

## Scripture Reading: Ephesians 6:10-20

*Loving people is the highest level of spiritual warfare that we could ever do.*  
—Joyce Meyer

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In the Scripture reading above, the apostle Paul warns us to “put on the whole armor of God, so that you may be able to stand against the wiles of the devil” (v. 11).

Today, however, we don’t put on such things as armor, helmets and breastplates as did a typical soldier of Neronian Rome. But during the current pandemic, we *do* put on “personal protective equipment” (PPE), such as masks, face coverings, gloves, etc.

Researchers at the University of California-Merced have identified four areas of vulnerability — points of entry for that nasty, wicked little virus. They are the eyes and face, hands, body and respiratory system. The apostle Paul, writing today, might say that these are the areas in our spiritual lives that need protection.

**Eyes and face:** We should guard against seeing things that are ungodly and that do not uplift us and contribute to our spiritual health.

**Hands:** The Bible says, “So wash your hands. Make yourselves clean. Get your evil actions out of my sight! Stop doing what is wrong! Learn to do what is right! Treat people fairly. Give hope to those who are beaten down. Cheer them up. Stand up in court for children whose fathers have died. And do the same thing for widows” (Isaiah 1:16-17, NIRV).

**Body:** Writing to the church at Corinth, Paul says, “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? ... therefore glorify God in your body” (1 Corinthians 6:19-20). The body is the vehicle or channel through which we glorify God. It must be protected.

**Respiratory system.** We must be able to breathe. So we have to make sure we have a clean environment with lots of fresh and clean air. Paul describes such an environment this way: “Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things” (Philippians 4:8-9).

To quote the apostle, let us “be strong in the Lord and in the strength of his power.”

—Timothy Merrill

*Prayer: Lord Jesus, with your help I will put on the “personal protective equipment” I need to defend myself from those things detrimental to my spiritual health. In your name I pray. Amen.*

**Daily Bible Reading**

- Sunday:** Galatians 1-3
- Monday:** Jeremiah 43-46
- Tuesday:** Jeremiah 47-49
- Wednesday:** Jeremiah 50-52
- Thursday:** Lamentations 1-5
- Friday:** 1 Chronicles 1-3
- Saturday:** Psalms 91-93

*Verse to Remember*

*I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. — Galatians 2:19-20*

## PANAGRAMS

A **panagram** is a sentence that contains *every letter of the alphabet*. For example: “The quick brown fox jumps over the lazy dog.”

This panagram required 35 characters to squeeze in all 26 letters of the alphabet.

Can you write a panagram with fewer than 35 characters? Try it — even if it takes 40-50 characters. Proper names are not allowed. Write your sentence here:

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**Solution:**

Top row — 4,9,5,16;  
 second row — 14,7,11,2;  
 third row — 15,6,10,3;  
 bottom row — 1,12,8,13.

## SQUARE MIND-BENDER

Add four numbers in any direction and you will get **34** IF you can put the correct numbers from 1-16 in the empty squares. No number should be used more than once.

|    |    |    |    |
|----|----|----|----|
|    | 9  |    | 16 |
| 14 |    | 11 |    |
|    | 6  | 10 |    |
| 1  | 12 |    | 13 |

**MAKE A LIST!**

It’s August and since the word “August” has six letters, let’s make six lists of six things. On another sheet of paper, make your lists of six. An example is provided.

1. Cities that begin with A
2. Types of trees
3. Items in a suitcase
4. Fictional characters
5. Types of drinks
6. Items held in one’s hand or hands when playing a sport

**Beaches:** Long Beach, Myrtle Beach, Laguna Beach, Crystal Beach, Cannon Beach, and Pebble Beach.