

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

When did you first hear the good news about Jesus? Who shared the gospel with you?

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?

On a scale of 1 to 10, how would you rate the peacefulness of your life? Why?

Reflect on the metaphor Paul uses in Ephesians 6:15. What happens to a soldier with improper footwear? How does this translate to our spiritual lives?

Satan tries to knock us down with lies and doubts. How does the gospel give us assurance to stand?

Share a Bible verse that reminds you that God is for you.

How does the gospel give us courage to keep moving forward despite the enemy's attacks?

Reflect on 1 Peter 3:15. Who do you know that demonstrates the peace that comes from Christ? What stands out about them?

What do you need to take off so that you can put on the sandals of peace?

How can your group pray for each other this week?