



Welcome to  
Heart-to-Heart!

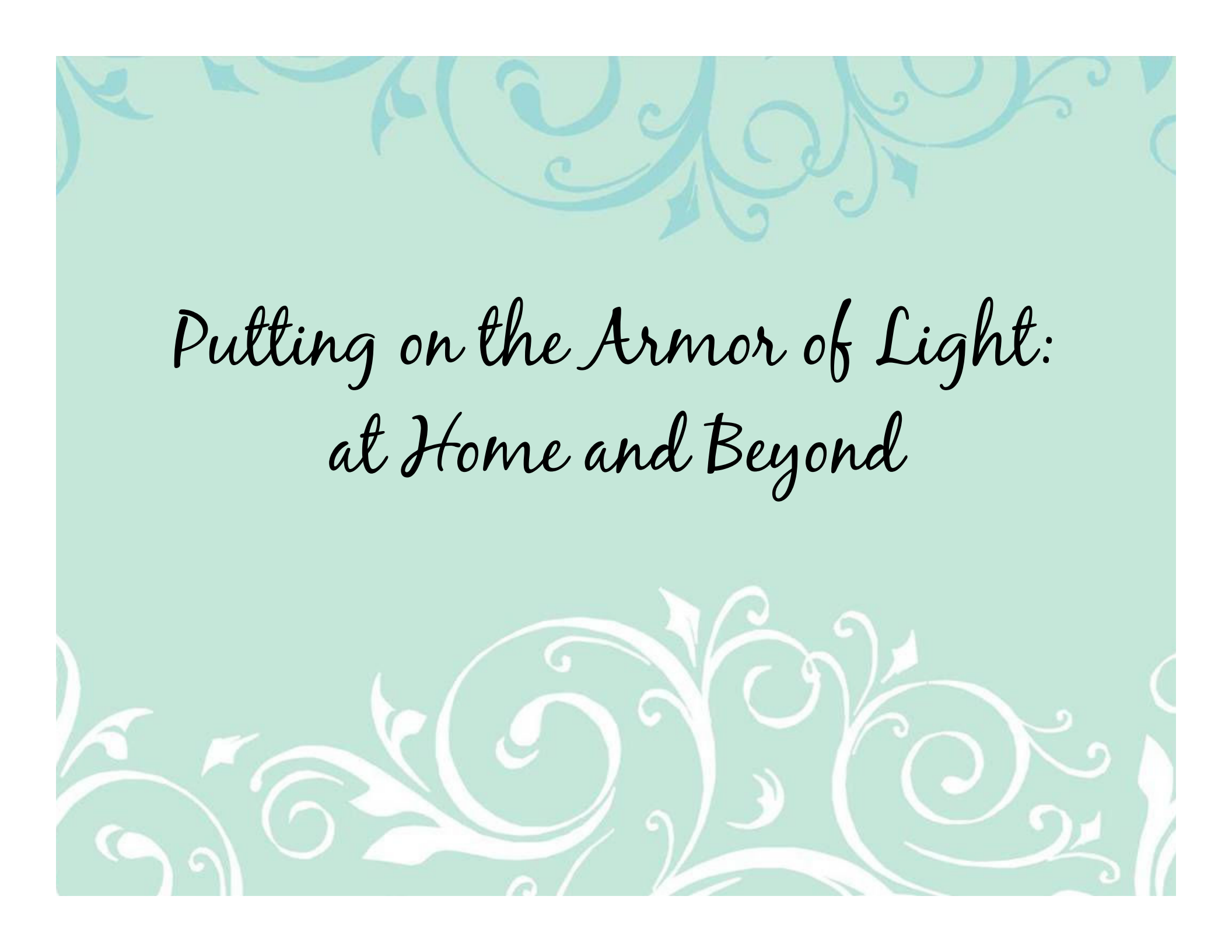


Putting on the Armor of Light...  
by LOVING OTHERS WELL

Week 1 | 01.25.12 (AM) | 01.30.12 (PM)





The background features a light teal gradient with decorative floral and scrollwork patterns. The top and bottom edges have darker teal floral motifs, while the bottom edge also features white scrollwork patterns.

*Putting on the Armor of Light:  
at Home and Beyond*

<sup>10</sup> Love does no wrong to one's neighbor [it never hurts anybody]. Therefore love meets all the requirements and is the fulfilling of the Law.

<sup>11</sup> Besides this you know what [a critical] hour this is, how it is high time now for you to wake up out of your sleep (rouse to reality). For salvation (final deliverance) is nearer to us now than when we first believed (adhered to, trusted in, and relied on Christ, the Messiah).

<sup>12</sup> The night is far gone and the day is almost here. Let us then drop (fling away) the works and deeds of darkness and put on the [full] armor of light.

Romans 13:10-12 (Amplified Bible)

<sup>13</sup> Let us live and conduct ourselves honorably and becomingly as in the [open light of] day, not in reveling (carousing) and drunkenness, not in immorality and debauchery (sensuality and licentiousness), not in quarreling and jealousy.

<sup>14</sup> But clothe yourself with the Lord Jesus Christ (the Messiah), and make no provision for [indulging] the flesh [put a stop to thinking about the evil cravings of your physical nature] to [gratify its] desires (lusts).

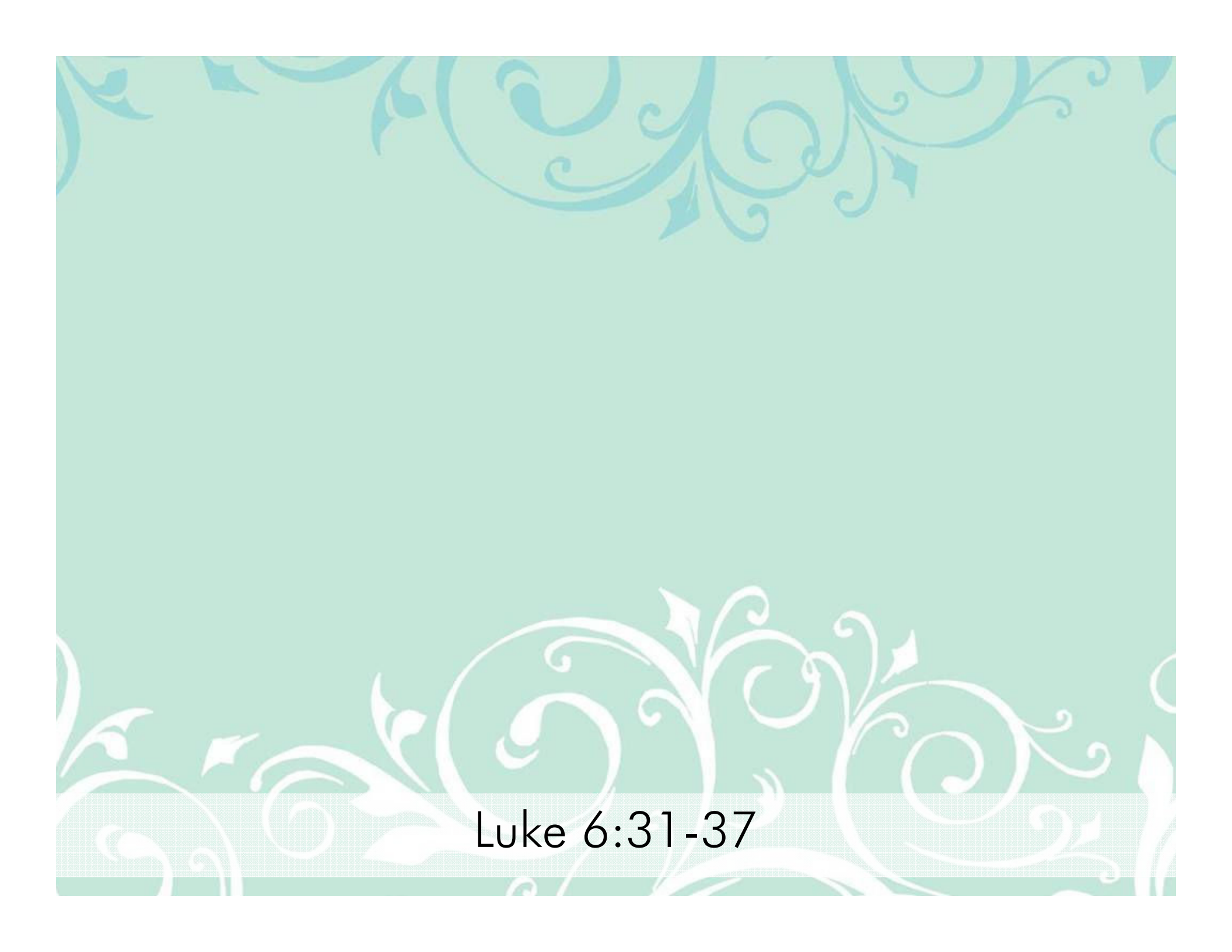
Romans 13:13-14 (Amplified Bible)



Philippians 2:3-5

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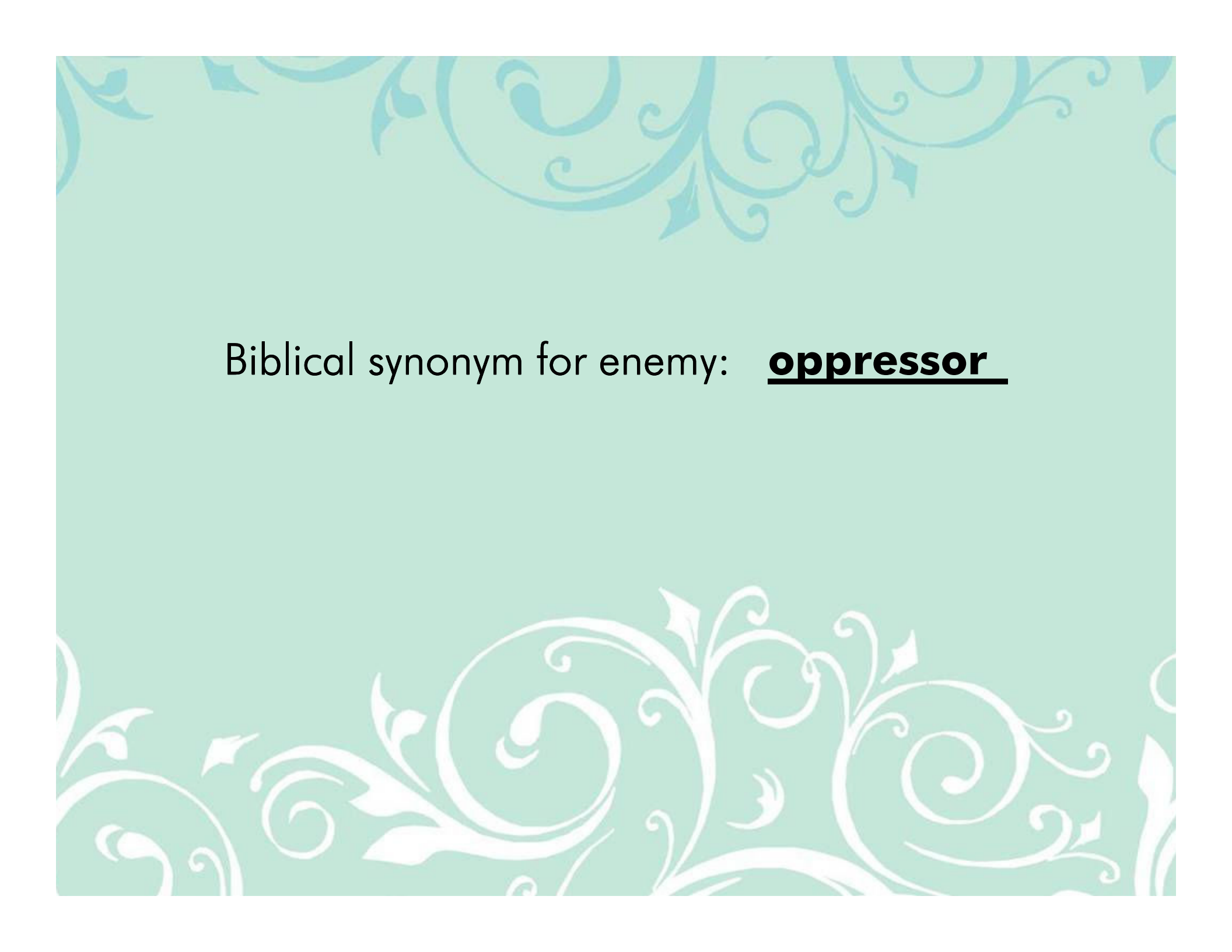
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Luke 6:31-37

Jesus prayed, "Father, forgive them; they don't know what they're doing." Dividing up his clothes, they threw dice for them. The people stood there staring at Jesus, and the ringleaders made faces, taunting, "He saved others. Let's see him save himself! The Messiah of God—ha! The Chosen—ha!"

Luke 23: 34-35 (The Message)



Biblical synonym for enemy: **oppressor**

Webster's definition of "oppressor":

- one who is harsh
- one who tries to persecute others
- one who seeks to cause another distress

Greek "**oppress**": to exercise power over



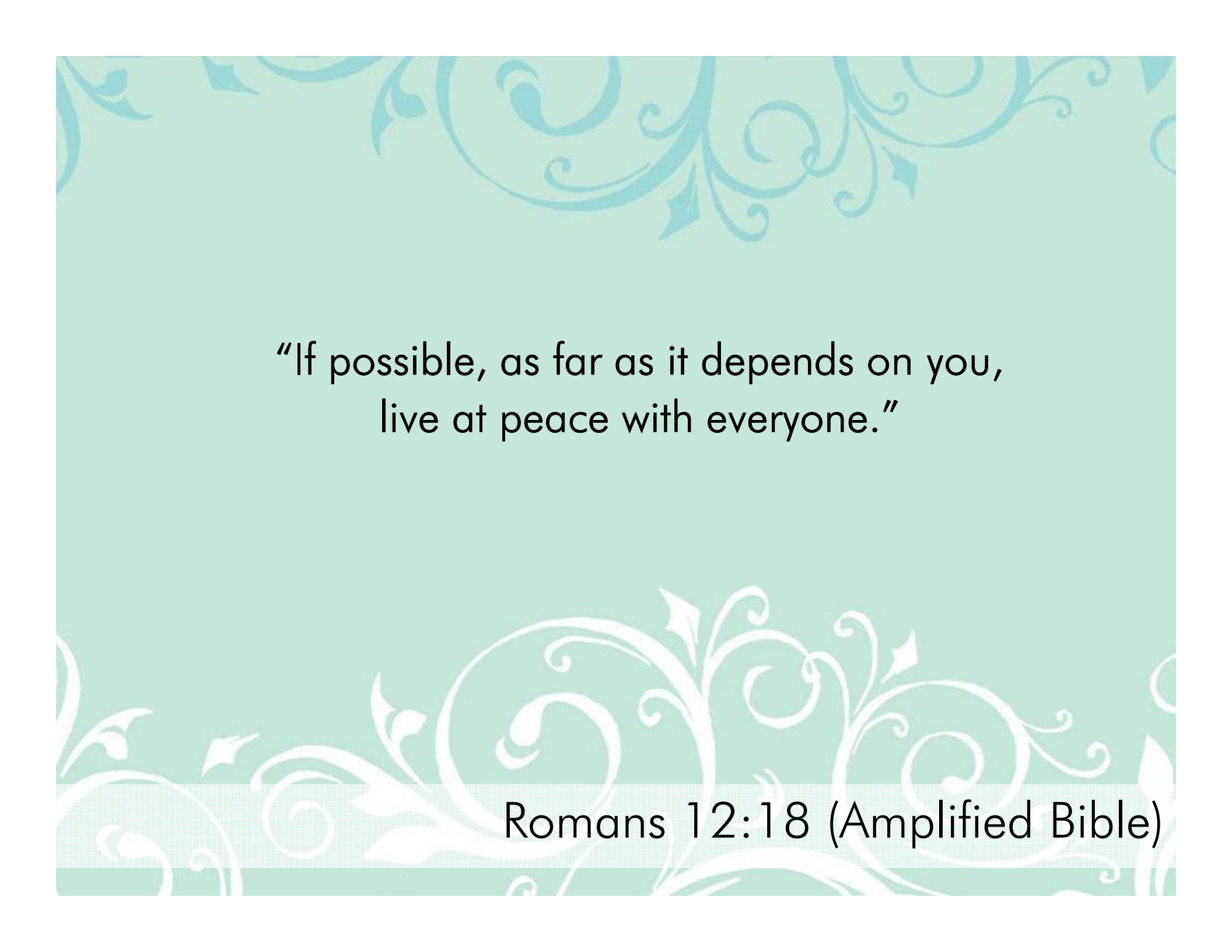
Matthew 5:38-48

When we choose to bless our enemy in...

- prayer
- deed
- word

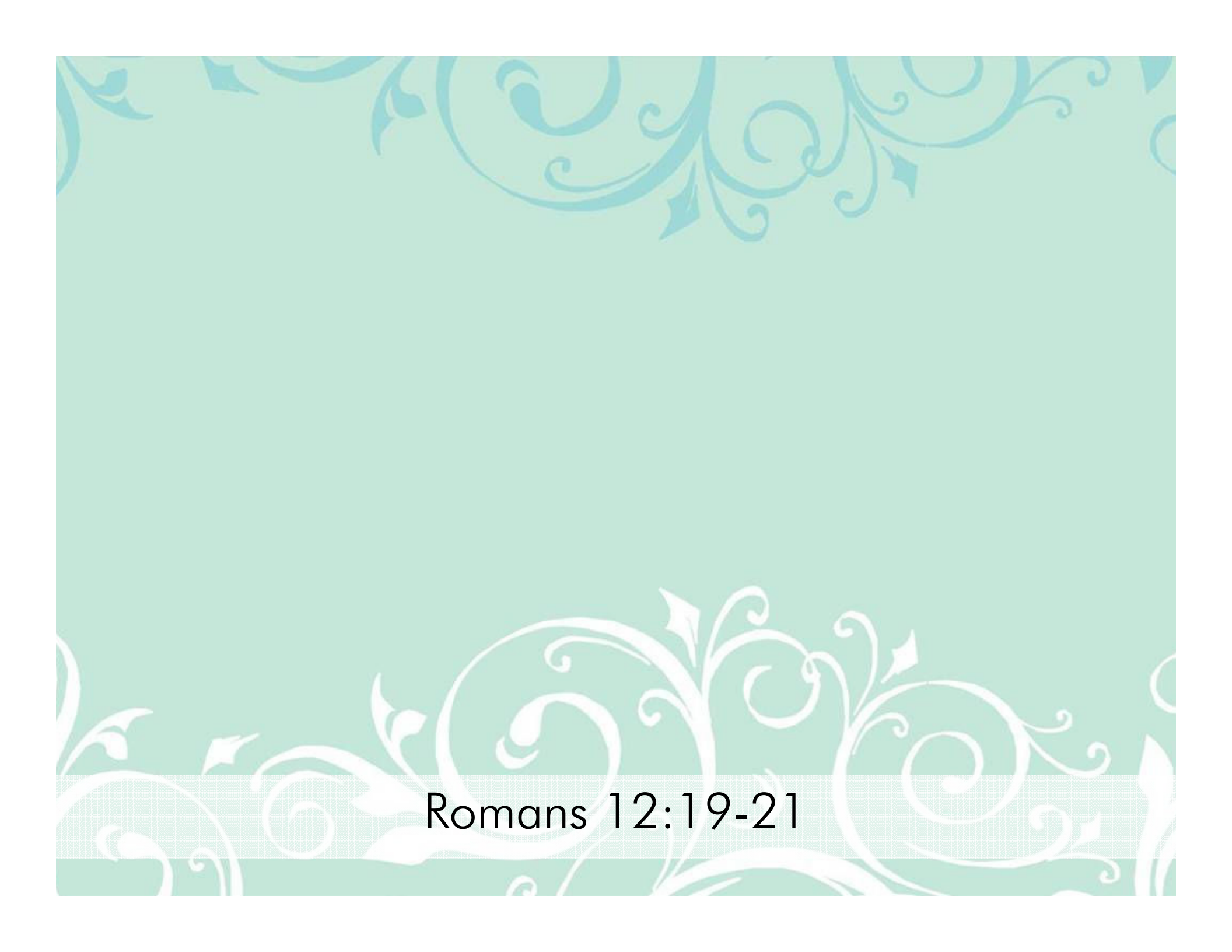
...it will set two things in motion:

**a change in me** and **a change in them**



“If possible, as far as it depends on you,  
live at peace with everyone.”

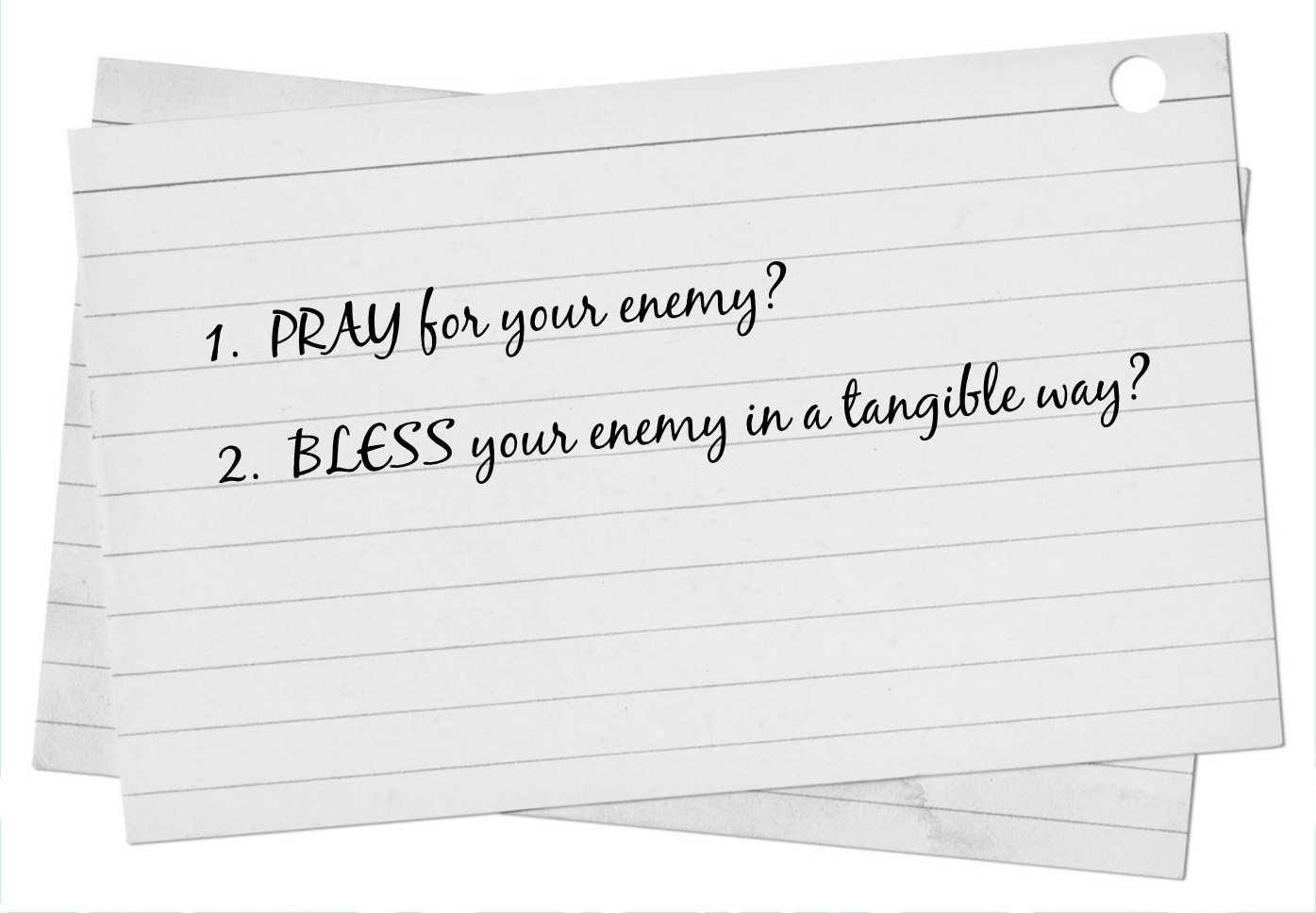
Romans 12:18 (Amplified Bible)



Romans 12:19-21

## **Index Card:**

Will you commit to:

- 
- A stack of several lined index cards is shown, slightly offset to reveal the one on top. The top card has two handwritten questions in black ink. The first question is "1. PRAY for your enemy?" and the second is "2. BLESS your enemy in a tangible way?". The cards are set against a white background within a larger teal decorative frame.
1. **PRAY** for your enemy?
  2. **BLESS** your enemy in a tangible way?

