

# Stand Having your Feet Shod with the Preparation of the Gospel of Peace



## Armor of Peace

Most battles seem violent, but there is nobility in peaceful protest. In fact, the Armor of God includes foot coverings called the gospel of peace.

### ***D&C 27:16***

*Stand, therefore, having your loins girt about with truth, having on the breastplate of righteousness, and your feet shod with the preparation of the gospel of peace, which I have sent mine angels to commit unto you;*

Standing for what is right is very important, so be sure you are prepared with the gospel of peace. The gospel is the good news that Jesus Christ is our Savior, we can follow Him to receive His peace even in this world of corruption, and eternal life in the future.

### ***D&C 59:23***

*But learn that he who doeth the works of righteousness shall receive his reward, even peace in this world, and eternal life in the world to come.*

You can have this peace, and it will protect you from the attacks of the enemy.

### ***2 Nephi 4:27***

*And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the evil one have place in my heart to destroy my peace and afflict my soul? Why am I angry because of mine enemy?*

Yes, you need this important piece of armor! And the High Commander has sent His angels to give it to you!

## **What Do Feet Have to Do with Peace?**

### ***Luke 1:78-79***

*Through the tender mercy of our God; whereby the dayspring from on high hath visited us, to give light to them that sit in darkness and in the shadow of death, to guide our feet into the way of peace.*

We are taught to walk in the way of peace. The Lord will guide our steps.

### ***Romans 10:15***

*And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!*

## **What Does the Gospel Have to Do with Peace?**

The gospel is good news that will bring peace.

### **Mosiah 15:16-18**

*And again, how beautiful upon the mountains are the feet of those that are still publishing peace! And again, how beautiful upon the mountains are the feet of those who shall hereafter publish peace, yea, from this time henceforth and forever! And behold, I say unto you, this is not all. For O how beautiful upon the mountains are the feet of him that bringeth good tidings, that is the founder of peace, yea, even the Lord, who has redeemed his people; yea, him who has granted salvation unto his people;*

Jesus is the founder of peace. The good news is that Jesus has paid the price for sin and saved us, we do not need to be captive to the enemy of our souls. We can have Jesus' peace. Once we have this peace, He calls us to bring peace to others wherever we go.

### **D&C 19:23**

*Learn of me, and listen to my words; walk in the meekness of my Spirit, and you shall have peace in me.*



## **Preparation of the Gospel of Peace**

Peace doesn't come automatically, it is something that comes through preparation.

### **D&C 11:18**

*Keep my commandments; hold your peace; appeal unto my Spirit;*

Does it seem strange to prepare for battle with peace? Remember our High Commander is very wise, He has shown us the way, and it is a peaceable walk with others.

### ***Moroni 7:3-4***

*Wherefore, I would speak unto you that are of the church, that are the peaceable followers of Christ, and that have obtained a sufficient hope by which ye can enter into the rest of the Lord, from this time henceforth until ye shall rest with him in heaven. And now my brethren, I judge these things of you because of your peaceable walk with the children of men.*

You can show that you are a true follower of Christ by having peace.

### ***D&C 105:38-40***

*And again I say unto you, sue for peace, not only to the people that have smitten you, but also to all people; And lift up an ensign of peace, and make a proclamation of peace unto the ends of the earth; And make proposals for peace unto those who have smitten you, according to the voice of the Spirit which is in you, and all things shall work together for your good.*

Make peace with those who hurt or offend you.

## **Forgive**



## **Matthew 5:9**

*Blessed are the peacemakers: for they shall be called the children of God.*

You will be blessed for being a peacemaker. This is easier said than done though. The natural man is easily offended and falls into anger, rage, resentment, bitterness, and so forth.

## **2 Nephi 4:27-29**

*And why should I yield to sin, because of my flesh? Yea, why should I give way to temptations, that the evil one have place in my heart to destroy my peace and afflict my soul? Why am I angry because of mine enemy? Awake, my soul! No longer droop in sin. Rejoice, O my heart, and give place no more for the enemy of my soul. Do not anger again because of mine enemies. Do not slacken my strength because of mine afflictions.*

Notice how Nephi talks about the enemy of his soul, this is the evil one who seeks to destroy your soul and wants you to have bad feelings towards others. But the Lord will strengthen you and give you peace.

How can you find peace? Peace comes from living the gospel principles. The Lord has taught us to forgive. When you become upset and allow negative feelings toward others to afflict your soul, you give place for the enemy in your heart. The good news is that these things can be removed by forgiving others and repenting.

## **D&C 64:8-10**

*My disciples, in days of old, sought occasion against one another and forgave not one another in their hearts; and for this evil they were afflicted and sorely chastened. Wherefore, I say unto you, that ye ought to forgive one another; for he that forgiveth not his brother his trespasses standeth condemned before the Lord; for there remaineth in him the greater sin. I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.*

Once you have forgiven people who have hurt or offended you, you will find it easier to be at peace with others.



# Apologize

When you have done wrong or if you have hurt or offended someone, make peace by apologizing.

## **Psalm 38:18**

*For I will declare mine iniquity; I will be sorry for my sin.*

It is easy to brush aside the need to say you're sorry to those you've hurt. Apologizing can be uncomfortable, and Satan will try to convince you that it isn't worth the effort. If you seek the peace that comes from repentance, you need to apologize to those you've wronged, including God.

## **James 5:16**

*Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.*

Sometimes you may hurt other people's feelings without meaning to. A kind apology can bring peace to them and healing in your relationship.

## **Acts 24:16**

*And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men.*

# Turn to God

Another thing the enemy will use to attempt to destroy your peace is fear, anxiety, and stress. But the Lord has said to fear not, and He can help with this too.

## **Daniel 10:19**

*And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me.*

The Lord has taught us not to fear. With any negative feelings you ever have, turn to God in prayer ask for His help, and be reassured that He will give you His peace.

### **John 14:27**

*Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

So take hold of His peace, don't let your heart be troubled. When you are right with God and asking for guidance you will feel peace and the power of His Spirit which can help you know what steps to take.

### **D&C 111:8**

*And the place where it is my will that you should tarry, for the main, shall be signaled unto you by the peace and power of my Spirit, that shall flow unto you.*

It is very important that you remove and avoid all things that promote fear, such as books, games, movies, and other media that promote violence, evil, or gore, and surround yourself with godly things.

### **Philippians 4:7-9**

*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you*

## **Feet of Peace Printable Activity**

Use this I Forgive Them exercise to help you truly forgive others for anything that they have done that has hurt or offended you.