

Monday, June 19, 2006

Read: Ephesians Chapter 6

Memorize: Ephesians 6:12-13

"For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand." NKJV

Think About:

Am I putting on, then keeping on and using, the armor of God each day to help me withstand the temptations that come my way regarding my eating?

Pray:

God, I am caught off guard so many times each day when it comes to food temptations. I know the answer is to be well-girded with Your armor, which You freely give to Your children. Please help me to diligently remember to put on Your armor each day, and then to keep it on and use it, so that I can withstand the wiles of the devil. I pray this in the name of Jesus, Amen.