

Put on *faith* and *love* for a breastplate.

Put on the *hope* of salvation for a helmet.

Encourage one another. Strengthen one another.

Jesus, please help me be a person of encouragement, not discouragement

Chapter 5 (12 - 18)

Respect your Christian leaders. Be at peace among yourselves. Warn idlers, give courage to people who are struggling, care for the weak, and be patient with everyone. Never try to take revenge. Focus on what is best for each other and for the community. For all things give thanks to God, because this is what God expects you to do in Christ Jesus.

Jesus, thank you for everything, even for unhappy things

Chapter 5 (19 - 28)

Let the Holy Spirit have a free reign in your life.

Hold on to what is good. Avoid every form of evil.

May the God of peace make you holy.

May you be kept safe in spirit, soul and body,

for the coming of Our Lord Jesus Christ.

God has called you. He will not fail you.

Pray for us. Greet all the believers with the holy

kiss. Read this letter to all the believers

The grace of our Lord Jesus Christ be with you.

Holy Spirit of Jesus, Holy Spirit of the Father,

I open my life to you. My heart is yours