

DIGGING DEEPER: Faith Over Fire

Date: Week of October 5, 2025

Main Passage: Ephesians 6:10–18

Focus: Shield of Faith & Helmet of Salvation

Theme: *Faith defends your future; salvation secures your mind.*

Discussion Questions

LEAN IN

What's one "flaming arrow" (lie, doubt, fear, etc.) that tends to trip you up the most in your day-to-day life?

How do you usually respond to it — and has that worked?

LOOK UP

Let's slow down and look closely at scripture.

Main Text:

Ephesians 6:16–17

"In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God."

Observation (What does the text say?)

- What specific items of armor are mentioned here?
- What does each item *do* according to the passage?
- What stands out or surprises you?

Interpretation (What does it mean?)

- What do we learn about the kind of spiritual battle we are in?
- Why is *faith* described as a **shield**?
- Why is *salvation* compared to a **helmet**?
- **How do these metaphors deepen your understanding of spiritual protection?**

Application (How do we respond?)

- When you think about your current season of life, **what flaming arrows is the enemy using against you?**
- **How are you practically “taking up” your shield of faith or “putting on” the helmet of salvation right now?**
- Where is your faith most under fire — and how can God’s truth cover and protect you?

Reflect + Relate

Have you ever found your thoughts spiraling — into fear, shame, comparison, or doubt? What helped (or could have helped) you renew your mind in those moments?

Which part of salvation (past, present, or future) do you most need to rest in this week — and why?

(Forgiveness from the past? Grace in the present? Hope for the future?)

Other related passages to explore:

- Romans 12:1–2 – Renewing our minds
- 1 Peter 5:8–9 – Resisting the enemy
- Colossians 3:3 – Our hidden identity in Christ

Scripture

- **Ephesians 6:10–18** – The full armor of God
- **Hebrews 11:1** – Faith is the assurance of things hoped for
- **1 Peter 5:8–9** – Stand firm in the faith
- **Galatians 6:1–2** – Carry each other’s burdens
- **1 Thessalonians 5:8–9** – The hope of salvation
- **Romans 12:1–2** – Be transformed by the renewing of your mind
- **Colossians 3:3** – Your life is hidden with Christ in God
- **Philippians 1:6** – God will complete the work He began in you

Prayer Guide

Use this prayer together to close your time:

Group Prayer:

Jesus, You are our defense and our hope. Help us take up the shield of faith, and to trust You even when we can't see the outcome. Guard our minds with the helmet of salvation, and remind us who we are and whose we are.

Silence the lies of our spiritual enemy and speak truth into our hearts.

May we walk together, carry each other's burdens, and stand firm as united people of faith. Thank you in advance for the victory that comes from you!

Amen.

Practice (Step Out)

Here are 2–3 ways you can apply this week's message in your daily life:

1. Identify and Answer the Arrows

Write down one recurring lie or fear you're facing. Then write a truth from Scripture that speaks against it. Speak that truth out loud when the lie comes.

2. Link Shields With Someone

Reach out to a trusted friend or group member this week. Share one area where you're feeling spiritually attacked. Ask them to pray for you — and check in later this week.

3. Meditate on Salvation Daily

Start each morning this week with a short prayer like:

“Jesus, thank You for saving me — past, present, and future. Today I choose to live with a mind guarded by Your truth.”

Bonus: Memorize Colossians 3:3 or Philippians 1:6 this week as a way to guard your mind with truth.