

Battle Ready: The Body Armor of Righteousness

August 30, 2026

¹⁰ A final word: Be strong in the Lord and in his mighty power. ¹¹ Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. ¹² For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

¹³ Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. ¹⁴ Stand your ground, putting on the belt of truth and the body armor of God's righteousness. ¹⁵ For shoes, put on the peace that comes from the Good News so that you will be fully prepared. ¹⁶ In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. ¹⁷ Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

¹⁸ Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

Ephesians 6:10-18

Discussion/Journal Questions

Where have you sensed God at work in your life lately?

Have two or three people read Ephesians 6:10-18 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

In the past week, what lies have you noticed the devil or the culture telling you?

In your own words, why can we not simply put on righteousness? Check your response against Romans 3:10 and 23.

Read 2 Corinthians 5:21. How do we get righteousness?

How does the body armor of righteousness protect us from the devil's accusations?

In the sermon, Pastor John said, "A prior commitment to doing the right thing is putting on the armor of righteousness. It helps protect our hearts from being seduced by temptation and leading us in the wrong direction." How have you experienced this in your own life?

What areas of life of struggles with sin do you need the body armor of righteousness?

What decisions or commitments can you make now to help protect you later?

How can your group pray for you in these areas?