

Couples
KEEPER

Lesson 5 The Armor of God for Marriage: The Shield of Faith

Extinguishing the Enemy's Arrows in Marriage

Theme Scripture: Ephesians 6:16 (NIV)

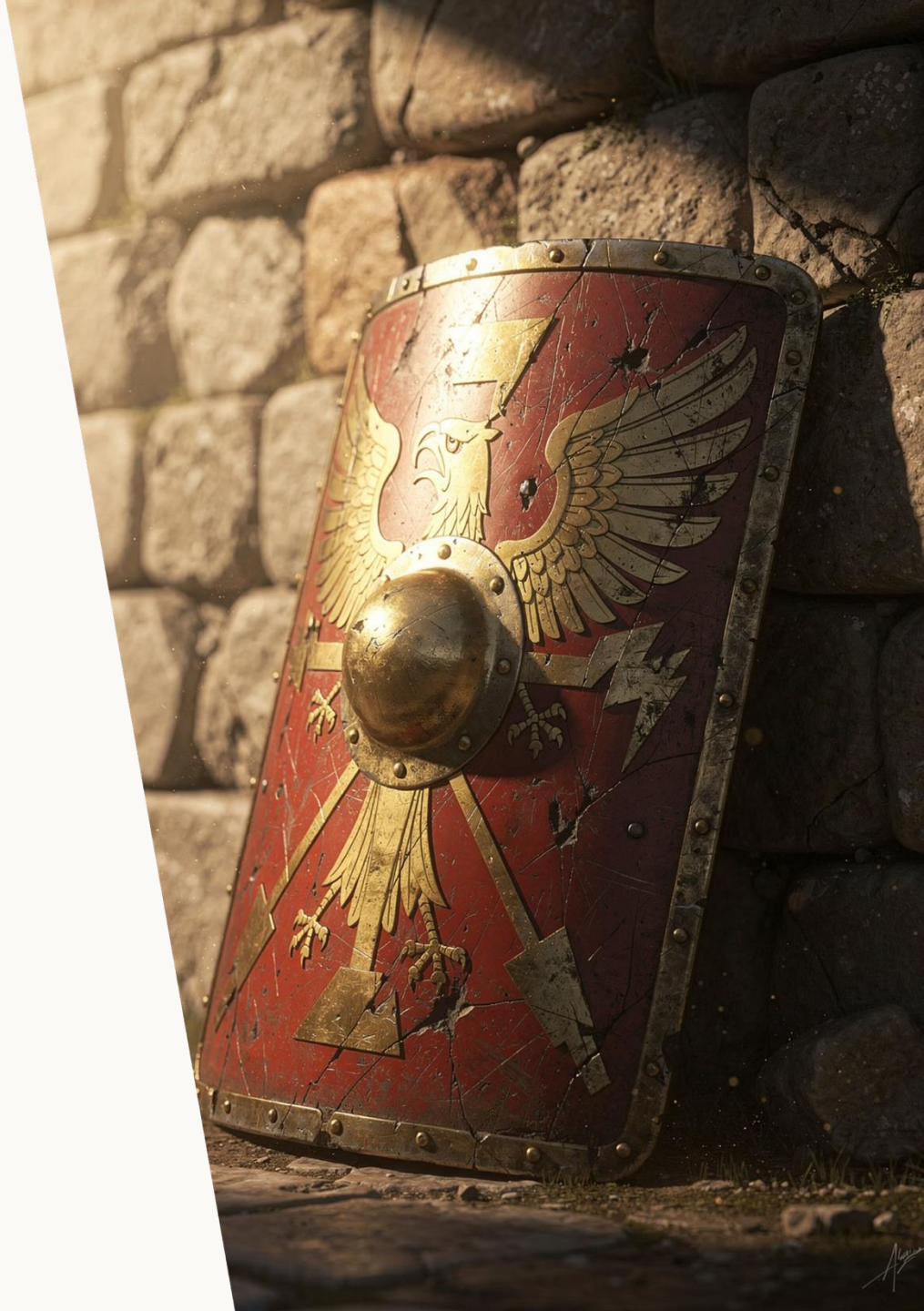
"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one."

Session Goal

Help couples identify the lies, fears, doubts, and negative beliefs that attack their marriage and learn how to use faith in God to overcome them.

Key Truth

Faith is not denying reality—it is believing God is greater than reality's challenges.



Opening Illustration

Roman Shield Principle

The Roman shield (Scutum) was approximately four feet high and two feet wide. It was designed to protect the entire soldier.

Before battle, soldiers would soak their shields in water.

When flaming arrows struck, the fire was extinguished immediately.

Likewise:

God's Word is the water.

Faith is the shield.

The enemy's lies are flaming arrows.

A shield only works when it is raised.

Many couples own faith but forget to use it during conflict.

Teaching Point 1:

Identifying the Flaming Arrows

Discussion

Many marital conflicts begin long before words are spoken.

The battle often starts in our minds.

The enemy attacks through:

Fear

- Fear of rejection
- Fear of abandonment
- Fear of failure
- Fear of vulnerability

Doubt

- Doubting your spouse's intentions
- Doubting the future
- Doubting God's ability to heal

Bitterness

- Replaying old wounds
- Refusing to forgive
- Keeping score

Hopelessness

- "Nothing will ever change."
- "We've tried everything."
- "This is just how our marriage is."

Group Discussion Questions

- 1 What "flaming arrows" attack marriages most often?
- 2 Which one affects your marriage the most?
- 3 How do those thoughts influence your reactions?
- 4 What happens when fear becomes the loudest voice in a relationship?



Couples Exercise #1

Naming the Arrows

1

Question 1:

What fear attacks me most in marriage?

2

Question 2:

What lie am I tempted to believe?

3

Question 3:

What recurring negative thought enters my mind?

Couples exchange cards and discuss.

Questions:

- Why do you think this affects you?
- When did this belief begin?
- How can I help protect you from this arrow?

Teaching Point 2:

Faith Believes the Best

Key Scripture

1 Corinthians 13:7 (NIV)

"It always protects, always trusts, always hopes, always perseveres."

Faith refuses to assume the worst.

Many conflicts escalate because spouses create stories before hearing truth.

Examples:

- "They didn't call because they don't care."
- "They forgot because I'm not important."
- "They disagreed because they don't respect me."

Faith asks:

"What if there is another explanation?"



Group Discussion

1

Why do we naturally assume the worst?

2

How can faith help us interpret our spouse's actions differently?

3

What assumptions have created unnecessary conflict?

Couples Exercise #2

Rewriting the Story

Each spouse answers:

Scenario:

"My spouse forgot something important."

Write:

Version 1:

The story I tell myself.

Version 2:

A faith-filled explanation.

Example:

Story: "They don't care."

Faith: "They may be overwhelmed or distracted."

Discuss differences.

Teaching Point 3:

Fighting Fear Together

Key Scripture

2 Timothy 1:7 (NIV)

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."

Fear says:

- Protect yourself.
- Withdraw.
- Attack first.

Fear isolates.

Faith unites.

Faith says:

- Trust God.
- Stay connected.
- Keep communicating.



Discussion Questions

1

How do you react when you're afraid?

2

Do you fight, flee, freeze, or fix?

3

What fears do you rarely discuss with your spouse?

Couples Exercise #3

My Hidden Fear

Complete the sentence:

Husband:

"One fear I rarely talk about is..."

Wife:

"One fear I rarely talk about is..."

Then answer:

"What would help me feel safer is..."

Spouses listen without responding.

Afterward, simply say:

"Thank you for trusting me."

Teaching Point 4:

Faith Refuses to Keep Score

Key Scripture

Colossians 3:13 (NIV)

"Bear with each other and forgive one another..."

Keeping score weakens faith.

Faith believes redemption is possible.

Scorekeeping says:

- "That's strike three."
- "You always do this."
- "You never change."

Faith says:

- "God is still working."
- "Growth takes time."
- "Grace creates room for transformation."



Group Discussion

1

Why is it hard to let go of past failures?

2

What happens when we repeatedly revisit old mistakes?

3

How does forgiveness strengthen faith?

Couples Exercise #4

The Debt Cancellation Ceremony

Each spouse writes:

One offense

One disappointment

One hurt they are willing to
release

After praying together, tear up the paper.

Facilitator says:

"Faith believes God's future is bigger than yesterday's pain."

Teaching Point 5:

Building a Shared Shield

Historical Insight

Roman soldiers often locked shields together.

This formation became nearly impossible to penetrate.

Marriage works the same way.

Individual faith is powerful.

Shared faith is stronger.

Discussion Questions

1

How do we currently practice faith together?

2

What spiritual habits are strongest in our marriage?

3

What habits need strengthening?



Couples Exercise #5

Shield Lock Assessment

Rate yourselves (1 – 5):

We pray together regularly.

We discuss spiritual matters.

We encourage one another spiritually.

We attend church consistently.

We read Scripture together.

We speak faith during difficult seasons.

Total Score:

25–30
Strong Shield

18–24
Growing Shield

Below 18
Needs Reinforcement

Interactive Group Activity

Flaming Arrows vs Shield of Faith

Divide into teams.

Give each team a list of flaming arrows.

Examples:

1 Rejection

2 Financial fear

3 Anxiety

4 Insecurity

5 Bitterness

6 Failure

7 Shame

Teams must find a Scripture and faith response.

Example:

Arrow: "I am not enough."

Shield: Philippians 4:13

"I can do all this through him who gives me strength."

First team finished wins.

Marriage Faith Declaration

Have couples stand and hold hands.

Together declare:

"We choose faith over fear."

"We choose hope over hopelessness."

"We choose trust over suspicion."

"We choose forgiveness over bitterness."

"We choose God's promises over the
enemy's lies."

"Our marriage belongs to Jesus Christ."

"We will raise our shield of faith together."

Closing Prayer

"Father, help us recognize every flaming arrow aimed at our marriage. Strengthen our faith so we trust You more than our fears. Teach us to stand together, protect one another, and believe Your promises even when circumstances are difficult. Unite our hearts and help us become a couple that walks by faith and not by sight. In Jesus' name, Amen."

Take-Home Challenge

Every night this week:

01

Share one concern or fear.

03

Pray together for five minutes.

02

Share one promise from God.

04

End by saying: "I choose faith with you today."

This practice helps couples begin building a habit of locking shields together spiritually.