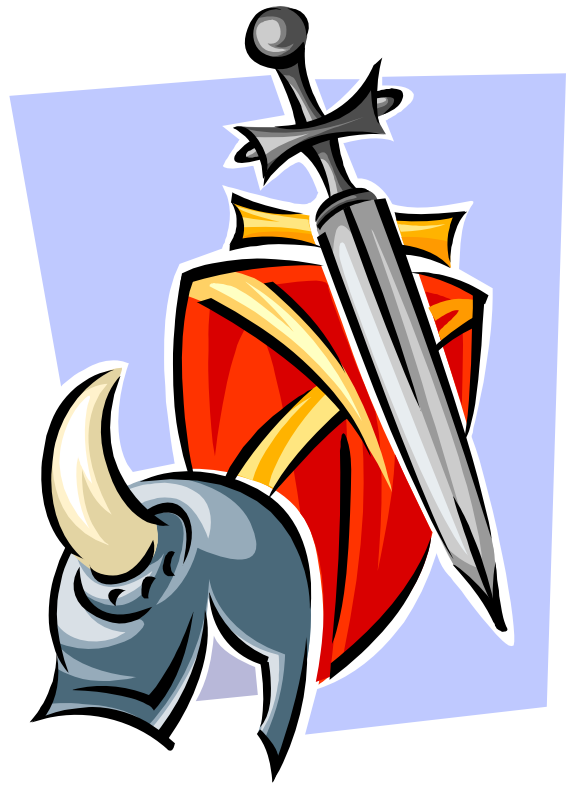


FAR ABOVE RUBIES:

*Insights on living the Christian life
– from a female perspective*

Dressed for Success

As I was looking through my wardrobe the other day I found that something strange had happened to my summer clothes - they appeared to have shrunk! How I wish I had stuck to the healthy eating plan I started in the New Year! We all like to look and feel good, so we spend a lot of time on our physical well-being. We go on diet after diet and participate in rigorous exercise regimes at our local gym to lose a few pounds. This is good, as 1 Corinthians 6:19 tells us that our body is the “temple of the Holy Spirit” and so we should look after it. I wonder, however, how much time we spend looking after our spiritual well-being?



I thank God for His care and protection on our lives, but we must always be aware that we have an enemy whose mission it is to destroy us. For this reason Ephesians 6:11 tells us to “put on the whole armour of God that you may be able to stand against the wiles of the devil.”

I don't know about you but I seem to have accumulated a lot of belts which I never wear. One belt that we must always remember to put on, however, is the **belt of truth**. We know from John 8:44 that Satan is a liar and as he can't stand truth any believer whose life is centred on truth will defeat him. Even “wee white lies” should have no place in a believer's life as one lie always leads to another and can give the enemy a foothold.

The **breastplate of righteousness** always reminds me that we have no righteousness of our own but it comes from Christ alone. It is only as we stand in His righteousness that we can put the enemy to flight. We should, however, also remember that we are called to live righteous and holy lives.

I love shoes, but having squeezed my feet into stilettos etc., resulting in several visits to the chiropodist, comfortable shoes are now the order of the day! Just as soldiers needed to wear suitable shoes to ensure good footing, we also need to keep our **feet shod with the preparation of the Gospel of peace**. The Gospel enables us to have peace with God and peace with each other. I thank God that because of Calvary we can bring hope, peace and joy into our situations, even in the workplace!

In Bible days shields were made of materials which were designed to immediately quench the fiery arrows which the enemy would shoot at them. When the devil shoots the fiery darts at our minds, giving us doubtful thoughts or a burning desire to

sin, we must use our **shield of faith** to quench those thoughts immediately, or they will light a fire within us which could destroy us.

A helmet is worn to protect the head against the attack of the enemy. Satan will always try to attack our minds and if he can win the victory over our mind he can torment us. The **helmet of salvation** speaks of a mind fully trusting and surrendered to God. If we could just fully grasp the price that Jesus paid for us on the cross, and who we are in Christ from His Word, then we would have no difficulty in putting the enemy to flight!

The sword is used in battle for close fighting. You can't get much closer – you are face to face with the enemy! The **sword of the Spirit** speaks of the Word of God and this is our defence. When Jesus was being tempted in the wilderness by the devil He responded by quoting verses from Deuteronomy. It was then the devil left Him (Matthew 4:11). When we are going through serious difficulties and under attack from the enemy, we must arm ourselves with the truth of God's Word and use it.

So next time you look in your wardrobe and are wondering what to wear, don't forget that we are constantly in a battle and put on the whole armour of God.