



A SHIELD OF FAITH

DAY ONE

What flaming arrows does Satan shoot at you most often?

READ Ephesians 6:10-12.

Just because I have an evil thought or desire doesn't mean it came from me.
I can reject it as a flaming arrow from Satan and keep on obeying God.

PRAY: *God, today I belong to you; both my mind and my body. I believe You love me and that you are changing me to be like You. I reject any flaming arrows that come flying at me today because I belong to You.*
Amen.

ACT: When an evil thought or desire comes into your mind today, say "NO, I belong to God and believe that He's changing me!"

DAY TWO

List five simple ground rules for your family.

- 1.
- 2.
- 3.
- 4.
- 5.

READ Ephesians 6:4.

How can you intentionally teach these rules to the kids in your life?

PRAY: *God, you have put children in my life, and have given me the responsibility and privilege of training them. Will you give me the wisdom I need to do it well?*
Amen.

ACT: Ask your kids to think of five simple ground rules for your family. Tell them your list. Talk about what some good ground rules for your family should be.

DAY THREE

How do you react when children disobey or disrespect you?

READ Ephesians 6:4 and James 1:19-20.

I influence children more through the way I act than the things I say.

PRAY: *God, I want to treat the children you have put in my care well. Help me to resist the flaming arrow of anger and instead treat them with love, respect, mercy and grace. That's how you treat me.*
Amen.

ACT: The next time a child's actions push you toward anger, stop, take a deep breath and say to yourself, "Blowing my top will make this WORSE, not BETTER. God, give me wisdom to use this situation to train my child."

DAY FOUR

Is there any sin in your life that God has shown you, but you haven't done anything about it yet?

READ James 1:19-25.

Your sin deeply affects how your children feel, behave and develop.

PRAY: *God, I do not want to be trapped by sin. Will you show me sin that's stuck in my life and free me from it?*

ACT: Tell a friend or small group leader what God has brought to your mind about your sin. That's the first step to freedom.

DAY FIVE

Do the children in your life know that they are a gift to you?

READ Psalm 127:3-5.

What would life be like without children?

PRAY: *God, thank you for the children you have put in my life. They are a generous gift. Will you help me to treat them like gifts?*
Amen.

ACT: What can you do today to make sure your kids know they are precious gifts?