

The shield of faith in this verse gives a means of protection we are to place between us, and the onslaught from the trinity of evil: the world, our own human nature, and the enemy of our souls, Satan.

The verse has two parts. The first gives the means of protection; the second the results of that protection when used. The key part: *when used*. Only then does the promise protect.

Let's look at what this shield of faith is. The whole passage beginning in verse 10 of chapter 6 is dealing with our need for God's armor. Why? So we can stand in the face of forces arrayed against us. Forces which if left unchecked will destroy key areas of our lives. Forces like depression; discouragement (to the point we give up); lust (which takes us down that road to addiction); smoldering anger (at what has been done to us), etc. The number of bad things out there is endless. We need some way to resist it all. Our faith, what we believe of God, will determine how well we stand against the things that make us miserable. Using this faith, and by this I mean that measure of trust we place in God and His word, comes out of just how deeply we really believe the promises in the Bible.

Faith is simply trusting in the Bible's teachings, even when we do not understand some of the passages. Let me ask you something. When faced with that one thing you struggle with more than all others, the thing you pray and long to be rid of – how do you react when it comes? Think how this thing affects you. These effects are what the second part of verse 16 deals with: "... which you can extinguish all the flaming arrows of the evil one."

From the original language this passage can also be rendered 'which you can remove the inflaming pain from the wrong plaguing you'. When we do wrong and are guilt stricken or wrong is done against us and we burn with anger, bitterness can inflame our minds. Believing God and responding to His teachings, by, say, forgiving someone will reduce bitterness. By this, our faith protects us from being eaten alive with resentment. Faith in God's word warning us against lust can lead us to take whatever steps are necessary to avoid delving in pornography and other lust related addictions.

I know some pain-induced addictions require professional intervention for breaking free. I also know we must begin somewhere when seeking freedom and placing faith/trust in God's promises, taking the first small step to using God's armor is a place to start.

Here is a great promise to begin with: 'And we know that in all things God works for the good of those who love him, who have been called according to his purpose.' (Romans 8:28) You can apply this promise to anything you are going through. Anything.

Ready to take up your shield?

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