

# Taking Up the Shield of Faith and Practicing Trust in a Distracted World (And Sometimes a Distrusting World)

October 19, 2025 - Week Four

# Ephesians 6:16

In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one.

>> Faith isn't mental certainty; it's practiced trust in the goodness and presence of God.

# 1. Reorient Through Scripture

#### **Romans 10:17**

So faith comes from hearing, and hearing through the word of Christ

#### 2. Remain in God's Presence

>> Faith grows in proximity. You cannot trust someone you never spend time with.

# 3. Root in Community

## Ephesians 4:15-16

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

## 4. Respond in Trust

>> Faith isn't just believing in God; it's living as if He's telling the truth.

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