

Mid-Week Devotion

We crave rules to follow. And, historically, that makes sense. Civilizations and societies are hemmed in by laws like the Ten Commandments, the Beatitudes, and the Benedictine Rule.

Even creative practices like art have their own sets of rules. “Art suffocates from freedom,” said Leonardo Da Vinci, who knew human eyes are delighted by works that follow rules of proportion, color, and perspective.

Part of what is strange about rules is we love them and hate them at the same time. Let’s say we want to become the kind of person or family who treasures what is most important and spends quality time together. Wonderful. Now try discussing how this will impact “screen time” and not come away looking like Mussolini.

Freedom and constraint. We hunger for both. A life of faith must have room for both.

Martin Luther, whose actions sparked the Protestant Reformation, recommended a very manageable start to the day. He wrote “in the morning when you get up, make the sign of the holy cross and say: “In the name of the Father and of the Son and of the Holy Spirit, Amen.”

Martin Luther was saying one important thing about faith: Don’t worry about *everything*. Focus on the small. Start tiny. And keep it up. And if you don’t, just blink. And start a new chain of days.

adapted from “Good Enough” by Kate Bowler

The Armor of God

Therefore put on the full armor 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. Ephesians 6:13

Based on Ephesians 6:13-17



Z N B Y Y D L A A S E Y G Y I
B G Z N R S Y F H P H V D O R
J B N O W B M F B W E I I Y D
U O W D Y H U H U P A A E L J
X S P M E F E E T L M I C L B
S T A N D V G L H W L X S E D
S U K M P J A M R F Y V N T D
A D B U C K L E D L Q C N G Q
L N M N N H A T M A E Y S O A
V D U D B W H J T M J E Y S A
A I O T X E W F F I D S M P R
T P Y W P R L M A N L U Q E R
I K A R M O R T I G J D P L O
O U P B R E A S T P L A T E W
N N S P I R I T H M C T U J S

HELMET	ARMOR	SPIRIT	SWORD	STAND
WAIST	SALVATION	BELT	FEET	FAITH
FULL	GOD	EVIL	FLAMING	PEACE
GOSPEL	BREASTPLATE	SHIELD	BUCKLED	ARROWS