

solution through His enduring kindness and love for us. It is a free gift if you choose to accept it. Repent for your sins from your heart and put your trust in Jesus. Believe that Jesus paid the ultimate price by being cruelly crucified, then rising from the dead three days later to conquer death. Jesus led a perfect life but was sacrificed to pay for the sins of mankind. Belief in Jesus is the only way to God and to achieve eternal life in the presence of God.

"For God so loved the world that He gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life". John 3:16

"I am the way, the truth, and the life. No one comes to the Father except through me". John 14:6

Do you want to find out more? Here are some useful resources to begin your journey:

davidpawson.co.uk
derekprince.com
bibleproject.com
khouse.org

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Put on Your Armour

How do you protect yourself from harm? If someone asks you that question, what is the first thing that springs to mind? There are multiple ways in which we can protect ourselves from harm, and their effectiveness depends on the types of threats. One thing is for sure, not many of us have, or use, a suit of armour for our protection. It's more likely to be along the lines of:

- Physical barriers such as the doors and walls of our houses and gardens.
- Safety features built into cars.
- Personal protection through healthy diet, keeping fit, learning self-defence, wearing appropriate clothing for the weather.
- Financial protection through insurance and saving money for a rainy day.

How much or how little of this you do may depend on your attitude to risk, but most of us do work hard at staying safe so that we are able to live out our lives with minimal disruption. However! There is a massive problem, and an area that too few people consider. What about your spiritual protection? Most people have hectic lives and struggle to have time to think beyond the physical world and the 'here and now'. Just putting food on the table and paying the bills is becoming ever more difficult at a time of rising prices and economic uncertainty. However, and this may be hard to grasp, spiritual protection is even more

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important than all the above due to its eternal consequences. The Bible contains the answers you need to protect yourself from dark forces of evil. But why do we even need spiritual protection in the first place?

God's moral law is the 10 commandments and sets the standard by which we should live. However, if we are honest with ourselves, we know that we fall short of God's standards and therefore need help to be saved from the consequences of our sins, which is eternal separation from God. Satan is the god of this world and wants to keep us in sin as a barrier to prevent us being in a relationship with God. This is a spiritual war between good and evil and we are all constantly under attack. Apostle Paul speaks about putting on the armour of God in his letter to the Ephesians and discusses several parts to the armour, given to God's children in Christ for their protection.

Ephesians 6, 10-20 – “be strong in the Lord and in the strength of His might. Put on the whole armour of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places”.

If you give your life to Jesus and put Him at the centre of your life, you will have the spiritual protection you need and an assurance of eternal life. You will no longer be defenceless, but will have access to the following:

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If you give your life to Jesus and put Him at the centre of your life, you will have the spiritual protection you need and an assurance of eternal life. You will no longer be defenceless, but will have access to the following:

- The 'Belt of Truth' – protects the will. Satan is the deceiver and fights with lies. Only Believers have God's truth.
- The 'Breastplate of Righteousness' – protects the heart. Satan attacks our hearts, emotions, and self-worth. He accuses us of being guilty and unworthy. He also encourages self-righteousness, which God hates and leads people to believe, in error, that their good deeds are enough to get into heaven.
- The 'Shoes of Readiness' given by the gospel of peace. The enemy wants us to think that running to tell others the good news is a worthless and hopeless task.
- The 'Shield of Faith'. The enemy attacks with insults, setbacks, and temptation. Faith protects from the attack of his fiery arrows. Cling to the hope that is in Christ and refuse to believe Satan's lies.
- The 'Helmet of Salvation' – protects the mind. The enemy wants us to doubt our faith, God, Jesus, and our salvation.
- The 'Sword of the Spirit' – protects from lies. The sword is the Word of God in the Bible. When tempted by sin, trust in the truth of God's word.

So, how do YOU put on God's armour and choose 'life' for your eternal spirit? All of us sin every day, and the Bible teaches us that sin is an abomination to God. He will not allow any sin in His presence. God provided us with the

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