

# Bible Study Discussion Guide

**Series:** Armor Up-Week 4

**Message:** The Shield of Faith & the Sword of the Spirit

**Text:** Ephesians 6:10–18

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## Sermon Summary

In Ephesians 6, Paul reminds us that spiritual warfare is real and ongoing. Just as a Roman soldier needed armor and weapons to withstand attacks, God has given believers spiritual armor to stand firm against the enemy. This week's focus was on the **shield of faith** and the **sword of the Spirit, which is the Word of God**.

Faith acts as our shield, extinguishing the flaming arrows of temptation, fear, and condemnation. God's Word is our sword, a powerful offensive weapon empowered by the Holy Spirit. Jesus himself modeled this in the wilderness when He resisted Satan's temptations by quoting Scripture (Matthew 4). Together, faith and God's Word enable us to resist attacks and walk in victory.

The Lord's Supper reminds us that this battle is already won through Christ's death and resurrection. Colossians 2:15 assures us that Jesus disarmed the powers and authorities, triumphing over them by the cross.

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## Key Scriptures

- **Ephesians 6:10–18** – The Armor of God
- **Romans 8:1** – No condemnation for those in Christ Jesus
- **Mark 2:1–12** – The paralyzed man and the faith of his friends
- **2 Peter 1:20–21** – Scripture written as men were carried along by the Holy Spirit
- **2 Timothy 3:16** – All Scripture is God-breathed
- **Matthew 4:1–11** – Jesus resists temptation with Scripture

- **Colossians 2:15** – Christ triumphed over powers and authorities by the cross
  - **Psalms 46:1–2** – God is our refuge and strength, an ever-present help in trouble
  - **Revelation 12:11** – Believers overcome by the blood of the Lamb and the word of their testimony
  - **Galatians 2:20** – I have been crucified with Christ; Christ lives in me
  - **Psalms 27:13** – I remain confident I will see the goodness of the Lord
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## Key Takeaways

### 1. Spiritual Warfare is Real

- The enemy uses deception, temptation, fear, and condemnation as his arrows.
- We must recognize the spiritual battle even when it is unseen.

### 2. The Shield of Faith Protects Us

- Faith is active trust in God's goodness and sovereignty.
- When arrows of temptation, fear, or condemnation fly, we raise the shield of faith by believing God's Word.
- Faith is strengthened in community; like the Roman "testudo" formation, believers shield one another in prayer and accountability.

### 3. The Sword of the Spirit is the Word of God

- The Word, empowered by the Spirit, strikes with power against the enemy.
- Jesus used Scripture to resist temptation.
- Memorizing and declaring "fighter verses" equips us to respond quickly in battle.

### 4. Victory is Secured at the Cross

- The enemy is already defeated.

- The Lord's Supper reminds us of Christ's triumph and our identity in Him.
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## Discussion Questions

1. Paul calls faith a shield (Eph. 6:16). What flaming arrows have you experienced recently (temptation, fear, doubt, condemnation)? How can you raise your shield of faith in those moments?
  2. The Roman "testudo" shield formation required soldiers to protect one another. Who are the people in your life that help strengthen your faith when you're under attack? How can you be that shield for someone else?
  3. Jesus used Scripture as His weapon in the wilderness (Matt. 4). What Scriptures do you turn to when you are tempted or afraid? Do you have "fighter verses" memorized?
  4. In Mark 2, Jesus "saw their faith" (v. 5). How can your faith impact the lives of others around you—family, children, coworkers, or friends?
  5. The cross assures us of victory (Col. 2:15). How does remembering Christ's finished work change the way you face spiritual battles today?
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## Personal Reflection

- Identify one "flaming arrow" you are facing right now. Write down a fighter verse that speaks directly to that situation.
  - Consider who in your life needs you to "link shields" with them in prayer this week.
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## Closing Prayer Prompt

Spend time thanking God for the victory of the cross. Ask Him to strengthen your faith when arrows fly and to sharpen your use of His Word in daily battles. Pray for your group, that together you would stand firm and resist the schemes of the enemy.