

November 6, 2011

### Round 3 : Protecting Your Core

<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armour of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup> Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God. <sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:10-18

#### The Breastplate

*Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place.*

Two biblical uses of "righteous":

1. To be straight, not crooked. To pass inspection.
2. To be right with. To be reconciled. To realise acceptance.

The importance of your core.

#### The Shoes

*And with your feet fitted with the readiness that comes from the gospel of peace.*

The three *aspects* of a good shoe:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Understanding peace.

#### COMMENTS, PRAYERS AND PRAISES

We have a team of people who are praying for our church body regularly. If you have a praise item or prayer request that you would like to share with our prayer warriors or a comment for church leaders, please complete the form below.

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\_\_\_\_\_

Name \_\_\_\_\_

Mobile Number \_\_\_\_\_ Email \_\_\_\_\_

Please pass along my prayer/praise but without my name

#### WELCOME TO ISLAND ECC

Thank you for worshipping with us today! If you are new to Island ECC or want to get connected to our community, please complete this short form and drop it in the offering bag, or at a designated box on the 1st or 2nd floor. Also be sure to check us out at [www.islandecc.hk](http://www.islandecc.hk)

Name \_\_\_\_\_

Mobile Number \_\_\_\_\_ Email \_\_\_\_\_

Today I attended the service at:  9.30am  11.30am  5pm

On the:  1st Floor  2nd Floor