

## **Don't forget your body armor**

**Read Ephesians 6:10-18...** *(14) Therefore stand, having your loins girded about with truth, and having on the breastplate of righteousness*

In 2005 I was racing in Ft. Walton Beach FL. It was a great day for racing! The track was smooth, the sun was out, it was not too hot and the wind was down. I could not have asked for a better day for racing, I still remember it like it was yesterday.

It was during the second moto that the great day came to an end. The gate dropped and we all went down the front straight and hit the first turn, I was in third place out of five. As we came through the second straight I began to gain ground and close in on the guy in second place. Once in the second turn I was elbow to elbow with the guy in second place. This was exciting for me since I was racing up a class. As we started out of the second turn and hit the first jump on the third straight I caught a soft spot with my front tire and my handle bars turned, I went down hard. In fact I landed right on the end of the handle bars and stopped instantly.

I thought I had broken my ribs! I could hardly breathe and was in tons of pain. Since they couldn't see inside of me to see what was wrong they took me to the hospital for x-rays and a CT scan. The x-rays came back with no broken bones but the CT scan showed that I had lacerated my liver. So I had to stay in the hospital for three days. Even though everything looked good on the outside, on the inside I had a bad cut on my liver. The doctor told me it was good that I had my body armor on or the handle bar may have actually went into my stomach and then it would have been a lot worse than it turned out to be.

The armor in verse 14 protects us much the same way. The belt of truth and the breast plate of righteousness protect what's on the inside of us. Everything can look good on the outside but God sees what is on the inside of us. For instance what if we tell "a little white lie"? We may not get caught because nothing looks wrong on the outside, but God knows. Righteousness, right living, and truth, being honest in everything, are two ways that we live for God. We may not see truth and righteousness because it is on the inside but it is there. We need to protect our truth and righteousness. When I put on my body armor to race it protects my insides and when we put on the Christian armor it protects our insides so to say.

How do we put something on we can't see you ask? Great question! We put on our Christian armor by reading our bible and praying. In Psalms 119:9-11 it tells us the way to stay pure, having righteousness and truth, is by hiding God's Word in our hearts.

### **Points to Ponder;**

- We may look good on the outside but God looks at the inside!
- Are we always truthful or do we believe we can tell "little" lies and it's okay? What does the bible say about this?
- We put on our Christian armor by reading our bible and praying to God

### **Additional reading;**

Luke 12:22-40; 1 Thes. 5:6-10; Psalms 119:9-11; Psalms 37:21-33