**“Good Vs Evil”**

By: Daniel Vaporean Word Count 349

Each day of our lives we bravely fight on a battlefield where evil clashes with good. Piously, St. Paul who preached to the Ephesians, advised to wear the spiritual “armor of God” for protection in battle. Utilizing the spiritual armor, which consists of the shield of faith, breastplate of righteousness and the helmet of salvation will help us live chaste lives. By living chastely, while preventing theevil of abortion, we will be blessed with true holiness and our lives filled with health and happiness.

The shield of faith protects chastity by helping us live as God planned, which is through obedience to the Ten Commandments and the teachings of the Catholic Church. Since God’s plan for marriage is the uniting, both physically and mentally, of one man and one woman, it is important that they commit to each other freely, fruitfully, faithfully, and forever. Living according to this plan, sexuality would only be shared by married couples who truly love each other. This would prevent the possibility of an unwanted pregnancy, which may lead to an abortion. The breastplate of righteousness assists in prudence and practicing self-control. Willfully avoiding movies, music and pornography, which encourage unchaste behaviors, keeps our souls holy as we exercise good judgment. Dressing modestly avoids attention being drawn to our sexual bodies and allows friendships to develop which are not based on lust. In keeping our bodies chaste with the helmet of salvation, we will have healthy bodies and avoid the risk of getting sexual diseases which may cause suffering and death. Valiantly remembering to wear our spiritual armor, we will be protected by God and His teachings to live a life of chastity.

God desires the best for us. When we love as He wants us to love, we experience true joy and happiness. We will be content because we know we are following God’s unsurpassable plan. Abortion will be no more. Living our lives in this way will help us increase in virtue and holiness. By faithfully wearing our spiritual armor and living chastely, evil will be defeated and good will win!