

Calvary Chapel of El Cajon Women's Bible Studies

Ephesians 6:16,17a - *Shield Of Faith* *Helmet Of Salvation*

Lesson 18

In this lesson we will look at two pieces of armor. First, we will learn the role of *faith* in protecting the believer during spiritual battles. Second, we will learn how the facts and truth of *salvation* become a defense against the attacks of the enemy, leaving his *fiery darts quenched* (extinguished) and the believer standing in her place.

DAY ONE: Read Ephesians 6:14-19

1. This week we will concentrate on Ephesians 6:16,17a. Fill in the following blanks to reveal the two pieces of armor covered in this lesson:

above all, taking the _____ of _____ with which you will be able to quench all the fiery darts of the wicked one. And take the _____ of _____...

2. Review Ephesians 6:14-17. List the six pieces of armor by filling in the blanks:

having your waist girded with _____

having put on the breastplate of _____

having shod your feet with the preparation of the _____

taking the shield of _____

take the helmet of _____

(take) the sword of the Spirit, which is the _____

3. As we study this lesson, we will be figuratively taking up our *shield* and putting on our *helmet*. Using a Bible Dictionary (or a regular dictionary) define:

faith

salvation

- a. What is one of your favorite verses that addresses the subject of:

faith

salvation

DAY TWO: Read Ephesians 6:16

1. The *shield of faith* is a vital piece of armor. All of the rest of the pieces of armor will be unable to fully protect you in battle if you are without your *shield*. What two words in verse 16 confirm that?
 - a. How important is *faith* to God? See Hebrews 11:6.
 - 1.) What does behaving in *faith* reveal?
 - b. What part does a *shield* play in protecting a soldier in battle?
2. Define *faith* using Hebrews 11:1.
 - a. What is the difference between *hoping* for something and having *faith* that something will occur?
3. Mark recorded several statements made by Jesus concerning *faith*. What did Jesus say about *faith* in:
Mark 5:36
Mark 9:23
Mark 11:22
4. God requires that we trust Him/have *faith* in Him. What do these verses tell us about God that should cause us to know we can rely upon Him?
1 Corinthians 10:13
1 Thessalonians 5:24
2 Thessalonians 3:3
2 Timothy 2:13
Hebrews 10:23
1 Peter 4:19
1 John 1:9
 - a. Using the verses above, summarize God's *faithfulness*.

DAY THREE: Read Ephesians 6:16

1. God is *faithful*. *Faith* pleases God. According to Ephesians 6:16, what will we be *able* to do when we *take the shield of faith*?
 - a. Satan has an entire arsenal of *darts* (means by which to challenge your *faith*). What are some of the thoughts he uses to attack the believer's *faith*?

If you have time: Hebrews 11 is known as the Hall of Faith because it mentions many of the *faithful* who endured hardships *by faith*. Scan through verses 17-40 and record the *fiery darts* of doubt Satan may have shot at these precious saints. (What kind of questions might he have put in their minds?)

Abraham:

Moses:

Joshua at Jericho:

Rahab the Harlot:

Still others (those referred to in verses 36-39)

2. God provides the reason to walk in *faith*. He provides the *shield of faith* for us to take up. What do the following verses say about our responsibility?

Philippians 1:27

1 Timothy 1:19

1 Timothy 6:20,21

Jude 1:3

Jude 1:20

- a. Using the verses above, list some of the words used to describe our responsibility. For example *stand fast, striving...*
- b. What are some of the pitfalls of not remaining steadfast in our *faith*?

DAY FOUR: Read Ephesians 6:17a

1. 1 Thessalonians 5:8 instructs us to *put on the breastplate of faith and love*. What other piece of armor are we told to *put on*?
 - a. What *hope* did Job express in Job 19:25.
 - 1.) How do you think this *hope* protected Job in the midst of his trials?
2. What part of the body does a *helmet* protect?
 - a. According to 2 Corinthians 11:3, what is one of satan's goals for your *mind*?
3. Satan constantly attacks the believer's assurance of *salvation*. According to the following verses what can we know?

Romans 10:9-10

1 John 5:4-5
4. What would satan like us to believe about *salvation*?
5. What effect does doubting *salvation* have on a believer?
6. Jesus is the author and finisher of our *salvation*. What do Galatians 1:4 and Hebrews 7:25 say about Him?

DAY FIVE: Read Ephesians 6:17a

1. Through saving us, God has given us a new life, a new nature, and a new freedom. Using Romans 6:2-16, we have created the chart below and listed the principles declared by the verses. In the third column, record why knowing and applying these truths about *salvation* enable a believer to *stand against the wiles of the devil*.

He has given us...	Principle	Importance
New life		
Romans 6:2-3	Sin's power is broken.	
Romans 6:4	Sin-loving nature is buried.	
Romans 6:6	You are no longer under sin's control.	
New nature		
Romans 6:5	Now you share His new life.	
Romans 6:11	Look upon your old self as dead; instead be alive to God.	
New freedom		
Romans 6:12	Do not let sin control you.	
Romans 6:13	Give yourselves completely to God.	
Romans 6:14	You are free.	
Romans 6:16	You can choose your own master.	

2. The believer is responsible to *put on the helmet of salvation* which God has provided. What do Galatians 5:1 and Hebrews 10:23 tell us to do?

- a. Practically, how does the believer do this?

- b. The *yoke of bondage* specifically refers to being entangled with the demands of the law. What are some other thoughts or actions which might cause a believer to be *entangled again with the yoke of bondage* (the bondage of the old ways)?

DAY SIX: Review

1. How does a person with biblical faith act even when there is no visible or tangible evidence to be seen or appropriated?
2. When satan tempts you to not believe one of God's promises, how does *faith* deflect his fiery darts of temptation?
3. Describe an instance when you took up the *shield of faith* and you saw satan defeated.
4. In what ways can you relate to Job's hope of *salvation*?
5. In believing, we have been clothed with the righteousness of Jesus. Yet, we are to *put on salvation*. How might a believer have *salvation*, yet not apply its benefits to her life?
6. How have you been challenged or encouraged by this lesson?

*But let us who live in the light think clearly,
protected by the body armor of faith and love,
and wearing as our helmet the confidence of our salvation.*

-1 Thessalonians 5:8 NLT