

Digging Deeper: Ephesians 6:16–17

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Day 1

Now is a good time to get your journal and record your thoughts and ideas. Pray and ask God to search your heart and help you learn from His Word. Read Ephesians 6:16–17. What does it mean to have faith? Check out <https://www.merriam-webster.com/dictionary/faith>. Also read these verses on faith; John 7:38; Matthew 21:22; John 8:24; Mark 11: 22–24; and 1 Corinthians 2:5.

Day 2

When you pray, thank God for all He has done for you, asking God for the forgiveness of sin in your life, listening for the Holy Spirit to learn from Him and bringing your requests to God. Read Ephesians 6:16–17. Who is the devil or the evil one? Check out Job 1. What is the devil trying to do to Job? What is he trying to do to you? Read John 10:10 and 1 Peter 5:8-9.

Day 3

Find a quiet place to settle your mind and spirit. Pray. Read Ephesians 6:16–17. What do the flaming darts and arrows coming from the devil represent? What are some examples in your life today of these ‘flaming arrows?’ How do we take up “the shield of faith,” and what are we supposed to do to build faith in God? a) Matthew 4:4, John 4:14, Romans 10, Hebrews 4:12 b) James 1:5, Philippians 4:6–7, Jude 20.

Day 4

Ask God how best to use your unique gifts to contribute to the strength and health of the body of believers. Read Ephesians 6:16–17. What does salvation mean? Check out <https://www.merriam-webster.com/dictionary/salvation>. What are some synonyms for the word ‘salvation?’ Check out <https://www.merriam-webster.com/thesaurus/salvation>. Read Philippians 2:12–13 and Titus 2:11–14. How do we ‘wear’ God’s promise of salvation like a helmet? Study, meditate and pray over 1 Thessalonians 5.

Day 5

Pray. Ask Jesus: Who does He want you to reach out to today? Read Ephesians 6:16–17. What does the ‘sword of the Spirit’ mean to you? Matthew Henry once wrote about God’s word, “A single text, well understood, and rightly applied, at once destroys a temptation or an objection, and subdues the most formidable adversary.” Who is our adversary? What are we supposed to do so we can well understand and rightly apply God’s word?

Day 6

As you pray, reflect and discuss with the Holy Spirit about the past days and how you can apply what you learned this week for His glory. One last time, read Ephesians 6:16–17. Are we facing an actual battle with real arrows, real shields, real helmets and real swords? What can you be doing everyday to successfully stop the spiritual arrows from the devil?