

Thought for the day – Thursday 12th May 2022

By Revd John Marshall

The armour of God

We used to wear the badge of the Crusaders' Union; with the cross of Christ, the shield of faith, the helmet of salvation, the sword of the spirit and the crown of life.

Who can forget Chidi's recreation of the armour of God. It was / is very dramatic.

I read in Reflections for daily prayer this thought from Karen O'Donnell.

“The detail of each piece of armour tells us something about ourselves. We need a belt of truth because truth holds us together; it prevents us from being pulled apart. We need a breast plate of righteousness to cover our heart because our emotions can lead us away from what is good and upright. Feet that are fitted with the shoes of the gospel of peace are feet that take peace with them wherever they go. Faith is a shield that must be wielded. It is active not passive – a shield cannot hang by your side limply, but must be raised up to protect from the blows in a fight. The helmet of Salvation covers the head to help us resist doubting that we are saved. Finally the Sword of the Spirit, which is the word of God brings us into partnership with God. We are not alone in this battle.”

Ephesians 6.10-20

Reflections for Daily Prayer Advent 2021-2022 Church House Publishing

This was the thought for St George's Day. We are so grateful for all the care so many of us have received at St George's Hospital.