

EMINENCE · EST. BERMUDA, 2026



DE SHIELD OF FAITH — A NINE-WEEK STUDY GUIDE

Nine tracks. Nine weeks. One armor.

Built around the debut gospel rap album *De Shield of Faith*, this guide walks youth groups and small groups through the full armor of God, one track per week. Each week pairs a song with its scripture, its standout lyric, its cover art, honest discussion, and one thing to live out before the next session.

The album's nine tracks are sequenced as one journey: the armor is put on at the start and walked out in by the end. This guide follows that same arc.

ALBUM

De Shield of Faith, by Eminence — deshieldoffaith.com

FORMAT

One track per week, 60 to 75 minutes per session

YOU WILL NEED

A way to play the album, Bibles, and this guide

FOR LEADERS — HOW TO USE THIS GUIDE

You do not need a theology degree to lead this. You need a play button, a Bible, and the willingness to go first when the questions get honest. A suggested session shape:

- **Play (5 min).** Listen to the week’s track together, straight through, no skipping. The album is 24 minutes total, so one track is a small ask with a big return.
- **Read (10 min).** Read the week’s key scripture aloud, then the read-alongside passages. Hearing it matters more than assigning it.
- **The Bar (10 min).** Put the week’s standout lyric up where everyone can see it. Let the group sit with why that line carries weight before anyone explains it.
- **Talk (25 min).** Work through the discussion questions. You will not finish all five every week, and that is fine. Follow the honest thread.
- **Live It (5 min).** Close with the weekly challenge. Name it out loud. What gets named gets done.
- **Pray (10 min).** End with the week’s prayer focus. Leave room for people to pray their own honest prayers too.

A note on honesty: several weeks touch grief, suffering, and spiritual struggle. Set the tone early that this group is a place for real answers, not church answers. If someone is in crisis, walk with them beyond the session.

THE ARMOR AT A GLANCE

Ephesians 6:10–18 describes the armor of God: the belt of truth, the breastplate of righteousness, feet fitted with the readiness of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit, which is the word of God, all carried in prayer. The album opens and closes with this passage, and this guide does the same.

OVERVIEW

WEEK 1	DE SHIELD OF FAITH	Identity and Spiritual Equipment	Ephesians 6:10–18
WEEK 2	KINGDOM COME	Surrender and Daily Dependence	Matthew 6:9–13

WEEK 3	FLOOD GATES	Spiritual Warfare and the Enemy's Strategy	Revelation 12:3–9
WEEK 4	COVER ME	Vulnerability and Divine Protection	Psalms 91:1–4
WEEK 5	COINCIDENCE	Purpose and Identity	Jeremiah 29:11
WEEK 6	JOB	Suffering, Isolation, and Honesty Before God	Job 1:1–22
WEEK 7	JESUS WEPT	Death, Resurrection, and the Delay of God	John 11:1–44
WEEK 8	MOMENTS THAT MATTER	Grief, Legacy, and Unfinished Conversations	Matthew 25:14–30
WEEK 9	FOR DE KINGDOM	Mission, Purpose, and What Comes Next	Ephesians 6:10–18

WEEK 1

DE SHIELD OF FAITH

Identity and Spiritual Equipment

SCRIPTURE

Ephesians 6:10–18

Read alongside: Isaiah 59:17. The New Testament armor has an Old Testament root: God Himself is described wearing righteousness as a breastplate and salvation as a helmet, centuries before Ephesians 6 was written.

THE BAR

"I MISSED A LOOP / BUT TRUTH'S AROUND MY WAIST"

The album opens with an admission, not a boast. Missing a loop is owning imperfection out loud, then immediately reframing it: truth around the waist, the belt of truth from Ephesians 6, is what holds everything together. Failure does not undo identity when identity is fastened by truth.

COVER ART



Two hands clasped in prayer, set inside a shield outline. The album's central idea made literal: a surname fused with the shield of faith (Ephesians 6:16), rendered as a coat of arms. Before a single track plays, the cover answers the question of who this armor belongs to.

What would your own coat of arms look like? What symbols would tell the truth about who you are and whose you are?

LISTEN

Play the title track straight through. Notice where the armor language lands: this is the fitting room. Everything the next eight weeks unpack gets put on here first.

DISCUSS

1. Ephesians 6 says to put on the full armor of God, not just the pieces we like. Which piece do you reach for most, and which one do you tend to leave in the closet?
2. The bar admits a missed loop in the same breath as claiming truth. Why is it hard to admit failure and hold onto identity at the same time?

3. A belt holds everything together and keeps things from falling apart. What does truth actually hold together in your daily life, in practical terms?
4. Isaiah 59 shows God Himself wearing this armor first. What changes when you realize the armor was His before it was ever yours?
5. This track also reaches for Gombey, Bermuda's masked drum-and-dance tradition, as the language for the enemy's defeat. What cultural inheritance do you carry that could become theological vocabulary instead of just background?

LIVE IT

Write down one loop you missed this week, a real one, and next to it write the specific truth that covers it. Keep it somewhere you will see it every morning.

PRAY

For an identity fastened by truth instead of performance, and for the honesty to admit missed loops without shame.

Listen to De Shield of Faith →

WEEK 2

KINGDOM COME

Surrender and Daily Dependence

SCRIPTURE

Matthew 6:9–13

Read alongside: Luke 11:1–4. The Lord's Prayer has a second account in Luke's Gospel, shorter and worth reading side by side with Matthew's version.

THE BAR

"GIVE MY LIFE TODAY CAUSE I AIN'T PROMISED TOMORROW"

The most prayed prayer in history gets turned into a felt, personal admission. This is not recitation, it is mortality: today is the only day guaranteed, so surrender cannot be scheduled for later.

COVER ART



A small gold crown grows directly out of a green seedling. Kingdom authority is not shown as a finished, static object. It is still germinating, still in the process of coming, which means surrender is something you practice while it grows.

Where in your life is the kingdom still a seedling? What would it look like to tend it instead of demanding the full crown now?

LISTEN

Play the track and follow it with a slow reading of the Lord's Prayer. Let the song's urgency re-tune words you may have prayed a thousand times without hearing.

DISCUSS

1. What is the difference between reciting the Lord's Prayer and praying it? When did it last feel like surrender to you?
2. "Give us this day our daily bread" is a prayer of dependence. What would change if you actually lived Monday to Friday like tomorrow's provision is not guaranteed?
3. The bar treats mortality as motivation rather than fear. How does remembering you are not promised tomorrow change what you do with today?
4. Kingdom Come is about allegiance: whose kingdom gets your first loyalty? Where does that show up in your calendar and your spending?
5. The crown is still growing. Where are you tempted to fake a finished crown instead of tending the seedling?

LIVE IT

Each morning this week, pray the Lord's Prayer slowly and pause on one line that catches you. Write down which line it was and why, by the end of the week you will have seven entries.

PRAY

For daily dependence over self-sufficiency, and for the grace to surrender today instead of postponing it.

Listen to Kingdom Come →

FLOOD GATES

Spiritual Warfare and the Enemy's Strategy

SCRIPTURE

Revelation 12:3–9

Read alongside: Genesis 3:15 and Isaiah 54:17. Three points on one line: the enemy is named, his defeat is promised as far back as Genesis, and Isaiah guarantees no weapon formed against you will succeed.

THE BAR

“DEVIL LOOKING LIKE THE CLASS CLOWN / ‘KING OF THIS WORLD’ GOT A GLASS CROWN / BRUISED THE HEEL AND LOST YOUR HEAD / LET THAT SINK IN, MARINADE / TELL THE SQUAD WE ARE NOT AFRAID / THANK GOD THAT THE PRICE IS PAID.”

The enemy as class clown with a glass crown: power that looks solid until you tap it. Genesis 3:15 already called the outcome, bruised heel and crushed head, so the song's confidence is not bravado, it is eschatology. “We are not afraid” because the price is paid.

COVER ART



A lone figure stands dwarfed at the base of a dark canyon, facing a narrow cascade of gold-lit water breaking through black rock. The scale is the point: the opposition is vast, the passage is narrow, and someone still has to walk into it.

When have you felt dwarfed by what you were facing? What did the narrow passage through it actually look like?

LISTEN

Play the track, then read Revelation 12:7–9 aloud. Let the cosmic scale of the passage sit next to the personal scale of the song: the war is bigger than you, and you are still in it.

DISCUSS

1. What does it mean that one-third of heaven's angels fell, and two-thirds stayed?
2. The song calls the enemy's authority a "glass crown." What does it look like when something that seems powerful is actually fragile?
3. "Bruised the heel and lost your head" points to Genesis 3:15. How does that first promise in the Bible set up everything that comes after it?

LIVE IT

Name one "glass crown" in your life this week, something that looks powerful over you but is actually fragile. Tell one trusted person, out loud, that you are not afraid of it.

PRAY

For eyes to see the enemy's "glass crown" for what it is, and for the settled confidence that the price is paid.

Listen to Flood Gates →

WEEK 4

COVER ME

Vulnerability and Divine Protection

SCRIPTURE

Psalm 91:1–4

Read alongside: Psalm 17:8. “Keep me as the apple of your eye, hide me in the shadow of your wings.” The same wing imagery, a different psalm.

THE BAR

“WHEN I LOST MY FATHER I WAS CRYING OUT TO THE FATHER”

The capital-letter wordplay does heavy lifting: a specific personal loss collapses into the exact moment refuge is actually needed. This is not protection discussed abstractly. It is protection cried out for, by name, in grief.

COVER ART



A single shaft of light cuts through a narrow, smoke-hazed slot canyon. There is no visible sky, no wide-open place of safety. The refuge is inside the enclosure itself, not an escape from it.

What would it mean for your refuge to be inside the hard place rather than an escape from it?

LISTEN

Play the track in a quiet room. Then read Psalm 91:1–4 slowly, twice. Let the song’s grief and the psalm’s shelter occupy the same space without rushing to resolve them.

DISCUSS

1. The bar moves from “my Father” to “the Father” in one line. What does it mean to cry out to God from inside grief rather than after it?
2. Psalm 91 promises refuge, not exemption. What is the difference, and why does it matter for people who are suffering right now?
3. The cover finds light inside the canyon, not above it. Where have you experienced God as shelter in the middle of something rather than as rescue out of it?
4. “Under his wings” is intimate, close, almost hidden imagery. What does it look like to dwell there in a normal week, not just in crisis?
5. Vulnerability is the week’s theme. Why is it hard to be vulnerable with God when He already knows everything?

LIVE IT

Read Psalm 91 aloud as a prayer for someone who is grieving, by name. If you can, tell them you did.

PRAY

For everyone in the group carrying grief, named and unnamed, and for the experience of shelter inside the canyon, not just beyond it.

Listen to Cover Me →

WEEK 5

COINCIDENCE

Purpose and Identity

SCRIPTURE

Jeremiah 29:11

Read alongside: Psalm 139:13–16 and Ephesians 2:10. Formed in the womb, every day written before one of them came to be, created for good works prepared in advance: three ways of saying the same thing.

THE BAR

“IT AIN’T NO COINCIDENCE, I GUESS I’M HIGHLY BLESSED WITH PURPOSE”

The title’s entire argument compressed into one line. Coincidence gets reframed as evidence: the things you called random start looking like fingerprints when you read them as purpose instead of doubt.

COVER ART



The word COINCIDENCE is crossed out overhead while, below, a single match ignites among eight unlit ones. The visual argument does the title’s work before a single lyric plays: being singled out is not random.

When have you been the lit match among unlit ones? Did it feel like coincidence at the time?

LISTEN

Play the track, then read Ephesians 2:10. Sit with the phrase “prepared in advance”: your purpose is older than your awareness of it.

DISCUSS

1. What is something you once called a coincidence that looks like purpose in hindsight? What changed your reading of it?
2. Jeremiah 29:11 was written to exiles, people whose plans had collapsed. What does “plans to prosper you” mean when you are not where you planned to be?
3. Psalm 139 says every day was written before one of them came to be. How does that land: comforting, confronting, or both?
4. Ephesians 2:10 says you were created for good works prepared in advance. What good work might already be prepared for you that you have not walked into yet?
5. The match is singled out, which is also lonely. What does it cost to be set apart, and is it worth it?

LIVE IT

Trace one “coincidence” in your life backward and write the purpose you can see in it now. Share it with the group next week.

PRAY

For eyes to read coincidence as evidence, and for courage to walk into the good works prepared in advance.

Listen to Coincidence →

JOB

Suffering, Isolation, and Honesty Before God

SCRIPTURE

Job 1:1–22

Read alongside: Job 3:1–26. The chapter most people skip, where Job actually curses the day of his birth. That is the honesty this song is named for.

THE BAR

“YOU EVER TRY TO CALL FOR HELP WITH A STREP THROAT?”

A mundane, almost darkly funny physical detail that makes isolation concrete instead of abstract. Suffering is not always cinematic. Sometimes it is just the small, humiliating fact of needing help and barely being able to ask for it.

COVER ART



A cloaked figure sits alone in an ash-gray wasteland, eyes closed, both hands wrapped around a scarred gold shield held to his chest. Everything around him has been stripped away except the one thing he will not let go of.

What is the scarred shield you are still holding? What has been stripped away, and what remains?

LISTEN

Play the track, then read Job 3:1–11. Most devotionals skip this chapter. Do not. The Bible keeps Job's darkest words on the record, which means your darkest honest words belong in prayer too.

DISCUSS

1. Job 1 shows suffering arriving without explanation or fault. How do you respond when there is no reason to point to?
2. Job 3 is Job cursing his birthday, and it is Scripture. What does it mean that God kept that prayer in the Bible?
3. The bar makes suffering small and physical instead of grand. Why do the small humiliations of suffering sometimes hurt more than the big losses?
4. The figure holds a scarred shield, not a new one. What is the difference between faith that has never been hit and faith that has scars?
5. When have you needed help and struggled to ask? What would honest prayer sound like for you this week?

LIVE IT

Pray one completely honest prayer this week, no filter, no church language. Write it down if it helps, and notice that God can handle it.

PRAY

For everyone suffering without explanation, and for the freedom to be honest before God instead of performing faith.

Listen to Job →

WEEK 7

JESUS WEPT

Death, Resurrection, and the Delay of God

SCRIPTURE

John 11:1–44

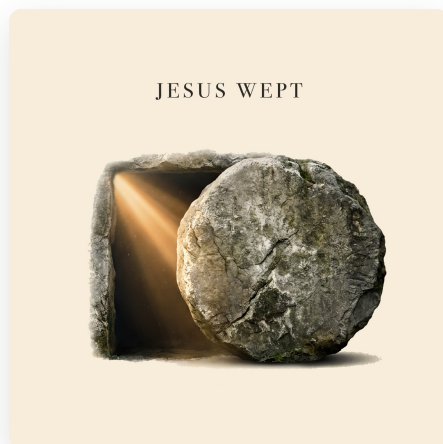
Read alongside: Read the full Lazarus account in one sitting, not just the famous two-word verse. Everything in this week hinges on the whole story.

THE BAR

“KEEP YOUR COMPOSURE, EVEN WHILE DECOMPOSING”

Grief performed as composure. Martha and Mary held it together in front of Jesus while their brother lay in a tomb, and this bar names that exact tension: saying “I’m fine” while coming apart, as if falling apart would be a failure of faith. The song refuses to let composure pass for healing.

COVER ART



A rolled-away stone sits beside an open tomb, a shaft of light spilling out of the dark opening. It is the resurrection image, placed on a song about grief and delay, so the ending is visible before the story starts.

What would change if you could see the ending while still standing in the middle of the grief?

LISTEN

Play the track, then read John 11:1–44 straight through. Pay attention to the delay: Jesus waits two days on purpose, and the waiting is part of the story, not a mistake in it.

DISCUSS

1. Jesus knew He was about to raise Lazarus, and He still wept. What does that tell you about grief, and about God?
2. The delay in John 11 was intentional. When has God's delay felt like absence to you, and what did you learn on the other side of it?
3. The bar is about keeping your composure while decomposing. Where are you performing "fine" while falling apart, and what would honest grief look like instead?
4. Martha's theology was correct and her brother was still dead. What do you do when right beliefs and painful reality collide?
5. The cover shows the ending before the story starts. How does resurrection hope change the way you grieve, without cheapening the grief?

LIVE IT

Sit with someone else's grief this week without trying to fix it. No verses as bandages, no timelines. Just presence, the way Jesus stood at the tomb before He spoke.

PRAY

For everyone waiting on God in a delay that feels like absence, and for tears that are holy instead of hidden.

Listen to Jesus Wept →

WEEK 8

MOMENTS THAT MATTER

Grief, Legacy, and Unfinished Conversations

SCRIPTURE

Matthew 25:14–30

Read alongside: Proverbs 22:6 and 2 Timothy 1:5. “Train up a child,” and Timothy’s faith traced back to his grandmother and mother: legacy made explicit.

THE BAR

“YOU WERE PROUD OF ME? / I NEVER TOLD YOU I WAS PROUD OF YOU”

A two-line role reversal that turns grief into an unfinished conversation instead of a closed one. The pain here is not just loss, it is the sentence that never got said, in both directions.

COVER ART



The only non-illustrated cover on the album: an actual family photograph, worn and dated. Where every other track reaches for a symbol, this one refuses to use one. Some things are too real for metaphor.

What photograph would you choose if you had to pick one image that tells the truth about your family?

LISTEN

Play the track, then read the parable of the talents. Hear it as a story about stewardship of relationships and time, not just money: what have you been given that you are burying instead of investing?

DISCUSS

1. The bar is an unfinished conversation. What is one thing you wish you had said, or had heard, before it was too late?
2. The parable of the talents is usually taught about money or ability. What does it mean to invest your relationships the way the faithful servants invested their talents?
3. 2 Timothy 1:5 traces Timothy's faith to his grandmother and mother. Who is the link in your faith's chain, and whose link are you?
4. The cover refuses symbolism for a real photograph. Why do you think this track, of all nine, needed something real instead of something artistic?
5. Grief as unfinished conversation versus grief as a closed door: which one are you living in, and what would it take to change it?

LIVE IT

Say the thing. Tell someone what you would want said if the conversation ran out of time: pride, gratitude, love, forgiveness. Do not bury that talent.

PRAY

For unfinished conversations, for the courage to start them now, and for the generations your faithfulness will shape.

Listen to Moments that Matter →

WEEK 9

FOR DE KINGDOM

Mission, Purpose, and What Comes Next

SCRIPTURE

Ephesians 6:10–18

Read alongside: Daniel 3:16–18 and Psalm 23:4. The three men who commit before knowing the outcome (“but if not”), and the valley that is walked through, not avoided.

THE BAR

“IT’S OK TO BE NERVOUS, BUT REMEMBER YOU GOT A PURPOSE”

The album closes by letting fear and mission coexist instead of pretending confidence has to come first. Nervousness is not disqualification. It is just the honest starting position of everyone who was ever sent.

COVER ART



A gold fingerprint has a crown pressed into its ridges. Mission is not generic here. It is fused to one specific, unrepeatable identity: yours.

If your fingerprint had a crown pressed into it, what would the crown be for? What is the mission only you can carry?

LISTEN

Play the closing track, then read Ephesians 6:10–18 one final time. Notice how it lands differently than in week one: the armor was put on at the start, and now it is being

walked out.

DISCUSS

1. The bar gives permission to be nervous and purposeful at the same time. Where have you been waiting to feel confident before you move?
2. Daniel 3:18 is commitment before knowing the outcome: “but if not.” What would it look like for you to commit that way?
3. Psalm 23:4 walks through the valley rather than around it. What valley is your mission going to take you through, not away from?
4. The album’s smallest word is “de,” Bermudian patois for “the,” used the way it is actually spoken. What does it mean that this theology refuses to be translated out of where it came from?
5. Nine weeks ago you put the armor on. What is different now? What is the first step of walking it out?

LIVE IT

Write down one concrete next step for your purpose, with a date. Then tell the group, so they can ask you about it. Commissioning needs witnesses.

PRAY

A commissioning prayer: for every person finishing this guide, that fear and mission would coexist, and that the armor put on in week one would be walked out in the weeks to come.

Listen to For de Kingdom →

WHAT COMES NEXT

You put the armor on in week one and walked it out in week nine. That was the design. But a study guide is a starting line, not a finish line. A few ways to keep going:

- **Run it again with someone else.** The best way to keep what you learned is to teach it. Take one person through the nine weeks.
- **Write your own bar.** Each track has a standout line. What is yours? Write the one line that tells the truth about where you are right now.
- **Stay in the story.** The album lives at deshieldoffaith.com, with 30-second samples of every track, a full lyric video for every song, the full liner notes, and the love-offering model that puts this project directly in supporters' hands.

Written by Paul DeShield (Eminence).