

THE
**Lauren
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PODCAST

ARMOR OF GOD SERIES • EPISODE 4 COMPANION WORKSHEET

The shield of faith

Extinguishing the fiery darts — follow along and put on the armor

Name:

Date:

Quick review

So far we've put on three pieces of the armor:

- The belt of truth — knowing the truth, the person of Jesus and the written word, anchors everything else together
- The breastplate of righteousness — Jesus' imputed righteousness covers us, as we work out our salvation and continually choose righteousness
- The shoes of peace — we rest secure in our salvation, and we get to cause peace by carrying the gospel with us

Ephesians 6:16 *"In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one."*

Roman shields were built from iron and layered wood, wrapped in linen and leather, with gaps that let arrows penetrate just far enough to be quickly extinguished — sometimes soaked in water for that very purpose. That's the picture Paul paints: our faith puts out the enemy's fiery arrows before they can do damage.

Putting on the shield of faith

Look up each verse, jot down what stands out, then respond in the blank.

1 What is faith? *Hebrews 11:1*

Faith is the assurance of things hoped for, the conviction of things not seen. It's a two-step: God's trustworthiness never changes — the part that changes is our ability to trust Him.

Where do you need to trust God's character even when you can't see the outcome?

My response:

2 Faith counters lies with truth *Matthew 4:3-4*

The enemy's fiery darts are schemes, temptations, lies, and attacks meant to shift our focus from God. Even Jesus, when tempted, fought back with Scripture — not with His own reasoning.

What lie or "fiery dart" have you been facing lately? What Scripture counters it?

The lie:

The truth:

3

Faith is active trust *Revelation 12:11*

Faith isn't passive resignation — it's active trust that God's promises hold firm even when circumstances suggest otherwise. They overcame by the blood of the Lamb and the word of their testimony.

A STORY OF FAITH

When Sean and I started dating, the Lord told me he wouldn't be deployed. Two years later, deployment orders came anyway. We married in a week, and he left. Three weeks in, furious and not praying, I finally yelled at the Lord in my car — and He answered, "My grace is sufficient for you." I chose to keep trusting Him anyway. Three weeks after that, Sean's contract fell short of the deployment length, and he came home. God was faithful, even when I wasn't.

What's a time God asked you to trust Him before you could see the outcome? How did He meet you in it?

My response:

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4

Faith like Abraham *Romans 4:16-24*

Even when there was no reason for hope, Abraham kept hoping. His faith didn't weaken — it grew stronger, fully convinced God is able to do whatever He promises.

Where do circumstances suggest you have no reason to hope, yet you're being invited to keep believing anyway?

My response:

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5

Faith is transferable *Luke 5:18-20 · Acts 9:8-19 · Proverbs 27:17*

This shield was built for a group, linked side by side — not carried alone:

- The paralyzed man needed friends to carry him to Jesus
- Saul needed Ananias to help him see again
- Iron sharpens iron, and one believer sharpens another

Whose faith carries you when yours is weak? Who might need you to carry them this week?

My response:

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6

Grace for wavering faith *Mark 9:20-25*

"I believe; help my unbelief!" Jesus still healed the boy — He didn't rebuke the father. The miracle never depended on the father's faith being perfect. He meets us in our place of wavering.

Where do you need to pray "I believe — help my unbelief" today?

My prayer:

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Closing reflection

Romans 4:20-21 *"No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised."*

The shield of faith protects us by reinforcing who God is, and who we are because of our salvation. Write a short prayer asking Him to strengthen your faith where it feels weak.

with Lauren