

# The Armour of God

## The Shield of Faith

Sunday 10<sup>th</sup> May 2026

Ephesians 6: 10 – 18



### Part 1: Identifying the flaming arrows.

1. ...*hold up the shield of faith to stop the **fiery arrows of the devil***. What might these look like today?
2. A flaming arrow doesn't just pierce, it sets things on fire. How can one small doubt or lie "spread" if we don't catch it with faith quickly?
3. Where, or when, are you most likely to feel under attack? E.g. when you are alone, right after a spiritual victory, or when you are physically exhausted.

### Part 2: Understanding the shield

4. The curvature of the shield meant many arrows struck nothing more than a glancing blow. How does standing firm, trusting in God, help a "blow" (like a harsh criticism) glance off you rather than crush you?
5. Soldiers would lock their shields together to form a testudo (tortoise) formation. Why should we not try to use our shields in isolation from other Christians?
6. In warfare, the shields would have been soaked in water to extinguish the flaming arrows. What do you think "soaking" your shield of faith looks like?

### Part 3: Practical Application

7. Do you usually pick up your shield only after you've been hit, or do you have a routine for carrying it into your day before the arrows start flying?
8. Can you have a shield of faith even when you don't feel particularly spiritual or strong? How does faith differ from emotion?
9. ...**hold up** the shield of faith... This implies an active choice. What are the practical things you do to "hold up" your faith?