

Ephesians 6: 10 – 20

‘Considering the armour of God’

Explanation ...

Our New Testament reading tonight was a passage that is familiar to many ... from Sunday School lessons for some of us ... **the Armour of God:**

When you picture the Armour of God, what image comes to mind?

There are many different artist renditions of it.

The ones that I have seen usually depict the armour of God either as a medieval plate mail or some version of Roman armour from the period of Paul who is writing this.

But all of these depictions are likely to be tainted by other associated images of bloodshed which is problematic.

Paul lays out the elements of the armour of God.

The belt of truth

The breastplate of righteousness

Our feet fitted with whatever footwear that helps us to be ready to proclaim the gospel of peace.

The helmet of salvation

The sword of the Spirit which is the word of God.

The descriptors that Paul uses do not sound like preparation for war, but for defence and a readiness to do his work. The only offensive element to this is the sword of the Spirit which is the word of God. This can cut through falsehoods and act as a guard against temptations.

I’m going to lead us in a meditation now – the pauses for your own thoughts and then your own prayer to God ...

Lord, as we seek to follow you as disciples and friends, help us to understand and use your armour in our daily lives:

The belt of truth

Is there a situation in which you are being tempted to hide the truth in some way?

Have a conversation with God about this

Lord, help us to wear your belt of truth – with both compassion and integrity

The breastplate of righteousness

Righteousness is about right relationships as well as about right behaviour

Is there a relationship in your life that needs healing?

Have a conversation with God about this

Lord, help us to live within your breastplate of righteousness

Our feet fitted with whatever footwear that helps us to be ready to proclaim the gospel of peace.

Are you reluctant to speak about your faith in Jesus?

Have a conversation with God about this

Lord, help us to be ready to share your good news in word and deed

The shield of faith

Do you feel vulnerable in some way?

Have a conversation with God about this

Lord, help us to remember to use the shield of faith you have given us when in need

The helmet of salvation

We have been given our salvation as a free gift. Our relationship with God is secure.

Are there areas of your life in which you ignore this gift – and in a sense ‘take off’ this helmet?

Have a conversation with God about this

Lord, help us to be ever grateful for your salvation and give our to others as we have freely received from you.

The sword of the Spirit which is the word of God

How much do you turn to God’s Word – the written word in the Bible or in prayer to Jesus, the Living Word, when you need to fight temptation or injustice?

Have a conversation with God about this

Lord, help us to use the help you offer to us in your Word. Amen.

Adapted from: <https://christianmeditationpodcast.com/051-put-on-the-whole-armor-of-god-a-guided-christian-meditation-on-ephesians-612>