

Ephesians 6:14b ... with the breastplate of righteousness in place ... (NIV)

You can read the verses around this Bible passage from the [Internet Bible](#): - in English, and Spanish

A breastplate obviously covers the heart. Physically, the heart is just a vital mechanical pump; but the metaphor is all about the bit of us that has desires and makes decisions. We make think that we decide with pure mental objectivity, but we don't! The big decisions of who to marry, what job to accept and which house to buy, are a fusion of so many thoughts: what we want now, with our past experiences, our future hopes and long term ambitions. None of these have much mathematical quantity, but we arrive at decisions (which have far reaching consequences) on the basis of lots of this 'soft data'. Christians who are trusting the Lord also have help from the Holy Spirit to compare and contrast this 'soft data' with Bible truth. He also helps us to build into our decisions what will please Him. Then He helps us to move with courage to announce our decision and to do what we believe to be right.

Being in the right matters to human beings. God has created us so that it should; but if we ignore Him and persist in wanting what is not right, eventually He will allow us to suffer the consequences of our wrong desire (cf [Ps 106:15](#)). So it is crucial that our hearts are protected by being in the right - otherwise we open a gap for evil to attack us and we will have no defence. Even God puts on a breastplate of righteousness (cf [Is 59:17](#)), and every Christian must do the same. Of course, it is only God's righteousness that is adequate as a defence against Satan. If we look to our own integrity we may see many holes through which the devil could wound us fatally. But if we are trusting in the Lord Jesus, God gives us His righteousness ([Rom 3:22](#)); indeed, Jesus becomes our righteousness (cf [1 Cor 1:30](#)): it is as though Jesus Himself stands in front of us, so close to our heart, to protect our hearts and deter the Evil One.

No wonder [Proverbs 4:23](#) says, "Above all else, guard your heart, for it is the wellspring of life." If only we would choose to accept what is right according to Jesus as the resource for our hearts. However, the world of work often has a different agenda: short term battles instead of eternal victory; pragmatism instead of principles; and convenience instead of conscience. So to march out into a new day with Jesus in front of you will be very different. It will matter to you what is right, because it matters to Jesus. It will be important not to make wrong decisions because it would grieve Jesus. But more than that, even when the pace of life becomes so rapid that we hardly know what decisions we are making - those who have the righteousness of Christ close to their heart will have an internal hunger to choose the right, knowing that God will meet their needs (cf [Matt 5:6](#)). And when that happens, there is no place for evil to reach through to wound our hearts. So put on that breastplate - if God does, we certainly need to!

Prayer: *Dear Lord. Help me to be eager to put on Your righteousness each day. I want to make right decisions but I need to be 'in the right' first. Thank you that only Jesus can make me righteous, because I know it is impossible any other way. May I step out into this day covered with His righteousness and trust Him to protect my heart as I make decisions. For Jesus' sake. Amen.*

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SLIPPERS OR SHOES

Ephesians 6:15 ... and with your feet fitted with the readiness that comes from the gospel of peace ... (NIV)

You can read the verses around this Bible passage from the [Internet Bible](#): - in English, and Spanish

Trench foot has caused more soldiers to leave the front line than enemy fire. Napoleon's army suffered severely in the retreat from Moscow and Allied forces were decimated around the Somme by feet that became diseased and unable to carry the advance. In World War 1, soldiers were instructed to dry their feet and change socks twice a day. They had to coat their feet with whale grease to stop the skin going soggy and being infected: if gangrene set in, amputation was the only solution. Roman soldiers also knew that footcare was critical. Their caligae (sandals) were renowned for their hard wearing, robust design with hob nailed soles and ankle support: the lattice of leather also allowed the feet to be ventilated to prevent disease. As the Roman infantry was required to march 25 miles a day during campaigns, carrying 50 lb of kit, footwear had the highest priority. Julius Caesar had the nickname 'caligae' from a boy growing up with his father in military camps - he was the 'ready-for-anything' soldier.

This verse points to the 'always-ready' feet. The gospel, which Christians believe, announces that we can know peace with God through what Jesus has done. We can be totally secure: whatever the evil attack, there is no reason to slip over or to run away. The gospel enables us to stand firm because the 'sandals' grip well with the studs of saving grace. Paul was not ashamed of the gospel (cf [Rom 1:16](#)), he would stand on its truth and stand by its power. However, the gospel is not just about inducing a fresh confidence, if it is true - then it must be proclaimed. Alas, many Christians are inclined to shrivel up at the first sign of difficulty or opposition; they are preoccupied with self preservation ... and, like the weaklings of the herd, they are soon picked off by the demonic hyaena. But those Christians who are ready and eager to take enemy territory, after the barrage has finished for the moment - they are the most likely ones to stand under attack.

Any army that retreats to the safety of home territory cannot win the war. Any business that will not go out to the market will be overtaken by the market. Yet, in the West, thousands of churches have retreated to their bunkers - ignoring the millions held hostage by Satan, as they enjoy peace with God. But the gospel is not intended to be a closed circuit message system to reinforce the well-being of Christians. It is meant for the loudspeaker and leaflet drop over the enemy lines saying that Jesus is ready to rescue. Currently, declining UK church attendance indicates that more people are dying than are being converted. The reason for this is that Christians are not ready with the gospel which could bring peace for so many who the devil is terrorising. Small wonder that Paul says that Christians need gospel boots and not gospel slippers! If the enemy can get us to take off our gospel boots for even a day, he can knock us off our feet more easily, and ensure that his hostages remain unsafe under his authority. And there are lots of hostages in your workplace. So ... strap on those caligae, and be ready to advance with Jesus' peace plan when the latest attack has died down!

Prayer: Dear Lord. Thank You for reminding me that I can only stand secure with You, if I am also ready to advance with You. Forgive my reluctance to see gospel-sharing as an integral part of my Christian life. Please help me to understand the devil's strategy, but also Your wisdom in making the gospel a part of my daily armour - now please help me to resolve to communicate about Jesus Christ today, whenever He sends the opportunity. In His Name. Amen.

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EVERY DAY ESSENTIAL

Ephesians 6:16 *In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - *in English, and Spanish*

Shields are designed to protect. As the crab and lobster need a hard outer shell to deter strong jawed fish, and the snail retreats into its shell; so humans have developed all kinds of protective shields. Today's police riot shields imitate the Roman military 'scutum' (shield) although using different materials. The scutum was about 120cm high, made from curving thin layers of wood to form a semi-cylindrical shape 5-6 mm thick (an early kind of laminated ply). The wood was covered with leather and edged with a bronze strip. A central metal boss was riveted through the shield to form a handle on the inside and an offensive knob on the outside. Weighing only 6-8kg, it was light enough to be carried on long marches (as part of the 50kg kit load). The leather cover of the scutum could be soaked with water to extinguish the pitch-tipped flaming arrows. The shield would interlock with others to form a defensive wall. Also, when a group of soldiers needed to advance against a barrage of arrows, the shields could surround the group, and cover over the top as they were held horizontally over the soldiers' heads, creating a slow moving impenetrable tortoise - a sort of early tank!

Paul uses the scutum, which would have been an everyday sight, as an illustration of how faith protects against evil's attack. But not any old faith. Today, 'faith' is a generic word for all belief systems. Politicians tend to think that they are variations on the same theme: ways to keep people contented. But faith in Jesus is different. It is to believe that we are sinners by nature, and need a Saviour who will accept the punishment for our sins - and Jesus is that Saviour. Trusting ourselves to Him is not just about feeling better, but being born again - into God's family. Faith accepts that Satan, who is God's enemy, will become ours too. It places confidence in God, as a small boy looks to his father - the one who can do anything and with whom there is total safety.

Although substantial, faith is intended to be portable ... not to be left in the barracks, NAFFI or offices' mess. Although faith is often formed in the church (which has workshops for bending the layers of wood and tacking on the leather), it must not be left there! Because faith is designed to work under attack, it needs to be taken anywhere that is not 'spiritually safe' (and few working environments are!). We exercise faith when we refuse to run away in the face of opposition - because Jesus is in control. Faith cuts in when our ideas run out, trusting in the Lord for the solution. Faith helps us to say "No" when the tempter stops by, and helps us say, "Jesus loves you", when our colleagues or clients are overwhelmed. We may hold the handle of the scutum, but Jesus is the boss on the outside to face the enemy and to disarm him.

Prayer: *Dear Lord. I need to trust you properly, and every day. Forgive me when I leave my faith behind in the church, instead of carrying it with me to work and leisure time. Help me to dare to go forward in the Name of Jesus, and to simply stand my ground behind Him as the boss, when the opposition comes. In Christ's Name. Amen.*

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IF THE HELMET FITS, WEAR IT!

Ephesians 6:17a *Take the helmet of salvation ... (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - *in English, and Spanish*

Helmets are everywhere. In the UK you must wear one on a motorcycle, on a building site, and when going to work underground. Skydivers, cavers, rescue services and the military all know that once you lose control of your head, you lose everything. The Roman army helmet (galea) which Paul was writing about was modified over time, like military kit anywhere; but the constant features were a metal dome to cover the head, an attached metal neck protection, metal side pieces to cover the jaw and sides of the face, and flanges to cover over the tops of the ears. So the helmet protected the brain, so the soldier could be fully self-controlled; the neck, so that a sword blow would not decapitate; the ears, so that the soldier could hear but a glancing blow would not cut off the ear pinna; the jaw, so that the soldier could continue to feed himself.

Paul's analogy is important for Christians. The helmet represents our salvation. Not only does Christ's death on the cross save us from eternal judgement as we put our trust in Him, it save us for a significant purpose. We are to be the 'soldiers and servants' of Jesus - to work with Him to rescue those who have been taken hostage by Satan. So we need to be fully functional, self controlled, 'all together', able to listen to His Word and to feed ourselves with it. The salvation-helmet protects all those vital functions. As the Roman soldier rejoiced in the coloured plumes attached to his helmet (that he was a part of the Imperial army), so we should rejoice in the splendour of our salvation - that we have been made children of the living God, through faith in Christ.

It is easy to leave home for work, thinking of ourselves as teachers, retailers, plumbers, engineers, academics, nurses or production line workers. That is our job; it's what we get paid for. But if we left home thinking that we are children of the King, agents of heaven and ambassadors of grace ... what a difference that would make. Our salvation-helmet may be polished in church but it is designed to be worn everywhere where Jesus is not honoured. In those places, the devil will try to neutralise our presence, keep our mouths zipped up and try to intimidate us lest we should try to invade his territory. But with the confidence that we are saved, and therefore safe; and the confidence that Jesus has saved us for the purpose of working with Him to rescue Satan's hostages - we will be able to work with the Lord despite the opposition. So put on the helmet, stand your ground and be glad to represent Jesus.

Prayer: *Father God. I am sorry when I forget that You have saved me so that I can be a part of Your good purposes in this world, and at work. Please help me to delight in being saved, and to be bold in working with You - so that others might find their peace with You too. In Christ's Name. Amen.*

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THE CUT AND THRUST

Ephesians 6:17b *Take ... the sword of the Spirit, which is the Word of God. (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - *in English, and Spanish*

This 'cut and thrust' is not about sharp business practice or 'positive driving'. It is about defence against the Evil One. Most readers will never have held a sword, and certainly not used it as a weapon. The Roman infantry gladius sword was about 60 cm long, made of some sort of steel-like alloy. Although the mounted officers would have a longer spatha sword (about 1 metre) this would be too unwieldy for the foot soldier. The gladius was broad-bladed and double edged for cutting and slashing, with a well formed point for thrusting. It was an offensive weapon! Roman legionnaires would be trained to lead with their shield (if possible knocking their enemy down with the heavy metal boss) and then to thrust with the sword. So, the sword is for very close contact fighting. It is life and death stuff.

When Satan attacks, we first stand behind the shield, but then as things get hotter - we will need to use the gladius. This sword is not ours, but on permanent loan from the Holy Spirit Himself. It is the Word of God. Satan's principal attacks come through lies, and are exposed by God's Word which is truth. When we know and trust God's Word, we can use it's truth to defend our minds against evil lies ... and the devil has to go away. We will not need at advance at all, but truth can be accurately and deliberately thrust out, from behind the shield of faith, to counter the untruths that have been used to intimidate us.

Only the negligent Roman soldier (who would be court marshalled) would leave barracks without his sword. But one thing worse than court marshal, is death. Christians who do not trouble to read God's Word will never be able to use it; and those who have not learned any of the Bible, cannot use it in the unexpected moment, and will be defeated. The remedy is to prepare ahead of time - like any soldier. Start today ... with this whole verse, "Take the helmet of salvation and the sword of the Spirit, which is the word of God." [Eph. 6:17](#). Commit it to memory, and then test yourself. You never know when you may need to deal with the liar who says, "You are not saved ... your faith is no good ... God's Word is not true ...". You can know from the Bible that your salvation is secure if you have received Christ, your faith is growing as you learn to stand behind Him, and He defends you as you grow; there is enough evidence in God's Word that He is always true to what He says - and He never changes. So the lies cannot stand against you!

Prayer: *Dear Lord. Thank You that You are always true to your Word. Help me to believe it and to us Scripture to counter Satan as Jesus did in the wilderness. In His Name. Amen.*

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EMERGENCY HELP

Ephesians 6:18a *And pray in the Spirit on all occasions with all kinds of prayers and requests ... (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - in English, and Spanish

Modern warfare is highly dependent on telecommunications. Ancient armies used more primitive signals (trumpet, flag, torch, fire or smoke - as well as human and animal couriers). Without an interactive command structure, you lose the battle. In this verse, Paul leapfrogs over millennia of communication methods and says that the hard pressed soldier, even the one isolated in the thick of the battle, can personally call up the King for help. Without the facility of prayer, we are on our own, left to make up our own solutions to impossible problems. But when we pray, we have immediate and direct access to the God who made us, and who has saved us out of the grip of the devil God will certainly not want us to fall back into his clutches.

All effective prayer is 'in the Spirit' (cf [Jude 20](#)). In the same way that God's Word is on permanent loan from God's Spirit, prayer is not just a human invention, but is energised by the Holy Spirit. The Spirit knows exactly what is in our hearts and He understands our needs even better than we can explain them. [Rom 8:26-27](#) says, "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will." So God's response to our need does not even depend on our ability to get all the words right.

'Prayer' simply means 'cry'. Babies do not have logical words, whatever the need - they just cry. It is the parent's responsibility to interpret the sound, and to act accordingly. So it is with God. He is our Father and takes full responsibility for understanding every time we cry out to Him. Those who know that they belong to Him, will call out to Him: that is the nature of our family and military relationship with our Father and King. [2 Peter 2:9](#) says, "... the Lord knows how to rescue godly men from trials and to hold the unrighteous for the day of judgment ..." So, today, when you cannot see your way through, and Satan is stirring up fear or even despair - cry out to the Lord. Tell Him what you know and feel, and then trust Him for the answer. He hears you at work or home, just as well as when you are in church!

Prayer: *Dear Lord. I often do not know how to express myself to You. But today, I cry out and ask that you will interpret the confusion and pain of my heart, and the fear that Satan has stirred up by his lies. Please hear my cries for help and answer me. In Jesus' precious Name. Amen.*

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IN MIND AND WITHIN SIGHT

Ephesians 6:18b ... *With this in mind, be alert and always keep on praying for all the saints. (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - *in English, and Spanish*

When you see, ..."with this in mind" we should ask, "what is the 'this'"? Paul has just explained that the unusual opposition faced by Christians is nothing personal to them. But it is personal between the devil and the Lord. Because we belong to Jesus, Satan insults Jesus by attacking us. Often he uses other people - but they are not the problem, it is the Evil One who is getting to us through what they may say or do. We cannot resolve the matter by attacking people, but we can be completely protected by the armour that God provides. In the end, it is God who fights for us (cf [Ex 14:14](#)); we just have to stand firm, trusting in all that Jesus has done for us, and using His Word of truth to counter the lies of Satan.

As the evil onslaughts are not going to go away (until Jesus returns), we need to be always vigilant, and keep our armour on. Alertness is essential for every Christian. We may not know from which direction the next attack may come ... but it will come, so we need to be ready. However, that is not all. We are not alone in this. We have many Christian brothers and sisters who are also being attacked by Satan's schemes. Many of them we do not know personally, but when we hear of persecution and hardship, even in countries that we have never visited - we have a responsibility to pray for them. Pray too for church leaders who are often in the firing line. As we pray, God responds in grace and power.

Some Christians we do know well. We work with them every day. We have a special responsibility to pray for them, and to let them pray for us. The workplace Christian Fellowship / prayer group has a major role in encouraging us to do this. We also need to pray for the business or organisation we work for too. Every manager, from foremen to director, needs God's help lest they unwittingly get caught up in evil schemes which will hurt them and many others. [Jeremiah 29:7](#) says, "Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." Such prayer may well be of more help to the company than working late every night! And if there are other believers in your workplace, ought you not to pray for them and with them?

Prayer: *Father God. Forgive me for being slow to pray for my colleagues and for the workplace where you have put me. Help me to learn a discipline that will encourage me to pray regularly for those at work, so that You will act in mercy and grace towards us and that Your Name will be glorified. In Jesus' Name. Amen.*

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FRIENDS WHO REALLY HELP

Ephesians 6:19-20 *Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should. (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - in English, and Spanish

Without talking to God, every Christian is at risk of being seduced, scared or swamped by Satan's schemes. But this is not just about us as individuals. We are part of an army in which everybody looks out for each other ... or, at least, is supposed to! Paul has just told his readers to be alert and keep on praying for other Christians. We know that is a good thing to do, but often forget how essential it is. Christians who are under pressure, overwhelmed, tired or unwell often struggle (or give up) in prayer. Naturally we either curl up and isolate ourselves, or we want emotional help from other people. Somehow we ignore the greatest source of help - not just to help us to feel better, but to protect us from evil schemes. When we are struggling, without involving the Lord, we are a prey for the devil. And that is why it is more important to pray for each other, even than to give practical help.

Paul knew this from personal experience. Here he is: in prison, facing trial and possible death. Personal assistance with a warm cloak or food or company would be good; but he knows his greatest danger is from Satan. Even though the apostle has been through many dangers for the sake of the gospel, his greatest need is still to stay true to the gospel. Every day he sees his guards, and so each day is an opportunity to speak about Jesus. Yet, he admits not knowing what to say, or how best to explain the gospel: he knows that fear is lurking inside him - and he wants to be able to push through the anxiety barrier. But he also knows that this is not just about his personal energy but dealing with Satan's oppression. Only God can deal with that, and He acts in response to the prayers of other Christians.

If a spiritual giant like Paul needed that kind of spiritual help, we certainly do! Yet our reluctance to share our weakness (a common workplace problem) often means that nobody asks God to restrain the devil, who is exploiting our weaknesses. And a great weakness is the fear that if we say anything about the Lord, we will either lose friends or make enemies. We hide behind not knowing what to say, instead of asking people to pray that we will have the right words. We may even wrongly think that our fear is a divine sign that we should not share the gospel! We need others to pray for us, and we need to pray for them. Samuel said that failure to do so was sin (cf [1 Sam 12:23](#)) - so it is about time we prayed for other Christians at work and in the leisure club, and asked them to pray for us. If there is no prayer group at your work, why not start one?

Prayer: *Father God. Thank you for hearing the prayers of other people, so that I may be released from fear of witnessing to the power of Jesus. Help me to share my spiritual struggles with those I can trust, so that You will intervene in my life as my friends pray for me. And help me to be concerned and pray for their spiritual health too. In Jesus' Name. Amen.*

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ESSENTIAL MENTORING

Ephesians 6:21-22 *Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you. (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - *in English, and Spanish*

Networking is not new. Tychicus was one of Paul's personal assistants, who was trusted to share Paul's news and encouragement around the churches (cf [Col 4:7-9](#)). This was classical 2-way networking. Everybody felt that they are known, and could get to know others better. But this was not just a series of social encounters, the key communication was about Jesus. As churches grew, they needed to be taught - that was Paul's job (either personally, by messengers like Tychicus or by letter). They also needed problem issues to be resolved, encouragement to keep going, rebuke and correction where things were going astray, and training for leaders and new Christians. All that was Paul's job too! But, however much they gained from his instruction, they needed Paul to be a role model too (cf [1 Cor 11:1](#)).

So Paul was sending Tychicus to Ephesus, not only with encouraging teaching, but also to let them know how Paul was getting on in prison. It was important for them to know that, although he was suffering, the Lord was sustaining him ... and that he was still spreading the good news about Jesus. Then, whatever their circumstances, they would be encouraged to keep going as active and vocal Christians, and not give up. Unlike some celebrity leaders today, Paul was eager to tell everything, the 'downs' as well as the 'ups' - but with the keynote that Jesus can be trusted in everything (cf [1 Thess 5:18](#)).

Today's businesses are realising the importance of role models and mentoring. In this information-rich age, knowledge becomes dangerous without guidance and examples of how to use it. That is why we need the Bible, with all its role models (including Paul). But we also need devoted Christians whose example inspires us, and whose personal interest encourages us. If you do not have someone to encourage you like that, why not pray to find one? Likewise, we can be an example to others (cf [2 Tim 4:12](#)). You would be surprised how much others notice your character at work ... and that's good if you are being a godly example! Others can then follow you. It should be one of the great functions of the Christian Fellowship at work, if everybody is willing to be open, honest and prayerful according to the Scriptures.

Prayer: *Dear Lord. Thank you for all the examples of godly living that I read in the Bible. Help me to learn from godly people around me at church and at work, so that I can be a living example of Your grace to others. In Jesus' Name. Amen.*

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A NEW PERSON AT WORK

Ephesians 6:23-24 *Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ. Grace to all who love our Lord Jesus Christ with an undying love. (NIV)*

You can read the verses around this Bible passage from the [Internet Bible](#): - in English, and Spanish

Out of all God's riches, intended for every Christian, Paul announces that peace, love, faith and grace are freely available - with only one condition needed for receipt (our love for Him). This closing benediction is a message from Father God and Jesus Christ to the Christians in Ephesus; and we need it too! And not just us, we should know how to announce God's blessings to other people. The warehouse storeman knows how to locate and supply component parts or completed products; the pharmacy dispenser knows how to give out prescribed drugs. Of course, we do not 'own' God's gifts, nor can we create them ourselves. But if God wants to give them out, we can let people know that they are freely available.

Peace, in the New Testament, primarily describes the end of a war. It is the result of stopping fighting against God; surrendering ourselves to His love and mercy. That is how we become Christians in the first place, and every time we remember that God is not angry with us any more because of Jesus - we feel peaceful.

God is love and all love flows from Him. Love is best described as appropriate-giving without any thought of repayment. That is what God did in sending Jesus to die to take to punishment for our sins. Every time we remember that we are loved that much, we feel loved.

Faith is believing all that Christ has done for us. But unless God opens our eyes to the truth, we cannot believe. So we need to receive His gift of faith and not presume we can work it all out for ourselves.

All this depends on God's grace - His nature of freely giving what we do not deserve and can never repay. All we have to do is to accept the truth that Christ Jesus came into the world to save sinners ([1 Tim 1:15](#)), and then to receive every blessing that follows (cf [Rom 8:32](#)). Doing so, is the mark that we depend totally on God and are willing to receive whatever He shall send. That is not usual business practice, where dog eats dog - but that is why the person who receives all this from the Lord can live a radically different life at work: peaceable, loving and giving, full of faith and able to be faithful, grace-dependant and therefore able to be gracious. May the same Lord bless you today, at work.

Prayer: *Dear Lord. Thank you for all that you have done for me, and for opening my eyes to see your grace. When I find it difficult to believe, please help me, and please keep reminding me of all the blessings I can receive, if only I am willing to love and trust You. In Jesus' Name. Amen.*

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