

# Week 33: "Shield of Faith"

## Day One: "Shield of Faith"

**Read:** Ephesians 6:16

**Reflect:** Examine your shield: what kind of condition is it in? How frequently have you "taken it up" and depended upon it this past week?

**Dig:**

- Note the verb (action word) in verse 16. In what ways is it similar to and in what ways is it different than the verbs in verses 13, 14 and 17?

- Is the action in v. 16 offensive or defensive? What applications can you draw from this insight?

- Have you ever wondered how a shield could extinguish flames? If you're using a study Bible, check out the footnote - it'll likely explain that Roman shields of that day were covered in leather and could be soaked in water so that they could extinguish flaming arrows.

- What added insight does this give you into how you are fighting spiritual battles? (for example, you may consider how you are nurturing/caring for you faith.)

**Apply:** Identify the actions that for you would be equivalent to 'soaking your shield in water.' (perhaps scripture memory, scripture meditation , worship...) Now pick one and do it today.

## Week Thirty-Three: "Shield of Faith"

### Day Two: "Flaming Arrows"

**Read:** Ephesians 6:16

**Reflect:** What are some of the 'flaming arrows' that the enemy shoots at you?

**Dig:** A couple weeks ago we looked at how the role of Satan is to deceive and accuse (Rev. 12: 9, 10; John 8: 44).

Make a list of the specific 'flaming arrows' he shoots at you (or your family, the church...) and then extinguish them with truth you have learned from scripture. An example is included.

FLAMING ARROW

EXTINGUISHED BY

I need money and degrees to be successful    Luke 12: 15

**Apply:** Memorize one of the verses you listed above.

## **Week Thirty-Three: "Shield of Faith"**

### **Day Three: "Faith"**

**Read:** Eph. 6:16

**Reflect:** Think of someone you know who has strong faith. How do you define or characterize faith?

**Dig:** Read the following passages and summarize what each teaches regarding faith.

**Definition:** Heb 11: 1

**Implications for living:** 2 Corinthians 5: 6-7, James 2:14-26

**Source of faith:** 1 Corinthians 12:7-11; Colossians 1:4, 5

**A characteristic of faith:** 2 Thessalonians 1: 3

**God's Faithfulness:** 2 Timothy 2:13

**Value and Purification of faith:** 1 Peter 1:6, 7; James 1:2, 3

**Holding onto faith:** John 17: 17-20; John 14: 12-14

**Apply:** Isaiah 7: 9 says, "If you do not stand firm in your faith, you will not stand at all." Identify areas in which you are not standing firm... and then ask God to increase your faith.

## **Week Thirty-Three: "Shield of Faith"**

### **Day Four: "God as our Shield"**

**Read:** Ephesians 6:16

**Reflect:** Think of a time in which you clearly sensed God's protection of you - either physically, emotionally, or spiritually.

**Dig:** Eph 6:16 speaks of our faith as a shield... but there also are many scripture references that refer to God as our shield. (e.g. Genesis 15:1, Psalms 3:, 18:2, 30; 91: 4)

Read 1 Peter 1:5 and note the link here between 'faith' and being shielded. What does Peter say shields believers?

Remind yourself of God's power by reading Paul's prayer in Eph.1:17-21.

**Apply:** Ps 28:7 says 'The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. Put that into practice and sing a song of thanks (or write a prayer of thanks) to God your shield.

## **Week Thirty-Three: "Shield of Faith"**

### **Day Five: "Lectio Divina"**

**Read:** Ephesians 6:16: "In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. "

Lectio divina (a Latin expression which means Sacred reading) is done in three stages:

-- **reading:** you read the passage slowly and reverentially, allowing the words to sink into your consciousness: after you have memorized the text, write down one word which strikes you and draws your attention and note why you chose that word.

-- **meditation:** you allow the passage to stir up memories within you, so that you recognize in it your own experience or that of people who have touched your life: write down memories of events or conversations or other scripture passages.

-- **prayer:** you allow the meditation to lead you to prayer -- thanksgiving, humility and petition. Write out a prayer based on the passage.