

# Jordan Café - Takeaway Reflection

Thursday, March 19<sup>th</sup>



**Hello ...**

**Hello and welcome to our new regular Jordan Café Reflections!** It breaks our heart that we are not able to meet together for the time being. BUT we still want to connect with you all, to share life together and our life with God together. One way we want to do that is through providing these reflections to help us continue to look to God.

**Reading: Ephesians 6:10 – 20**

<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.

**Reflection:**

We have been working through the book of Ephesians at our Jordan Café lunchtime Bible Studies and we got to the above passage on Tuesday, which was our last Bible Study for a while. I don't know if I could have picked a better passage to study at this time and for our last study! We see the fear and uncertainty in our community and in our world at the moment and it is incredibly sad that we have to stop meeting together at the Jordan Café.

Though our struggle against the coronavirus is invisible, it is also of 'flesh and blood' (v.12) and it will be a trying time, a time where we might feel isolated and worried. A time when 'the powers of this dark world and the spiritual forces of evil' (v.12) will try to take advantage of the situation and of us. We will be tempted to: Turn to drugs, alcohol, destructive relationships, be unhealthy, not follow health advice, not stay safe and so on. But, here Paul (the writer of Ephesians) calls us to be **strong in the Lord and in His mighty power (v.10)**. Whether we are together or by ourselves, we are called to stand firm in Jesus and His mighty power. And we stand firm in everything God gives us and more importantly in who God is! Everything that God is! I thank God that He is God and I am not 😊. Paul talks about this in terms of putting on the **full armour of God! (v.13)**. The belt of **truth**, breastplate of **righteousness**, feet of **readiness** from the **gospel of peace**, shield of **faith**, helmet of **salvation**, the sword of the **Spirit**, and the **Word of God (the Bible!)** (v.14-1). God calls us to take hold of all these things, the full armour of God and put all these things on, trust in Him! Find ways to stay close to God, ask me, ask others, make sure we have your contact details so we can check in on you? I hear God calling out ... **'CHARGE!'** With God's Armour, go forward with Him.

... And **pray**, Paul repeats the word '**ALL**' to show how important prayer is! 'Pray in the Spirit, on **ALL occasions** with **ALL kinds of prayers** and **requests** ... and praying for **ALL** the Lord's people' (v.18). Cry out to the Lord, call out to the Lord, pray for yourself, pray for others, pray for our community, pray for our world! **Amen**.

**What is your prayer? What do you want God to do? Ask Him! Also, there is a bunch of people here who would love to pray for you, please let us know your prayer requests and we can tell others to pray for you!**

**Make sure we have your contact details!?**

**Prayer:**

*Father, I thank you for Jesus and His mighty power! I thank you for your Holy Spirit, my Sword! And, I thank you for your full Armour. Please help me to put it on at all times and for all occasions. Please help me to pray. I pray for myself, my community and my world: Please help us! Help me! I ask that the coronavirus just goes, in the name of Jesus. I ask for help, strength and health at this time, I pray for those who are really struggling and are vulnerable. I love you my Lord and Saviour Jesus and I pray this in your name. **Amen**.*