

Imaginative Reflection

Based on Ephesians 6:1-24

Settle into a quiet spot reasonably free of distraction or interruption. Take a slow, deep breath in, holding for just a moment, then exhaling on the prayer, “God, meet me here.”

Turn your thoughts toward an image of strength – a strong tower, a refuge, steady, immovable, unchanging. You’re protected on all sides by power, by courage, by truth. Any instinct to grab control or gain understanding falls away as you rest, held in warmth and safety.

Jesus is at your side now, gentle and kind, watchful and battle-ready. He is a mighty warrior, wise, generous and good. Tell Him the ways you’ve relied on your own strength. Be honest about any fear, doubt or unbelief you’re experiencing. Now, see Him cast down each anxious thought, defeat every enemy arrow, as He stands guard over you.

How do you need His shield and shelter today? What cares do you need Him to carry, what burdens can you lay down? Offering you His armor, Jesus gives you His strength, along with the promise that this battle is already won. He has fought for you and He’s fighting still, even when you can’t feel it, even when you don’t see. Thank Him for His faithfulness, He has earned your trust. Receive His love, it’s all around you, and go in peace.