

What are you wearing today? Do you feel good in it? We usually choose clothes to suit our day - scruffy for gardening, something lovely for church, ordinary everyday clothes for shopping or meeting friends....! Now, clothes do so much more than make us feel good, they also protect us from the elements. The Bible has quite a lot to say about **what** we need to wear and **when** we need to wear it. We read of David being dressed in Saul's armour which was much too big, and had to be discarded before he could swing his sling and kill Goliath. We may not be involved in a physical battle like David, but in **Ephesians 6** we are told about a spiritual battle that surrounds us every day. In order to fight this battle, we are ordered to 'put on' **the full armour of God**. Now nobody will ever know that we are dressed in armour, so what will people notice about us? Each piece of armour has an accompanying blessing that goes with it, and these are things that our friends might see in us when we are out and about. If you read the passage from Ephesians you will see that when we are wearing the armour of God we should be 'wearing' truth, righteousness, peace, faith, salvation, and be steeped in the Word of God. Does this list remind you of another list of desirable attributes that people will see in us? In **Galatians 5**, we read about **the fruits of the Spirit** - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. So, one set of armour to protect us from the ever present threat of Satan and his powers (seen and unseen), and another set of attributes that we need to take with us when we go about our everyday lives - the armour for protection, and the fruits of the Spirit to share with our needy world. So tomorrow, when you are deciding what to 'put on', just remember that by the grace of God we have a whole set of gifts that will keep us safe and help us to display the grace of God. This Autumn let's remember the

words of Psalm 121:7/8

The LORD will keep you from all evil;

he will keep your life.

⁸ The LORD will keep

your going out and your coming in

With our love and prayers,
The Ladies Fellowship Committee

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Ladies Fellowship Autumn Session 2024



Praise the LORD, O my soul
and forget not all his benefits

Psalm 103:2 ESV

BBC Ladies Fellowship Autumn Session 2024

DATE	OUR SPEAKER	WORD
Weds. 4th Sept.	Karin Blakely	Goodness
Weds. 11th Sept.	Helen Phenix: ICN	Change
Weds. 18th Sept.	Sharon Maple	Worthy
Weds. 25th Sept.	Rosa Blandford	Power
Weds. 2nd Oct.	Own Programme	Broken
Weds. 9th Oct.	Sharon Prior: PACE	Give
Weds. 16th Oct.	Stuart Fisher	Might
Weds. 23rd Oct.	Jon Taylor	Idols

DATE	OUR SPEAKER	WORD
Weds. 6th Nov.	Jean Lane	Clean
Weds. 13th Nov.	Rod Taylor	Deep
Weds. 20th Nov.	Tony Bennett	Wine
Weds. 27th Nov.	Own Programme	Free
Weds. 4th Dec.	Carolyn Coombs	New
Weds. 11th Dec.	Margaret Ellis	Hear
Weds. 18th Dec.	Christmas Celebration	
Our Spring Session starts on Wednesday the 8th of January.		