

**February 19, 2023**

Sit, Walk, **Stand**

*Ephesians 6:10-20 NIV*

1) What challenged you this week in the message? Share any insights or questions that came up for you.

2) Where in your life have you been thrown off balance? How did you respond? What do you wish you did differently? How can you be more aware of the schemes of the devil?

3) Read Ephesians 6:10-12. Paul encourages us to find our strength in the Lord. So often we are great at doing things on our own. Read 1 Samuel 30:6, Psalm 28:7, Isaiah 40:31, and Jeremiah 17:15. Discuss what it looks like to find strength in God.

4) Read Ephesians 6:13-17. What do you think it means for a follower to “take up” the armor of God? What would it look like on a daily basis to put on this full armor?

(A) If you had to compare your spiritual armor to this list, where are you strong? Weak? What do you need to do to prepare for battle? What is at stake if you don't?

(B) Where are you struggling right now? How is the battle going right now in your life?

(C) What would it mean for you to stand in these particular battlefields? Do you need to regroup, dig in, take the offensive or call for reinforcements? How can your home group be praying for you this week?

\*\*\*Worship Experience\*\*\*

Battle Belongs. Phil Wickham

Do It Again. Elevation Worship

Surrounded (Fight My Battles). UPPERROOM