

# For Contemplation

Engaging with  
God's Story

**"Put on the whole  
armour of God"**

*Ephesians 6:11*

Organised by Veterans Faith and Wellbeing Support

**Creative Ministries Network**

An agency of the Uniting Church in Australia

## Prayer

God of grace, come to each of us this morning with your unconditional love. Fill our hearts and minds, bodies and souls with your mercy, so that our prayer, our intentions, and our actions will be for ever shaped by our gratitude for your goodness. Amen.

## Heart's desire

*Spend some time seeking to discover your deepest sorrow and shame at times you felt your life was captive to dehumanising powers. Then ask God to bring to awareness your yearning for justice and right relationships in difficult times. Ask God for grace to stand in solidarity with Jesus in the sorrow and shame of his suffering. Ask Jesus for the grace to be more like him in his time of captivity and suffering.*

## The Scripture: Ephesians 6: 10 - 18

*Ask Jesus to be with you as Paul urges his readers to equip themselves to stand against the dark forces at work in the world. Read the passage from Paul on the back page. Allow the military imagery to bring to awareness the intensity of the battle Paul sees in the fight between good and evil.*

## Pray the text

*Slowly read the passage from Paul a second time. Imagine you are being attacked by an unseen enemy. Notice how you feel in the face of threatening darkness. Recall a time when you sensed you were in the presence of evil. What happened? How did you feel?*

*Hear Paul equipping you. What is the truth he commends to you? Recall a time you experienced that truth. How does it feel? What part did faith play at that time?*

*Paul imagines God's word as a sword. What has been destroyed in you to achieve your liberation from dark forces? How does that feel? What is God seeking to destroy in our*

*world for our liberation from dark forces? What are you yearning for today?*

### Journal

*Write a few notes for yourself. What touched me in this prayer time? How did I feel touched? What moved me? Focus on what actually happened. Note any thoughts, emotions, convictions that were particularly strong.*

### Community sharing

*When the group comes together, each person will be given the opportunity to share their story. After each person has spoken, there may be more you wish to say which has surfaced from what you hear in the group. This is not a time for discussion.*

### Blessing

May God who fights for justice keep you safe,  
Christ who desires peace guide your path, and  
the Spirit of liberating power heal you and renew you to fullness of life. Amen.

## Ephesians 6: 10 – 18

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.

### **JOURNAL NOTES**

---

---

---

---

---

---

---

---