

February 28/March 1, 2026

“Shoes, Shield & Helmet”

Pastor Aaron Buer



Beyond the
Weekend

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2026 Focus: 12 Months of Prayer | **March:** Prayers of Confession

Each month, journey through a different biblical model of prayer.

Day 1 [Ephesians 6:14-15](#) | The Shoes

And with your feet fitted with the readiness that comes from the gospel of peace. Ephesians 6:15

Paul continues to describe the armor of God using the imagery of a Roman soldier's kit. He understands believers are in a spiritual battle with a very real enemy. They need to prepare to withstand the barrage of lies and deception from the devil. Paul first lays a foundation with the belt of truth and the breastplate of righteousness. Now, he turns to the feet. Believers need the proper footwear for a successful battle. Paul tells them that sure footing is possible. This is because the gospel provides cleats that offer stability to endure war. A believer's confidence comes from a correct understanding and receiving of the gospel. It is the good news of Jesus's sacrificial death that brings peace with God.

The gospel's peace extends to us today as well. Though our circumstances are unpredictable, we can find confidence in the security that comes from knowing Jesus. Through him we receive the gift of reconciliation, being justified and restored to relationship with God. In proximity to him, we're reminded that we are infinitely loved, valued and secure. This is the well that nourishes our peace. It is confidence that comes from understanding our identity as beloved children. We can take the gospel's peace into every circumstance and relationship and into our hearts and minds.

TODAY: Remind yourself of the gospel of peace by listening to Ada Bible Worship as they sing "[Resurrecting.](#)" Reflect on these words in particular: "The fear that held us now gives way to him who is our peace; his final breath upon the cross is now alive in me."

Day 2 [Ephesians 6:16](#) | The Shield

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Ephesians 6:16

In ancient warfare, flaming arrows were a common battle tactic. Roman soldiers would soak their shields in water for protection to douse the flames of the enemy. Paul has this in mind when he describes how believers are to live. Faith is the shield that extinguishes Satan's flaming arrows. Paul understands that faith is not dependent on the strength believers can muster. It is secure because of the One their faith is in. Biblical faith involves a choice to trust God's goodness, presence, power and provision.

We often think if our faith is stronger, we can better withstand the enemy's tactics. The trap of "should" and "if only" weakens our shield. We think if only we could do or pray more, we would survive the attacks of the devil. This approach isn't gospel-centered faith. It's a self-focused dead end. The anchor of our faith isn't in

what we do but in who has already rescued us. It is in the God who sent his Son to save us. He alone can provide what we need in our circumstances. It doesn't mean life will be easy—that the cancer will disappear, the relationship will resolve or the bill will be paid. It does mean that we will not be alone because God is with us.

TODAY: Pray a prayer of faith in God. For example: “Heavenly Father, give me faith to trust that you are with me. When I experience doubt and fear, remind me of your power, protection and goodness. Remind me that you love me and my forever is secure with you. Amen.”

Day 3 [Ephesians 6:13-16](#) | The Formation

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground. Ephesians 6:13a

The book of Ephesians is written to a group of believers. From the rich, identity-forming gospel truth at the beginning of Paul's letter to his instructions at the end, he shares with community in mind. This includes the armor of God. As Paul unpacks the illustration, he doesn't envision a single soldier but a legion. He describes the shield, understanding that one soldier's armor alone can't defend him. He also needs the shield on either side of him, before and behind him. Roman soldiers had a reputation for great success on the battlefield. One reason was the way they protected one another. Believers listening to Paul understand that not only is their own shield important in spiritual battle, they also need the faith of those around them.

We too need to put on the armor and stand firm alongside other believers. There will be days when God uses our faith to sustain someone else or when someone's faith will protect us. The Christian walk is not a solo campaign. It is meant to be done together. Following Jesus means a commitment to growing alongside other believers. It involves a life already in formation so that when the attacks come, we can help each other stand firm.

TODAY: Reflect on this question: Who is shielding me, and who am I shielding? In this season at Ada Bible Church, a great way to step toward community and get in formation is to serve. Check out existing serving opportunities [HERE](#).

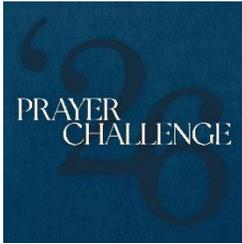
Day 4 [Ephesians 6:17](#) | The Helmet

Take the helmet of salvation. Ephesians 6:17a

Protecting one's head is critical in order to win a war. When the enemy wages a battle of the mind, the imagery of a helmet has even more significance. Paul connects the idea of a helmet with the truth of salvation. To defend against the enemy's lies, believers need to remember who they are in Jesus and the cherished truth of their salvation. Paul talks of salvation throughout his letter to the Ephesians. He reminds them that salvation is not something they earn or achieve. They receive it through faith ([Ephesians 2:8-9](#)).

The same is true for us today. To stand firm, we must have a proper understanding of our relationship with God and our sin. No one can come to God except through Jesus. It is through our faith in his death and resurrection that we find justification. The penalty for our sin is paid. Jesus stands in our place and advocates for us before God. That doesn't mean we won't wrestle with sin, but it does mean we can find freedom from sin's power. This good news involves our sanctification. One day we will be glorified and completely free from the presence of sin. Until then, we can stand secure in the truth of who we are in Jesus and who we are becoming through God's power. This truth is our greatest protection.

TODAY: If you haven't put your trust in Jesus yet, you are at risk in this spiritual battle! Consider making the decision to trust him as Lord and Savior right now. If you already know Jesus, download this week's lock screen ([Phone](#) | [Tablet](#)) and commit to memorizing [Ephesians 2:8-9](#).



Day 5 [1 John 1:7-10](#) | Prayers of Confession

This year in Beyond the Weekend, journey through different biblical models of prayer—one each month. March's focus is Prayers of Confession.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

John writes to an early church navigating false teaching about who Jesus is and the nature of their sin. Some of them claim they have no sin and that spiritual believers have moved beyond its reach. John confronts this dangerous idea. Denying sin is self-deception. But he doesn't leave them in despair. He points to God's character—faithful and just—promising that when they honestly confess, God forgives and purifies them completely. John's words bring both correction and deep comfort. God invites their honesty. They do not need to hide their sin.

This month, we focus on prayers of confession. Confession is honest prayer and admission of our sin before God. We all struggle with sin while living in this broken world. We may hold wrong attitudes, make selfish choices or say hurtful words. Sometimes we might be tempted to ignore our sin or convince ourselves it isn't serious. God invites us to bring it into the light through confession. When we confess, we aren't telling God something he doesn't already know. We are agreeing with him about our sin and trusting his promise to forgive. Because Jesus paid the penalty for our sin on the cross, God is faithful to forgive when we confess. Confession keeps our relationship with God honest and open, freeing us from guilt and deepening our trust in his grace.

TODAY: Spend time in honest prayer before God. Ask the Holy Spirit to reveal any sin you have been avoiding or minimizing. Confess it to him, and thank him that he is faithful to forgive and purify you because of what Jesus has done.