

A knight in ornate golden armor with a shield and sword, standing in a field of fire. The knight is positioned on the left side of the image, facing right. The background is a dark, fiery landscape with bright orange and yellow flames. The text is overlaid on the right side of the image.

above all, taking

# The Shield Of Faith

with which you will be able to quench all  
the fiery darts of the wicked one.

Ephesians 6:16

## SHIELD OF FAITH

Wherefore take unto you the whole armor of God, that ye may be able to withstand in the **evil day**, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; **Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.** And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

---Ephesians 6:13-17

## EVIL DAY?.....YES!

- Oklahoma #1 in prescription painkiller abuse (2012)
- Meth lab seizure incidents in Ok increased 283% from 2007-09.
- Oklahoma ranked 13<sup>th</sup> in suicide then jumped to 7<sup>th</sup> (2010)
- Oklahoma teen birth rate is 2<sup>nd</sup> highest in US. (2014)
- 35% of HS Seniors report using marijuana.
- 67% of school students reported they were victims of cyber bullying once or twice in school year.

**ABOVE ALL,  
THE SHIELD OF FAITH**

Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; **Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.** And take the helmet of salvation, and the sword of the Spirit, which is the word of God.

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**SHIELD OF FAITH VS FIERY DARTS**

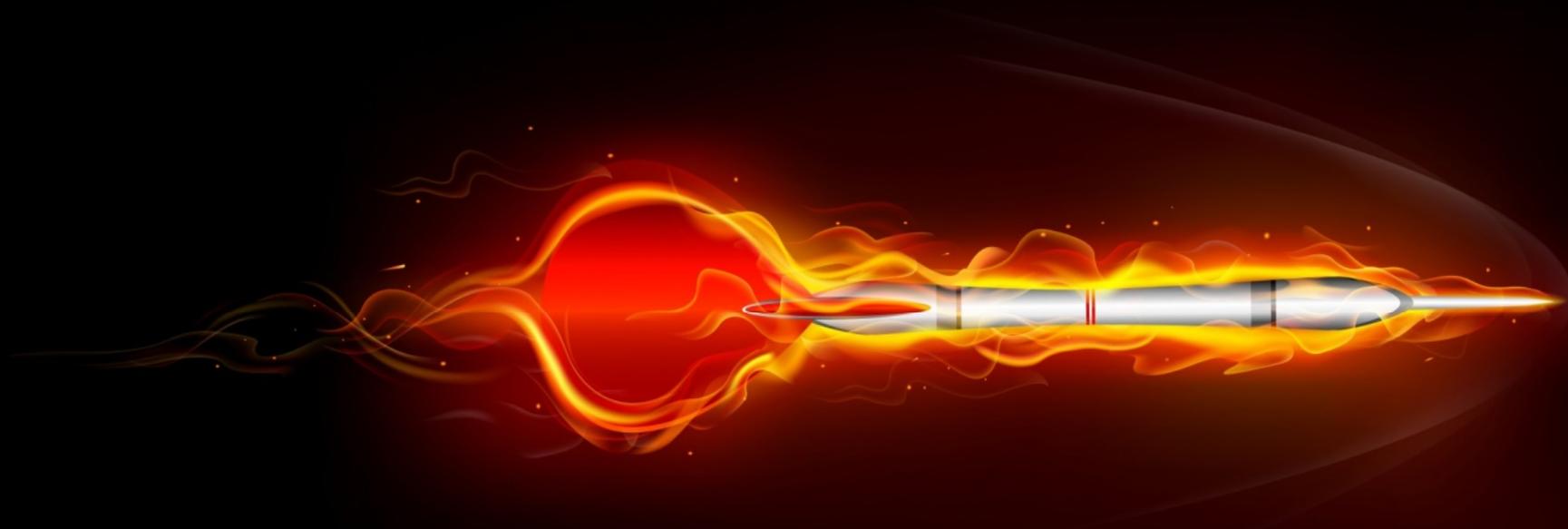


TAKE UP THE  
SHIELD OF FAITH,  
WITH WHICH  
YOU WILL BE  
ABLE TO QUENCH  
ALL THE FIERY DARTS  
OF THE EVIL ONE

What meaneth the rod of iron? “...It was the word of God; and whoso would **hearken unto the word of God, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary over power them** unto blindness, to lead them away to destruction.

---1 Nephi 15:24

What are the fiery darts we face?



Anything that penetrates our heart and causes doubt, fear, jealousy and discouragement.



“Real disciples (withstand) the fiery darts of the adversary by holding aloft the quenching shield of faith with one hand, while holding to the iron rod with the other. There should be no mistaking; it will take both hands!”

---Neal A. Maxwell  
Ensign, May 1987



# FORMING OUR SHIELD OF FAITH





**AFFLICTION IS NECESSARY TO BE REFINED**

**Behold,  
I have refined thee,  
but not with silver;  
I have chosen thee  
in the furnace  
of affliction.**

**Isaiah 48:10 (KJV)**

## FORMING OUR SHIELD OF FAITH

Molten steel can be super hardened during forming by the rapid cooling (quenching) at high rate. This changes the crystal structure. As a result, steel transforms to a highly strained body-centered tetragonal form of ferrite that is supersaturated with carbon. The hardness of the steel can be doubled through such a technique.

Since quenching can be difficult to control, many steels are **quenched** to produce an overabundance of the crystal structure which initially causes the material to be brittle, but then the steel is **tempered** to gradually reduce its crystal structure concentration until the right structure for the intended application is achieved. Too much crystallite structure leaves steel brittle, too little leaves it soft.



"Do not fear, for I have redeemed you;  
I have called you by name; you are mine.  
When you pass through the waters, I  
will be with you; and when you pass  
through the rivers, they will not sweep  
over you. When you walk through  
the fire, you will not be burned,  
For I am the Lord your God"  
-Isaiah 43:1-3



“Life is a grindstone. Whether it grinds you down or polishes you up depends on what you are made of.”

– Anonymous

WHAT IS YOUR SHIELD MADE OF?



IS IT A SHIELD OF FAITH?

HOW MIGHT WE JUDGE?

## DO WE WITNESS MIRACLES?

“... has the day of miracles ceased? ...Behold I say unto you, Nay; for it is by faith that miracles are wrought; and it is by faith that angels appear and minister unto men; wherefore, if these things have ceased wo be unto the children of men, for it is because of unbelief, and all is vain.”

-- Moroni 7:41

## ARE WE PEACEABLE FOLLOWERS OF CHRIST?

### THE NATURAL MAN

I am unhappy, confused, frustrated.

I feel heavy and full of darkness.

People's actions bother me.

My focus is primarily on myself.

I am always on the defensive.

I feel envious of others.

I am often critical of others.

I become discouraged easily.

I don't want to pray or read scriptures.

I find the commandments restrictive.

### PEACEFUL FOLLOWERS

I feel happy and clam.

I feel full of light.

Nobody can offend me.

I feel generous.

I feel very forgiving and kind.

I am glad when others succeed.

I speak of the good in others.

I feel confident in what I do.

I feel like praying and reading scriptures.

I seek to keep all the commandments.

**WHAT IF MY SHIELD IS LACKING?**



**HOW CAN I STRENGTHEN IT?**

## FAITH BEGINS WITH A DESIRE TO BELIEVE

“...behold, if ye will awake and arouse your faculties, even to an **experiment upon my words, and exercise a particle of faith**, yea, even if ye can no more than **desire to believe**, let this desire work in you, even until ye believe in a manner that ye can give place for a portion of my words...”

(Alma 32:26,27)

# STRENGTHENING FAITH

We nourish faith through encircling ourself in the Love of God:

- 1) Desire to believe
- 2) Study God's Word
- 3) Sincere Prayer
- 4) Spirit of Revelation
- 5) Action

The Rod of Iron (Word of God) leads a man to the fountain of living waters (also call the Tree of Life) which is a representation of the Love of God.

# GROWING IN GOD'S GRACE

- 
1. Feel love from God,
  2. Feel love for God,
  3. Feel love like God for others,
  4. Love others as God does.

Acting in Faith starts the process.  
Acting in Faith causes the process  
to spiral upward until  
love is perfected in us through Christ.

We receive grace for grace  
and grow from grace to grace! He1 12:24, D&C 93:12-13,20

The is no fear in love, perfect  
love casteth out fear...  
- 1 John 4:18

*Our heart must be prepared to receive God's love. It must be broken of pride. It must be meek. Studying God's word and through sincere prayer this transformation can take place IF we seek it with all energy of heart. It must become a priority in our lives.*

“Wherefore, my beloved brethren, **pray unto the Father with all the energy of heart, that ye may be filled with this love**, which he hath bestowed upon all who are true followers of his Son, Jesus Christ; that ye may become the sons of God; that when he shall appear we shall be like him, for we shall see him as he is; that we may have this hope; that we may be purified even as he is pure. Amen.”

-- Moroni 7

# Faith born of the Love of God Extinguishes the Fiery Darts of the Adversary

And **charity** suffereth long, and is kind, and envieth not, and is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, and rejoiceth not in iniquity but rejoiceth in the truth, beareth all things, **believeth all things**, **hopeth all things**, endureth all things...

But **charity is the pure love of Christ**, and it endureth forever; and whoso is found possessed of it at the last day, it shall be well with him.

-- Moroni 7

# Meekness is a prerequisite of Faith Charity is a prerequisite of Meekness

Wherefore, if a man have faith he must needs have hope; for without faith there cannot be any hope. And again, behold **I say unto you that he cannot have faith and hope, save he shall be meek, and lowly of heart.**

... and **if a man be meek and lowly in heart**, and confesses by the power of the Holy Ghost that Jesus is the Christ, **he must needs have charity**; for if he have not charity he is nothing; wherefore he must needs have charity.

-- Moroni 7

# Gaining Dominion over Satan

God speaking to Satan:

*“And I will put enmity between thee [Satan] and the woman, between thy seed and her seed; and He [Christ] shall bruise [or crush] thy head...”* (Moses 4:21)

**As we  
strengthen our  
Faith we will  
gain dominion  
over Satan  
through Christ!**

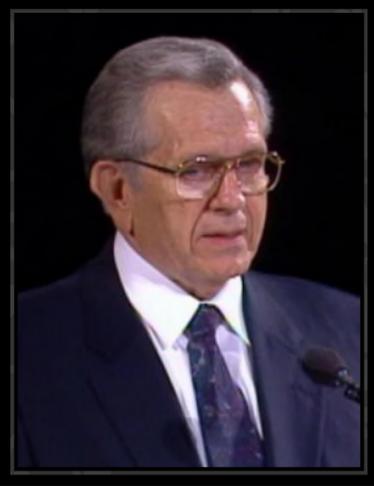


# Gaining Dominion over Satan

How do we gain the power to crush the head of Satan?

*“Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven. The Holy Ghost shall be thy constant companion, and thy scepter an unchanging scepter of righteousness and truth; and thy dominion shall be an everlasting dominion, and without compulsory means it shall flow unto thee forever and ever.”*

(D&C 121:45-46)



“The Shield of Faith”

April 1995, General Conference

Boyd K. Packer

Acting President of the Quorum of the Twelve Apostles

“This shield of faith is not manufactured on an assembly line, only handmade in a cottage industry. Therefore our leaders press members to understand that what is most worth doing must be done at home. **Some still do not see that too many out-of-home activities, however well intended, leave too little time to make and fit on the shield of faith at home.**”



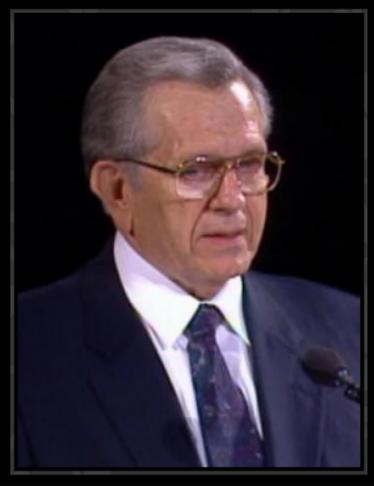
“The Shield of Faith”

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“Our Father’s plan requires that, like the generation of life itself, the shield of faith is to be made and fitted in the family. No two can be exactly alike. Each must be handcrafted to individual specifications. The plan designed by the Father contemplates that man and woman, **husband and wife, working together, fit each child individually with a shield of faith made to buckle on so firmly that it can neither be pulled off nor penetrated by those fiery darts.** It takes the steady strength of a father to hammer out the metal of it and the tender hands of a mother to polish and fit it on. Sometimes one parent is left to do it alone. It is difficult, but it can be done.”



“The Shield of Faith”

April 1995, General Conference

Boyd K. Packer

Acting President of the Quorum of the Twelve Apostles

“In the Church we can teach about the materials from which a shield of faith is made: **reverence, courage, chastity, repentance, forgiveness, compassion.** In church we can learn how to assemble and fit them together. But the actual making of and fitting on of the shield of faith belongs in the family circle. Otherwise it may loosen and come off in a crisis.”

# The Inner Struggle

Romans 7:14-25; 8:1-19

The Inner Man

The mind and flesh are constantly at odds with one another. Man is caught in between the trying to serve two masters.

The Law of Sin  
(The desires of the Flesh)

The Law of my Mind  
(What I have been taught)

The Law of the Spirit

**It is the Holy Ghost the conveys to our soul the Love of God!**

## Doctrine and Covenants, Section 4

1 Now behold, a marvelous work is about to come forth among the children of men.

2 Therefore, O ye that embark in the service of God, see that ye serve him with all your heart, might, mind and strength, that ye may stand blameless before God at the last day.

3 Therefore, if ye have desires to serve God ye are called to the work;

4 For behold the field is white already to harvest; and lo, he that thrusteth in his sickle with his might, the same layeth up in store that he perisheth not, but bringeth salvation to his soul;

5 And faith, hope, charity and love, with an eye single to the glory of God, qualify him for the work.

6 Remember faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility, diligence.

7 Ask, and ye shall receive; knock, and it shall be opened unto you.  
Amen.

Whether your testimony is thriving and healthy or your activity in the Church more closely resembles a Potemkin village, the good news is that you can build on whatever strength you have. Here in the Church of Jesus Christ you can mature spiritually and draw closer to the Savior by applying gospel principles day by day.

**With patience and persistence, even the smallest act of discipleship or the tiniest ember of belief can become a blazing bonfire of a consecrated life. In fact, that's how most bonfires begin—as a simple spark.**

So if you feel small and weak, please simply come unto Christ, who makes weak things strong. The weakest among us, through God's grace, can become spiritually strong, because God "is no respecter of persons." He is our "faithful God, which keepeth covenant and mercy with them that love him and keep his commandments." *(On Being Genuine, Dieter F. Uchtdorf, April 2015 General Conference)*



Forming our shield begins with  
desire followed by exercising a  
Particle of Faith.  
Let the process begin!

LET YOUR FAITH  
BE LIKE A SHIELD,  
AND YOU WILL BE ABLE TO STOP  
ALL THE FLAMING ARROWS  
OF THE EVIL ONE.

LEVITICUS 2:16

