

Series: "You Can Be a Hero: Lessons on the Armor of God"

Lesson 7 – "Shield of Faith"

Preparation: You will need 7 small army men, 1 playing card or index card, three marbles, and one sheet of construction paper for each pair of students for the Battle Strategy activity. Have a blindfold & chair for the faith activity. Print off copies of the "Doubt Extinguishers" match-up sheet or print and pin to a board.

Review Lessons 6: Shoes prepared with the gospel of peace – God's peace helps us stand firm even during the storms of life and moves us to share His peace with others!

Focal Scripture: Ephesians 6:16

"In every situation take the shield of faith, and with it you will be able to extinguish all the flaming arrows of the evil one."

Key Take Away: The better we know God, the more we trust Him & the less we doubt.

Shield of Faith–

Intro activity: "Battle Strategy- Faith protects"

Divide students into pairs. Give one person in each pair 7 toy soldiers and have them stand them on a sheet of construction paper (battle ground). The other student is to back away about 3-4 feet and try to hit the soldiers by rolling their marbles. On the second try, have the student reset the soldiers, but also give them a card they can use to move in front of the soldiers to help protect them from the marbles.

Ask students if the card helped and in what way? It "blocked" the marbles from reaching the soldiers. In the same way, the shield of faith helps protect us from Satan's fiery darts reaching us.

Point 1: The Shield = Faith

Remind students that as Paul is writing this he is in prison in Rome and more than likely he is looking at a Roman soldier guarding him.

Facts about a Roman soldier's shield:

- Size – about 4 ft. tall & about 2 ½ ft. wide; size of a small door; could fully stand behind
- Made of sheets of wood covered with leather and then soaked in water before battle

What is faith? Hebrews 11:1 – *"Now faith is the reality of what is hoped for, the proof of what is not seen."* Faith believes God & acts on it. The result is fully trusting & obeying God.

Activity: Blindfold Faith

Ask for a volunteer of someone that trusts you. Blindfold them, spin them around a few times, and then tell them to trust you by doing what you tell them to do. Give them simple instructions to walk around the room without running into anything. Without them knowing, place a chair in the center of the room. Give them instructions to the chair so that they are standing in front of it in a position to sit, but don't tell them the chair is there. Ask them to sit down without reaching or feeling, but just by trusting it is okay to sit because you told them to.

Explain that even though we may not be able to see God or how things are going to work out, we can trust Him because He can see all and knows all and only wants what is best for us! That kind of trust or faith protects us from Satan's fiery darts that can cause us to doubt or not trust God.

So faith covers & protects us like a shield; our faith extinguishes fire because it has been soaked in the Living Water of Jesus!

But also our shield of faith can protect us as we join with other Christians! The Romans were known for making a "Turtle Formation" with their shields all connected together as they made a box facing outward with some holding their shields facing out on all sides and others above their heads making an impenetrable "turtle shell."

Point 2: The Fiery Darts = Doubt

- Satan may use many flaming darts, but they all can be traced back to doubting God. When doubt hits its target, it spreads like fire!
- Satan's first fiery dart at Eve in the Garden of Eden; Satan said "Did God really say..." Genesis 3:1 That doubt burned in Eve and then spread to Adam leading both to not trust God & disobey – sin.

Activity: Read With You All the Way by Max Lucado

Ask what weapon the Hopenots used? (they mimicked the King's song)
What helped Cassidon make it all the way back? (he trusted (had faith) in His companion and learned the King's song so well he wasn't fooled, but kept trusting his companion – the Prince.

Relate how this is like us choosing first to invite Jesus to be our companion & Savior, but then also spending so much time with Him and learning God's Word that our faith is strengthened and protects us against Satan's lies and seeds of doubt.

A Few Doubt Extinguishers:

Pass out the "Doubt Extinguishers" matching sheet and have students work in teams to look up Scriptures and match them to the correct doubt or pin them to a board and let them choose the correct match. Review & discuss.

- **"Is God really with me?" -**

Hebrews 13:5 - *"Your life should be free from the love of money. Be satisfied with what you have, for He Himself has said, I will never leave you or forsake you."*

James 4:8 - *"Draw near to God, and He will draw near to you."*

Psalm 145:18-19 *"The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desire of those who fear him; he also hears their cry and saves them."* (* could also match to prayer question.)

- **"Does God really have a plan for my life?" -**

Jeremiah 29:11-13 - *"For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."*

Psalm 139:16 - *"Your eyes saw me when I was formless; all my days were written in Your book and planned before a single one of them began."*

- **"Does God really hear me when I pray?" -**

Proverbs 15:29 *"The Lord is far from the wicked, but he hears the prayer of the righteous."*

2 Chronicles 7:14-15 - *"if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. Now my eyes will be open and my ears attentive to the prayer that is made in this place."*

- **"Will God really forgive me?"**

1 John 1:9 - *"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."*

Acts 3:19 - *"Therefore repent and turn back, so that your sins may be wiped out, that seasons of refreshing may come from the presence of the Lord"*

- **"Does God really love me?"**

Romans 5:8 - *"But God shows his love for us in that while we were still sinners, Christ died for us."*

Romans 8:37-39 - *"No, in all these things we are more than victorious through Him who loved us. For I am persuaded that not even death or life, angels or rulers, things present or things to come, hostile powers, height or depth, or any other created thing will have the power to separate us from the love of God that is in Christ Jesus our Lord!"*

Repeat Key Take Away: The better we know God, the more we trust Him & the less we doubt.

Close in Prayer

Have students move to a quiet place in the room and pretend to “shut themselves in the closet” of God’s presence.”

Give them the list of “Doubt Extinguishers” and ask them to take time to pray & thank God for each of these Truths found in His Word.

