



Tablet of my Heart

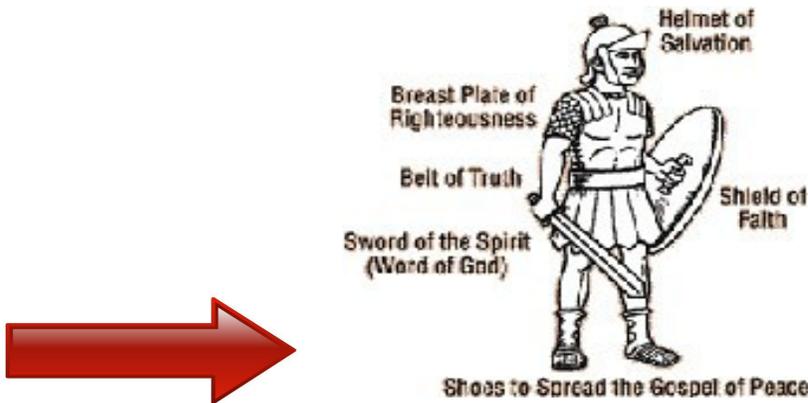
Beth Jones, Christian Wife, Mom, Speaker and Writer

An Overview Of The Armor Of God Part 4: The Shoes of Peace by Beth Jones

“Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

“Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints.” (Ephesians 6: 11-18, NKJV)

In this spiritual warfare article series, we've been discussing how we as Christians have an enemy, Satan, who wants to steal, kill, and destroy in our lives and how important it is that we put on the armor of God each day for the battles. Yesterday's post was on the breastplate of righteousness (<http://www.bethjones.net/the-armor-of-god-series-part-3-the-breastplate-of-righteousness/>) and today's article covers the shoes of peace.



The Ephesians 6 verse says to shod your feet with the preparation of the gospel of peace. The word “shod” in the original language is *hypodeō*, which means to bind on (the foot) or to bind *under* one's self.

When you have something underneath you, that means you're standing on it. So we are to stand on peace – not on fear, worry, doubt, unbelief, confusion, distraction, depression or any other emotion. You could say the shoes of peace are shoes of “ease.” :) We don't need to feel anxious, afraid, or ill at ease when we're in our armor.

This scripture also says that we're to shod our feet with the *preparation* of the gospel of peace. The word “preparation” in the original language is *hetoimasia*, which means the condition of a person being prepared or readiness – readiness of mind.

Ready, Set, Fight!

No soldier should go into battle without being trained, equipped, and ready. Are you prepared for the battles that Satan brings against you each day? Are you ready?

Readiness of mind means that you have faith and peace. You know in whom you believe. (2 Timothy 1:12, NKJV) You trust in God and have full confidence in Him, because the battle belongs to the Lord. (2 Chronicles 20:15, NKJV) You know your power and authority comes not from yourself, but from Him. You know that because of your faith in Christ, you also have peace with God. You can walk in peace, knowing that God is greater than Satan and any demon in hell.

Shoes might not seem a necessary part of the armor, but just think about walking barefoot on a hot, black paved parking lot in the summer, hot sand on the beach, or rough pebbles or gravel. That can cause serious pain to the foot.

The last thing you want to be worried about when fighting a heavy battle is where you're stepping.¹

Our shoes should allow us to walk freely in Christ and to focus on the battle at hand.² There's nothing worse than walking a long distance in a pair of shoes that are too small, too tight, or just don't fit right.

But when our shoes are comfortable, we can walk long distances. And God wants to send us out into the world as His messengers with the good news of Christ.



“How will they preach unless they are sent? Just as it is written, "HOW BEAUTIFUL ARE THE FEET OF THOSE WHO BRING GOOD NEWS OF GOOD THINGS!" (Romans 10:15, NASB)

With our shoes, we're ready to be sent to wherever God desires to spread His message of peace and good news, and to do His will.³ “Then I heard the Lord asking, "Whom should I send as a messenger to this people? Who will go for us?" I said, "Here I am. Send me." (Isaiah 6:8, NLT)

1 The Great Teachings of The Bible and What They Mean For You, The Armor of God, <http://www.freebiblestudyguides.org/bible-teachings/armor-of-god-breastplate-of-righteousness.htm>.

2 The Great Teachings Of The Bible and What They Mean For You, The Armor of God, <http://www.freebiblestudyguides.org/bible-teachings/armor-of-god-shoes-of-preparation-gospel-of-peace.htm>

3 Ibid, <http://www.freebiblestudyguides.org/bible-teachings/armor-of-god-shoes-of-preparation-gospel-of-peace.htm>

It's not easy to walk in those shoes of peace, especially in the heat of the battle. One of Satan's greatest tactics against God's people is to cause them to walk in fear, doubt, and unbelief.

In fact, just today I had an opportunity to feel afraid. My husband Ray was at work and he emailed me the results of his MRI on his back. Recently he injured his back (again) at work. He is a critical care paramedic by profession, and he often has to lift patients, some of them even weighing over 300 pounds. The MRI revealed that he had a number of serious problems with his back, including ruptured and herniated discs. If he can't physically do his job, he can be replaced! Several years ago we went through a financial crisis, and I really don't want to go through that test of faith AGAIN!

God holds your tomorrows

I had a choice as to how to respond to that news. I can have peace and faith, or I can worry, fret, stress out. Today I am choosing to walk in the shoes of peace. Of course, I don't know what tomorrow holds. But God holds my tomorrows, and He has always provided for us. He always will. He is the Lord Jehovah Yireh (Jireh) – Philippians 4:19.

Satan knows that one of the greatest areas he can attack Christian women is through our marriages and our children. What mother doesn't worry a little about her child at the first sign of sickness? And what wife doesn't feel concerned if her husband begins to seem preoccupied or emotionally distant from her?

Satan begins a campaign of fear against us. He wants to distract us and get our eyes off Christ. He is also bent on destroying Christian marriages today. He comes not only after the marriage, but after the holy seed of that union, their children. (Genesis 1:26-28, NLT)

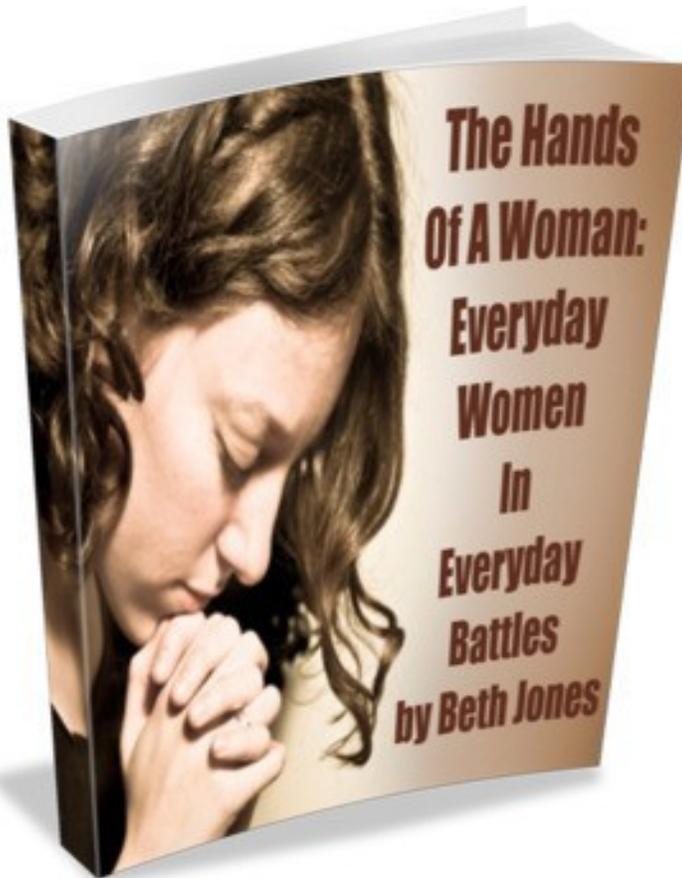
How does Satan attempt to steal your faith in Christ and peace? Here are some fear-busters:

- Meditate on Romans 5:6-10. We're at peace or reconciled with God. We stand firm in the heat of battle on the foundation of Christ – His power and authority.
- Stay in a posture of prayer each day. The greatest way to stand in battle is to kneel in prayer. If you'd like additional resources on prayer, go to my website at <http://www.bethjones.net> and check out “Beth's Estore” at the top of the page.
- Have others pray with you. When I feel afraid, often the first thing I do is go to my husband, my sister Maria, our grown daughter Heather and other prayer

warrior friends. They can help to give me the strength I need when I am feeling weak in faith. Their prayers will comfort and empower you.

- Fast. Satan hates for Christians to fast because he knows it helps us to hear God more clearly and disciplines our flesh, so he tempts us with food when we're fasting. When I fast, all I can ever think about is food – I even want to eat food that I normally don't like! Remember how Satan approached Jesus in the wilderness when he was fasting 40 days, tempting him to turn the stone into bread! (Luke 4:1-4) Fasting will help you to conquer fear and unbelief, and to strengthen your faith in God's word.
- Renew your mind with the Word of God every day. You don't have to spend hours reading the Bible, but spend a few minutes every day in God's word. “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (Romans 12:2, NKJV)
- Do a media fast. Let's face it, today's media stories feeds off people's fears. How often do you hear positive, encouraging news in the paper, on t.v., or online? Ray is amazed sometimes when I haven't heard about the latest news, but frankly, I don't want to read or hear the news. Why should I ruin my day or my dreams by listening to bad news? I'd rather focus on good things! Of course, I try to keep up with the most *important* news; I don't want to be in la-la land if the U.S. declares war on another country! Just be careful what you listen to on the news, because it can stir up fear and steal your joy and peace.
- Have a clean slate with God and man each day. Part of readiness as a soldier of Christ is a clean conscience - knowing that you have peace with God and that things are right between you and others. You can't do battle effectively with the enemy if your mind is distracted or your heart harbors unforgiveness or bitterness. Forgive whoever has hurt you. (Matthew 6:12) Do all you can to reconcile with someone who is offended with you. (Matthew 5:24) Walk not only in peace, but in God's love.

As you can see, the armor of the shoes of peace is important for us in the spiritual battles we face each day. Next, we will discuss the shield of faith, which will quench all the flaming arrows of Satan.



Did you enjoy this article? Do you want to learn more about spiritual warfare? My new ebook, **The Hands Of A Woman: Everyday Women In Everyday Battles**, has eight women's true, inspirational stories of their greatest spiritual battles and shares how they obtained victory through faith in Christ. Right now you can purchase this ebook at **a special 25% discount and complimentary gifts**, when you sign up for my update list here. <http://womensbattles.com/freereport.html>.



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