God and fully man, relies on the Spirit's power to perceive and praise what the Father is accomplishing.

Just as the Spirit filled Jesus with joy that led to praise, the Spirit helps us recognize God's work in our lives and the lives of others. He enables us to celebrate answers to prayer, spiritual breakthroughs and God's faithfulness. When we feel spiritually dull or can't see God moving, we can ask the Spirit to awaken our hearts to notice God's work. The Spirit grows fruits of joy, gratitude and praise within us. The Spirit's work transforms prayer from duty into delight as he helps us grow in trust, see through spiritual eyes and respond with hearts full of worship.

TODAY: Ask the Holy Spirit to open your eyes to see where God is working around you. Thank him for one specific way you've seen God move recently, and allow the Spirit to fill you with joy and praise.