

Scripture

Ephesians 6:10-20 (NLT)

10. A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

13. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

14. Stand your ground, putting on the belt of truth and the body armor of God's righteousness.

15. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

17. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

18. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

19 And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike.

20. I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should.

Scripture

John 6:56-69 (NLT)

56. “Anyone who eats my flesh and drinks my blood remains in me, and I in him. I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me.

58. “I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever.”

59. He said these things while he was teaching in the synagogue in Capernaum.

Many Disciples Desert Jesus

60. Many of his disciples said, “This is very hard to understand. How can anyone accept it?”

61. Jesus was aware that his disciples were complaining, so he said to them, “Does this offend you? Then what will you think if you see the Son of Man ascend to heaven again?”

63. **“The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life. But some of you do not believe me.”** (For Jesus knew from the beginning which ones didn't believe, and he knew who would betray him.)

65. Then he said, **“That is why I said that people can't come to me unless the Father gives them to me.”**

66. At this point many of his disciples turned away and deserted him.

67. Then Jesus turned to the Twelve and asked, “Are you also going to leave?”

68. Simon Peter replied, “Lord, to whom would we go? You have the words that give eternal life. We believe, and we know you are the Holy One of God. ”