

"My brethren, be strong in the Lord, and in the power of His might. Put on the whole armour of God, that ye may be able to stand". These are the opening sentences of the Epistle for next Sunday, and are taken from the Epistle of St. Paul to the Ephesians. The apostle had been giving an exhortation on particular duties in the Church, and he turns here to the universal need for strength. He reminds his readers of the warfare which the Church has to wage against spiritual forces without. Each member of the Church has to be a spiritual warrior, fully equipped with the weapons of the Divine Warrior Himself. Let us meditate on these words and apply them to ourselves. Christ is our Head, and each one of us is a soldier in His Army. Very often we are deserters, but each time we come back He reinstates us, and arms us again for the great fight. So often we fail to remember our need for Him and try to struggle along without His help, forgetting that we "wrestle not against flesh and blood, but against spiritualities and powers". So St. Paul bids us "Stand, having our loins girt about with truth, and having on the breastplate of righteousness, and our feet shod with the preparation of the Gospel of Peace; above, all, taking the shield of faith, wherewith we shall be able to withstand all the fiery darts of the wicked; 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, and watching thereunto with all perseverance".

Your friend and Padre,

Horace M. Gaylard.