



## Scriptures for Life

### *A New Reminder - 1 Peter 5:8*

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1 Peter 5:8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

This is a verse we've all heard many times before. In fact, we may even allow ourselves to let it go through one ear and out the other because we've heard it so much. Yet, there's a lot of truth in this one verse.

First, we're told to be self controlled. To literally keep oneself in command of their self. To be in charge of your body and not let emotions or temptations rule your life. That in itself can be a full time job.

Yet, being self controlled is only the first thing we are given here. Being alert is the other. What does it mean to be alert? To be vigilant, watchful, attentive, observant, wide awake, on guard. You name it. Being alert.

Why are we to be self controlled and alert? Because we are at war. The enemy is always out looking for someone devour. Though you may have heard this verse many times before, don't get used to it. Let it be a new reminder to you every time you hear it.

Let this be a focus in your time of meditation throughout the day. Until next time, Shalom.