

Sermon: *When Arrows Fly — Shields Up!*

Text: Ephesians 6:16

Memory Verse:

“In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one.”

— Ephesians 6:16

Day 1 — The Shield We Raise

Read: Ephesians 6:16; Genesis 15:1; Proverbs 30:5

1. What does it mean that God Himself is our shield?
2. Why is faith not “faith in faith,” but faith in the faithful God?
3. Where are you tempted to trust your own strength instead of taking refuge in God?
4. What promise of God do you need to hold onto this week?
5. How can you intentionally “raise the shield” today?

Prayer:

Lord, teach me to run to You as my refuge. Strengthen my faith in Your character and promises.

Day 2 — The Arrow of Guilt and Shame

Read: Romans 8:1; 1 John 1:9; 2 Corinthians 5:17–21

1. What does the arrow of guilt and shame sound like in your life?
2. Why does Satan want believers to hide in shame instead of running to Christ?
3. How does the finished work of Jesus answer real guilt?
4. What is the difference between conviction from the Spirit and accusation from the enemy?
5. What step do you need to take today: confess sin, receive cleansing, or reject condemnation?

Prayer:

Father, help me believe that Christ’s blood is greater than my guilt and that there is no condemnation for those who are in Christ.

Day 3 — The Arrow of Temptation

Read: Psalm 16:11; James 1:13–15; Hebrews 11:24–26

1. What temptation often promises satisfaction to you?
2. What lie are you tempted to believe when that temptation comes?
3. How does Psalm 16:11 answer the lie that sin will satisfy?
4. What does it look like for you to refuse to negotiate with temptation?
5. What better joy in Christ can you pursue today?

Prayer:

Lord, help me see sin for what it is and Christ for who He is. Teach me to believe that Your presence is fullness of joy.

Day 4 — The Arrow of Fear and Anxiety

Read: Isaiah 26:3; Matthew 6:25–34; 1 Peter 5:7; Hebrews 13:5

1. What fear or anxiety has been settling in your heart?
2. What does that fear suggest about God’s care, nearness, or provision?
3. Which promise from today’s reading speaks most directly to your fear?
4. Are you more tempted toward panic-control or passive despair?
5. What would it look like to pray before you panic and do the next faithful thing?

Prayer:

Father, You know what I need before I ask. Help me cast my anxieties on You because You care for me.

Day 5 — The Arrow of Discouragement and Weariness

Read: Galatians 6:9; Isaiah 40:28–31; 1 Corinthians 15:58; 1 Samuel 17:45–47

1. Where are you tempted to believe obedience is not worth it?
2. What area of life feels too hard, impossible, or hopeless right now?
3. How does remembering “the battle is the Lord’s” strengthen faith?
4. Why should we not measure faithfulness only by immediate results?
5. What is the next faithful step God is calling you to take?

Prayer:

Lord, renew my strength. Help me not grow weary in doing good. Teach me to trust that my labor in You is not in vain.

Day 6 — The Arrow of False Teaching and Confusion

Read: Genesis 3:1–7; Psalm 119:105; John 17:17; 2 Timothy 3:16–17

1. Why does Satan often begin by asking, “Did God really say?”
2. Where are you tempted to question what God has clearly said?
3. How can false teaching sound persuasive, compassionate, intellectual, or culturally acceptable?
4. What truth from Scripture do you need to submit to today?
5. How can you grow in discernment and love for God’s Word?

Prayer:

Lord, sanctify me in the truth. Your Word is truth. Keep me from confusion and help me trust what You have clearly spoken.

Day 7 — The Formation We Need

Read: Hebrews 3:12–14; Galatians 6:2; Hebrews 10:24–25

1. Why is the Christian life personal, but not private?
2. When has another believer helped strengthen your faith?
3. Who around you may be weary, tempted, fearful, or discouraged?
4. What would it look like to “lock shields” with your family or church this week?
5. Ask someone this week: **“What arrow are you facing, and how can I help shield you?”**

Prayer:

Lord, help us raise our shields together. Make our church a people who bear burdens, speak truth, pray specifically, and encourage one another in faith.

Family or Group Discussion

1. What arrow do you most often face: guilt, temptation, fear, weariness, or confusion?
2. What promise of God helps you raise the shield of faith?
3. How can our family or group help one another keep our shields up?
4. Who needs encouragement from you this week?

Weekly Practice

Name the arrow.

Raise the shield.

Take the step.

In all circumstances — **shields up.**