

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

Share something true about yourself that brings you joy. (For example, "I make really good salsa," or "I am good at woodworking.")

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?

Why do you think Paul chose warfare and armor as the metaphor here?

What stands out to you about this military metaphor? What does it mean to be a soldier in God's army?

In the sermon, Pastor John said that truth is foundation of our life in Christ. Why is truth so important?

Read Romans 1:25 and John 8:32. What roles does truth play in spiritual warfare?

What are some of the sources of truth mentioned in the sermon? Why do each of these fail?

What truth from God's Word do I need to believe today in order to counter lies in my mind?

What truth from God's Word do I need to spread today in order to counter lies in this world?

How am I going to intentionally fill my mind, fasten my belt, with truth from God's Word this week?

How can you pray for each other through this week?