

Digging Deeper: Ephesians 6:16–17

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Day 1

Read through and pray over Ephesians 6:16–17.

Ephesians 6:16: Paul continues to write about putting on the armor of God. In this verse he instructs believers to take/hold up the shield of faith. Our faith is a shield. This leads to the question, what is faith? The dictionary definition of faith is complete trust or confidence in someone or something. Believing in God's Word and acting out of that belief. If you say you trust a bridge but never walk out on it, how will you reach your destination? Our faith in God and his Word is demonstrated in our loving obedience. Are you holding up your shield of faith? What does that look like in your life?

Day 2

Ephesians 6:16: Paul tells us the shield of faith will stop the fiery arrows of the devil. Read Ephesians 6:11 and 1 Peter 5:8. The devil is scheming, plotting and planning evil. He is seeking to devour. We must continually hold up our shield of faith. Read James 4:7. To resist the devil's evil schemes, we must submit ourselves to God. Our surrender and obedience to God is not merely a demonstration, but it actually extinguishes the fires of the devil. Take time today and give thanks to God for providing protection from the devil's fiery arrows.

Day 3

Ephesians 6:17: Here Paul writes for us to put on salvation as a helmet. A helmet protects your head. It guards your mind, which controls the body. It is of utmost importance to keep our mind and thinking safe from any harm. Salvation is our helmet. What is salvation, and how do we wear it on our head? Salvation is the deliverance from the penalty of sin. To be saved from eternal consequences. This is the Good News of Jesus Christ. Read Romans 3:23, 6:23 and John 3:16–21. Salvation is the hope we have in Jesus as our Savior. Are you putting God's saving grace on the forefront of your mind everyday to guide your thoughts and control your actions?

Day 4

Ephesians 6:17: Lastly Paul instructs believers to take the sword of the Spirit, which is the Word of God. Read Hebrews 4:12. So after putting on all the defensive armor of God to protect you, now the Word of God is an offensive weapon used to thwart the devil's schemes. Read Matthew 4:1–11. Equipped with the armor of God, when Jesus was tempted by the devil, Jesus used his sword of the spirit by quoting scripture. Thank the Lord today for providing the perfect armor for us to go to battle. Pray that you would properly equip yourself everyday before going into battle. What does preparing yourself for battle each day look like in your life?

Day 5

Ephesians 6:16-17: Knowing that the shield of faith extinguishes the fiery arrows of the devil, how can you strengthen your faith? Read Romans 10:17. Faith comes by hearing the word of God. C.H. Spurgeon explains faith is "made up of three things — knowledge, belief, and trust." First, we must hear the Word of God. Learn of his Good News. Then, we must believe in God's Word. Believe in scripture and that God revealed himself to you through his Word and in this world. Lastly, we must then trust in God and his Word. We must put our confidence in God and his Word. We trust God when we make decisions and move according to our knowledge and belief. Examine your faith today, and take steps to strengthen your faith.