

The Armor of God

My Father's Shoes – Day 16

1. Look at the typical shoes of the Roman soldier on the inside back cover. Write down distinctive features that you notice.

2. Why do you think these features might be important in a legionary going into battle?

3. Turn to Ephesians 6:15 and write it word for word.

4. What spiritual virtue does Paul liken to this piece of the soldier's equipment?

5. Picture yourself as a teacher of a Sunday school class filled with middle school children. One of them raises their hand and asks you to define peace. Write down the answer you give.

6. What words might you use to describe the opposite of peace?

7. In the following areas, list any ways you detect disharmony, unrest, or an overarching lack of peace.
 - Your mind

 - Your heart

 - Your body

 - Between you and a friend

 - Between you and your spouse

 - Between you and your child

- Between you and a coworker
- other

8. How have you seen the enemy's handiwork in these experiences?

9. How have you handled (or how are you generally handling) these situations?

10. How have you witnessed a lack of peace crippling someone, rendering him or her incapable of moving forward in life?

11. In that areas of your life that you noted earlier, how have you seen your potential or growth stunted because of this unrest in your heart or in your relationships? In what ways, if any, have you been unable to move forward?

12. Go back and consider those areas of your life you commented on earlier. How did the enemy take advantage of an upsetting, unexpected, chaotic event or circumstance to gain access to your life?

13. If you were back in front of that Sunday school class, would you make any changes or additions to your earlier definition of peace? Record your expanded definition here.

14. Look back again to your personal list. Choose one of them to consider in light of the following questions. If peace ruled your life:

- How would your behavior change in this situation?
- In what way would your verbal responses change?
- How would you ability to function physically be improved?

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