



# Guard Your Heart, Mind, Body and Soul

*Lisa Bedrick*

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Eph. 6:14-17 “Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.” The first thing that Paul mentions is truth. Our number one weapon in fighting against Satan is the truth of the word of God. In the garden of Eden Satan tried to get Eve to believe a lie, and that is always how Satan begins with us. He takes a little bit of truth and twists it so that it is a lie. When Satan was tempting Jesus, Jesus refuted his lies with truths from Scripture. The more of the Bible that we know and have memorized, the more truth that we REALLY know, the harder it will be for Satan to deceive us. Amen!

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