



02 October 2026

Your Shield

What do you do when you feel overloaded, weary, and worn out?

We realize there can be a number of factors involved. But sometimes, even often, we might not recognize some spiritual dynamics which may be behind those feelings. Factors such as,

- sin which we haven't dealt with. Recall King David's experience in Psalm 32, "When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my vitality failed as with the dry heat of summer" (3-4).
- Then there are spiritual attacks from Satan's forces. In our Sunday sermon series in Ephesians we have just taken two looks at the spiritual battles, spiritual warfare we face and the weapons God gives us to fight those attacks, those battles —
 - the belt: the foundation of truth,
 - the breastplate: the protection of righteousness,
 - the shoes: the preparation of the gospel of peace,
 - the shield: the defense of faith,
 - the helmet: the security in salvation,
 - the sword: the power in God's Word.



When the Apostle Paul wrote about the shield of faith, the image he used was the large shield the Romans developed that was about 4' tall by 2.5' wide which provided almost full body protection for the foot soldier. God provides us with the shield of faith, the shield of believing and trusting Him. This shield is a defensive weapon to guard us, to enable us to stand our ground and have victory in the battle.

Remember the truth God gave us through the apostle Peter, "Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour. So resist him, firm in your faith ..." (1 Peter 5:8-9a). And also what the apostle John wrote, "whoever has

been born of God overcomes the world; and this is the victory that has overcome the world: our faith" (1 John 5:4).

As important as this weapon is, and even as we use it, we need to remember that God Himself is our shield.

The first time we read this in the Bible is God's promise to Abraham, "Do not fear, Abram, I am a shield to you" (Genesis 15:1). Then king David sang to God in Psalm 3, "You, LORD, are a shield around me" (3). Another Psalm writer sang, "The Lord is my strength and shield" (28:7). And a third joined the chorus testifying, "You [God] are my hiding place and my shield" (119:14).

While this is always true of who and what God is and does, we need to actively go to Him, seek refuge and strength in and from Him as our shield.

Three times in the Old Testament we read "He [God] is a shield to all who take refuge in Him" (2 Samuel 22:31; Psalm 18:30; Proverbs 30:5).

Yes, go to Him, trust Him, rely on Him and take "up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one" (Ephesians 6:16).

The Roman soldier's large body shield provided great protection *when* the soldier picked it up and used it. As he and his fellow soldiers moved forward shoulder to shoulder in what they called a *testudo* (tortoise) formation when they were under attack, they were able to keep advancing, keep defending themselves against heavy onslaughts of arrows and javelins. That pictures the defense God offers you, and us together. The shield of faith, and God Himself is an impregnable shield as you, as we raise the shield of faith, trust in Him.

Pastor Lyle