

HELP IN THE BATTLE

Remember how the kids in the Narnia books were all given weapons to help them to fight for Aslan?

Well C.S.Lewis got his idea from the Bible- in Ephesians 6:10-18.God provides us with his own spiritual armour to help us in the battle against temptation that we fight day by day.

Be strong in the Lord and in His mighty power- HIS not ours!
Put on every piece of God's armour so you will be able to resist the enemy in the time of evil -and after the battle you will still be **STANDING FIRM**.
Let's look at the individual bits of armour that God offers to us:

STAND YOUR GROUND-PUTTING ON THE BELT OF TRUTH:-

Don't back down- know God's truth, His faithfulness, His love.
Put it on- this is active- speak the truth, don't ignore lies.
Belts keep up your trousers! The truth keeps us decent and pure.
Weight lifters wear belts to protect their backs- with God's belt of truth, we can carry more weight in life (cope with more) and our words will carry more weight to those who hear us.

PUT ON THE BODY ARMOUR OF [GOD'S](#) RIGHTEOUSNESS:

Righteousness is bought for us by Christ's death on the cross and so our defence against evil is Jesus- not ourselves.
Body armour protects the heart, lungs and vital organs- if these organs were damaged we could die. Without Christ's gift of righteousness we are dead in relation to God.
When we wear this armour, we are protected from evil and we can fight for others- we can protect those we love and take the blows for them by bringing them to God in prayer.

FOR SHOES PUT ON THE PEACE THAT COMES FROM THE GOOD NEWS:

When you have a good strong pair of shoes on your feet, you can walk a long way. We must be ready to trust God- the more we trust Him, the better the shoes He gives us will fit!
We must be ready to go and tell others the Good News that they can have peace with God through Jesus.
We must be ready to spread God's PEACE instead of argument, hatred and war.
Jesus has given us the gift of peace with God- we must know this right from the soles of our feet to the top of our heads.

This piece was written by Pauline Kaye and used recently at one of the cell groups at Simon and Pauline's house

HOLD UP THE SHIELD OF FAITH TO STOP ALL THE FIERY ARROWS OF THE DEVIL:

Roman shields were as big as a door and they were soaked in water overnight so that any fiery arrow would not cause the shield to burn.
This shield would be **HEAVY** to hold- so we need God's help to hold up our faith. When we ask He is happy to help- but we also need to exercise our spiritual muscles. We need to spend time with God in prayer and bible study to get stronger.

Soaked in water? You and I need to be soaked in the living water that flows from Jesus- that is the Holy Spirit.

The fiery arrows can be temptation, sin, doubt, guilt.....God's Holy Spirit can extinguish **EVERY** arrow that evil wants to chuck at us- all God asks is that we Trust in Him- ask Him for help and stand firm.

This shield is big enough to cover your friend too..and when we all stand together with our shields interlocked, we are immensely strong and very hard to attack.

Encourage each other- spend time with each other and pray for each other!

PUT ON SALVATION AS YOUR HELMET:

Put it on- accept it-Jesus died for YOU! Sometimes it may take an act of will to state-"I know that I am saved." State it often - keep it in the forefront of your mind- don't let doubts cloud it.

A helmet protects your brain- the highest functioning area of your body - the control centre.

Your senses, reason, understanding, emotion, activity and even your breathing are all controlled by your brain. Every aspect of who you are has been saved by Jesus!

A helmet protects your sight and your hearing- do you watch and listen to things that reflect Jesus' love for you?

TAKE THE SWORD OF THE SPIRIT WHICH IS THE WORD OF GOD:

God's word- the Bible-contains His message to His people.
It shows us how to live, but it cuts through the nonsense and rubbish of the world and points us in the right direction.

It is here waiting for you- go on-TAKE it!

READ it- learn bits of it so that you are able to quote it when you need to.
The Holy Spirit makes use of the bible to speak to us- and it says in John 14 that He will lead us into all truth.

Use the bible- verses that you have learned- to fight off doubts and temptations.

Try memorising some of Jesus' words from the gospels and speak them out when things are tough. Try john 10:10

"The thief comes to steal, kill and destroy- but I have come that you might have LIFE in all it's fullness."

Resist the devil (the thief) and he will flee! (James 4v7)