

Lent 1 - Our 'walk' with the Lord:-

Although most Bibles give the reading in Ephesians chapter 4, verse 1 as *“lead a life worthy of the calling to which you have been called”*, the literal translation is *“walk worthy of the calling . . .”* Note that chapter 4 begins with a *“Therefore”*! (again, in some versions this is not so clear). Because of all that the Lord God has done – chapters 1 – 3; culminating in the prayer at the end of chapter 3. Paul then turns to the way that we should respond to the great blessings we have received.

As part of this response, our Christian Walk is described in the terms of ‘Spiritual Warfare’ in **Ephesians chapter 6, verses 10 – 20** which is our reading this week.

Chapter 6, verse 10 - *“Finally, be strong in the Lord and in the strength of his might”.*

Remember that the Lord Jesus himself said *“without me you can do nothing”* (John chapter 15, verse 5) and Paul, writing to the Philippians said *“I can do all things in him who strengthens me.”* (Philippians chapter 4, verse 12).

Verses 11 – 12 – An important reminder that the battle in which we are engaged is a spiritual one! It is a battle, not just for hearts and minds but for souls! The eternal well-being of ourselves and of those with whom we have to do is a vital part of our ministry. As Christians we are engaged in a spiritual battle and as such we must be fully equipped to do so. Satan, the great deceiver and evil spirits were an ever present reality to the Lord Jesus Christ! Here, Paul describes them as *“world rulers of this present darkness”* and *“spiritual hosts of wickedness in the heavenly places”*. If this worries or concerns you read again the prayer of the Lord Jesus Christ in John chapter 17 especially verses 14 – 21.

Verse 13 – The armour is provided by the Lord God. The individual Christian has the responsibility of putting it on. For much of the time we can trickle along meeting very little opposition. However, if we are living full Christian lives, alert to the prompting of the Holy Spirit and reaching out on Christ’s behalf to those in need – especially spiritual need – then we will meet opposition! Come *“the evil day”* we will need all the God given resources available.

Verses 14 – 17 – Note that the various pieces of armour for protection work when facing the foe! The back of a Roman soldier was largely unprotected and he depended on his companions to watch out for him and ‘cover his back’! The final piece of armour mentioned (verse 17) is the sword. How familiar are you with the ‘Word of God’ - the Bible? The Lord Jesus Christ could quote it from memory and used it to refute the temptations of the Evil One see Matthew chapter 4, verses 1 – 11.

verses 18 – 20 – Note that our prayers should be *“in the Spirit”*. For help with this see Romans chapter 8, verses 14 – 16 and verses 26 – 27. As we make supplication for our brothers and sisters in Christ we are to pray that they may be able to witness to the redeeming love of Christ to those whom they meet.

Please in your prayers pray for one another and for us *“that utterance may be given to us in opening our mouths boldly to proclaim the mystery of the gospel”*.

Christ be with me, Christ within me.
Christ behind me, Christ before me
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in Danger
Christ in hearts of them that love me
Christ in mouth of friend and stranger.

I bind unto myself the Name,
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three,
By whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.

From “St Patrick’s Breastplate”