

1<sup>st</sup> October 2024

## Equipped

**“Be prepared.**

**“You’re up against far more than you can handle on your own.”**

*Bible, Ephesians 6:13 (from The Message)*

My minister was preaching on the “The whole armour of God”, St Paul’s metaphor from his letter to the Ephesians about being appropriately equipped to serve God’s purposes. Just as I would have done, the sermon began with a disclaimer – that military images don’t sit well with us in a modern age. So, I mused, what kind of image *would* fit a theme of being equipped for Godly service in 2024? Later that the week, I watched some kids on skateboards and scooters at the local skateboard park doing battle with ramps and slopes, looking like they were defying gravity in the process. And I wondered what St Paul would have made of this ...

Be bold, kids! Get out there and do what you’re good at. But make sure you’re properly toggged out for what you’re about to take on. If not, you’ll be in trouble. You could break a leg or something, or come home bruised and battered more than you’d like. The others are already at the park. They’re waiting on you. So, as I’ve told you before – make sure you’re properly equipped. Be prepared! Sort yourself out with the whole kit, the bits and pieces you need. Then you’ll be able to do your tricks and stunts, and not make a fool of yourself. You might even try new moves. And when you’ve got all the gear. make sure you make good use of it.

Get you best sweat-shirt ready, the one that says, “Skateboard King”. It’s true what it says! And you’ll look the part, no problem, just like the other kids. Make sure you have your elbow-pads too. Do it the sensible way! You’ll always need to look after yourself. And remember the right trainers, the sturdy ones, not the flash ones that are no use for this. You need your feet to be ready for anything. And kneepads are crucial. Even if you fall – and you know you will – you’ll need to cushion yourself as best you can. Protecting your knees is a must! And to top it all off, there’s your helmet, the new, red one. It’s guaranteed to keep you safe. We don’t want you cracking your head if you take a tumble. It should always be “Safety First”.

Ready now? Great! So, pick up your skateboard! That’s the most important thing, isn’t it? Without it, all the rest is just show. Now you’ve got all the equipment, go on! Do your best. And goodness! Don’t you look the part?

### **A prayer for today**

*Properly kitted out for what I have to face? I hope so. Amen*