

With the sword of truth and the shield of faith,
The armour of God is a defensive protection;
Ready for the fight and battle against the enemy,
To protect from the fiery darts and vicious attacks.

The breastplate of righteousness and helmet of salvation,
Are the power and means for careful consideration;
When the fight is on you must stand aware and on guard;
That your life is safe and that in the end you live on.

Concentrate on the day and be alert at all times,
For you never know when your enemy will return;
With prayer as a tool for God to protect you,
Your armour stays strong when in God there is rescue.

So fight the good fight and believe in the victory,
His loving arms waiting in heaven's trajectory;
The damsel waits eagerly to see who the victor is,
For with the love is a kiss, she rewards his heart handsomely.

Now the memory is sweet of what fighting has gone on.
The armour held true and the battle was won evenly;
For they fought the good fight of truth to the end,
That eternity holds the key to life and a friend.

Now the answer to believing is to stay on top of the situation,
That when the days done you have made self reflection;
For in each stroke of the sword there is sting and there is grief,
As the armour holds true for love in its continual relief.

Signed,

My Anchor Holds