

# LWML *Texas* District

May 22, 2023

Meditation

## **The Right Shoes**

At a recent 5K race a young man wore Chacos sandals. Everyone around him was wearing running shoes. Some of the brands were expensive costing upwards of \$200, others were slightly less expensive, but all of them were broken in and designed specifically for running.

The teen's sandals were obviously out of place, but they too looked broken in. Many runners struggled to run the entire race, plagued with injury, discomfort, or simply the signs of age. The young man ran the 3.1 miles smoothly and quickly. After the race he was asked why he had chosen his footwear. His answer was simple, "These are my most comfortable shoes. I wear them all the time. I do everything in these."

In Ephesians 6, we read about the armor of God, *as shoes for your feet, having put on the readiness given by the gospel of peace* (Ephesians 6:15). We are told to ready ourselves with the shoes of peace. Imagine if we wore the shoes of peace to the point of being able to run a race quickly in them.

Being peaceful is often very difficult. Our sinful nature will often lead us towards hostility, grudges, and resentments instead of forgiveness and peace. We would rather be right or hold on to our pride than seek after peace. If peace and forgiveness were our favorite shoes, what a blessing they would be to all the relationships in our lives!

The Right Shoes

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