



Life Guide

applying God's Word to life

Worship Theme – Followers of Jesus are Armed for Battle
Sermon Theme – Stand in Christ
September 21-23, 2024

Ephesians 6:10-18 Finally, be strong in the Lord and in his mighty power. ¹¹Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹²For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation and the sword of the Spirit, which is the word of God. ¹⁸And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

1. How do you define "being strong in the Lord" in your own life? What does it look like to rely on God's strength rather than your own?
2. Paul reminds us that our struggle is not against flesh and blood, but the devil. How does this truth challenge and shape the way you view conflicts with others in your daily life?
3. The devil is described as a cunning enemy. How do you recognize his schemes? What hyper practical steps do you take to resist them?

4. What does the "armor of God" mean for you personally? Realizing each piece of armor is indispensable, which piece of armor stands out to you as most essential, and why?
5. The "belt of truth" guards us from the devil's lies. What lies have you struggled with that try to shake your identity in Christ, and does Scripture help you combat them?
6. How does the peace of the gospel allow you to "stand firm"? It sounds ironic, but how does the peace of Jesus prepare you for spiritual battle?
7. Faith is described as shield to block and extinguish flaming arrows. What "flaming arrows" of doubt or temptation have you faced? How has faith protected you?
8. Paul urges us to pray at all times. What makes prayer a vital weapon in this spiritual war? What steps can you take to make praying an instinct?