



Word Notes: Sunday 08/09/19

Still Standing: Ready to Run.

“We’re all on a Journey. There are hills to climb. There are mountain tops to enjoy. There are dry plains that seem to go on forever. There are storms that hit just when we feel furthest from shelter. Let’s reach our destination still standing.”

- Just for fun: what is your favourite pair of shoes and why?
- Read Ephesians 6:10-18

This week we’re thinking about our feet and our shield. What we wear on our feet says something about how we are aiming to move forwards on our journey, our motivation.

- On Sunday, Clare gave a number of analogies for different “shoes” we might be wearing (The slippers of comfort, the wellies of woe, the stilettos of instability, the “clip clops” of correction). Can you relate to any of the examples? Or perhaps you can think of different footwear that represents your motivation?

Notice that in this analogy of armour worn for a battle, we are to have our feet “fitted with the readiness that comes from the Gospel of **peace**”.

- How is it a Gospel of **peace**?
- How might our journey change when we fit our feet with the readiness that comes from the Gospel of peace?
- How does your awareness of it being a gospel of peace affect the way in which you share it with others?

The shield of faith extinguishes the flaming arrows that the enemy fires at us, but for this to work we have to keep our shield soaked in God’s presence.

- What practical things do you do to keep your shield of faith wet?

The shield of faith is most effective when you’re in a tortoise!

- What or who makes up your tortoise?
- Is there anyone you need to invite into your tortoise?

Take some to pray for each other this week, holding up your shields of faith together.