

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

What is a Fall activity that brings you joy?

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?

Have you ever been in a situation where a helmet protected you (maybe a bike accident or workplace accident)? What happened? What could have happened if you were not wearing a helmet?

On a scale of 1-10, how would you rate your battle readiness daily? Is spiritual warfare something you are aware of and prepared to encounter or not?

Read Colossians 2:13-15. What does this passage teach us about a battle ready mindset?

Read Ephesians 2:6. Where does our authority over the enemy come from? Also read Acts 19:13-16. What went wrong for the men in this story?

Read Ephesians 1:18-23. Where is Christ seated according to this passage? And according to Ephesians 2:6, where are we seated?

Read Romans 12:2. The weapons of the enemy are lies and psychological warfare. So what should we do to combat those lies?

How can your group pray for you in the battle this week?