

Sunday, August 25, 2024

## Scripture Reading: Ephesians 6:10-20

***Loving people is the highest level of spiritual warfare that we could ever do.  
—Joyce Meyer***

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**I**t's important to be strong. This is why it is not hard to find a 24-hour fitness gym so that patrons can exercise regardless of their workday schedule. Often, the people who use these facilities have bodies that are already toned, muscular and trim.

Of course, they look this way because they work out.

If these fitness freaks think it is important to work out during the middle years of life, it is even more important to exercise in one's *senior years*. This is why most senior facilities have a physical or occupational therapist on staff to lead the residents in a series of exercises which aim to maintain or build up strength. They know that if we "don't use it, we will lose it."

Some of these exercises have interesting names: lying hip bridges, squats to chair, wall push-ups, side lying circles, quadruped opposite arm and leg balance, deadbugs, side planks, wall angels, wall slides and pec stretches.

I especially like the "wall angel" exercise — designed to ease back pain and improve your posture.

The Bible has some suggestions as to how to stay *spiritually* fit. You can read about them in today's Scripture reading. I particularly like the one about the importance of sword practice. It is mentioned last in the list of spiritual armor the Christian might use to be protected and stay strong: "Take the ... sword of the Spirit, which is the word of God" (v. 17).

Medieval warriors had their own swords. It was their friend and companion. Swords had names, like Excalibur. A knight knew everything his sword: the weight, heft, sheen, knicks, balance point and so on.

If we get to know the word of God as well as a Roman soldier knew his sword, we, too, will be able to "be strong in the Lord and in the strength of his power" (v. 10).

—Timothy Merrill

*Prayer: Lord Jesus, may I "exercise" consistently so that I may be able to stand up against temptation and the "wiles of the devil." In your name, I pray. Amen.*

### Daily Bible Readings

- Sunday:** Galatians 4-6  
**Monday:** 1 Chronicles 4-6  
**Tuesday:** 1 Chronicles 7-9  
**Wednesday:** 1 Chronicles 10-13  
**Thursday:** 1 Chronicles 14-16  
**Friday:** 1 Chronicles 17-19  
**Saturday:** Psalms 94-96

### Verse to Remember

*I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. — Galatians 2:19-20*

## PANAGRAMS

A **panagram** is a sentence that contains *every letter of the alphabet*. For example: "The quick brown fox jumps over the lazy dog."

This panagram required 35 characters to squeeze in all 26 letters of the alphabet.

Can you write a panagram with fewer than 35 characters? Try it — even if it takes 40-50 characters. Proper names are not allowed. Write your sentence here:

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**Solution:**

Top row — 4,9,5,16;  
 second row — 14,7,11,2;  
 third row — 15,6,10,3;  
 bottom row — 1,12,8,13.

## SQUARE MIND-BENDER

Add four numbers in any direction and you will get **34**. IF you can put the correct numbers from 1-16 in the empty squares. No number should be used more than once.

	9		16
14		11	
	6	10	
1	12		13

### MAKE A LIST!

It's August and since the word "August" has six letters, let's make six lists of six things. On another sheet of paper, make your lists of six. An example is provided.

**Beaches:** Long Beach, Myrtle Beach, Laguna Beach, Crystal Beach, Cannon Beach, and Pebble Beach.

1. Cities that begin with A
2. Types of trees
3. Items in a suitcase
4. Fictional characters
5. Types of drinks
6. Items held in one's hand or hands when playing a sport