



## Bible study for the week starting August 20, 2023

### SHARE

If you have “step tracking” technology (i.e. fitbit, garmin, apple watch), what is your daily goal for steps and how many do you get? Look at all the other things your phone tracks about your movements. What did you learn about yourself looking at those things? If you don’t have tracking...just look at your feet...what are your feet ready for?

### READ/STUDY/DISCUSS

1. Read **Ephesians 6:10-20** again. How much of the “Whole Armor of God” do you have? How is the integrity of your armor?
2. Here are a few translations of verse 15.
  - a. “and with your feet fitted with the readiness that comes from the gospel of peace.” (NIV)
  - b. “and, as shoes for your feet, having put on the readiness given by the gospel of peace.” (ESV)
  - c. “and having shod your feet with the preparation of the gospel of peace” (NKJV)
  - d. Which one stands out to you? Are your feet ready for peace?
3. Read **Isaiah 52:6-7** What is beautiful about the feet of those who bring good news? Who brought you this news.
4. Read **Ephesians 4:1-7** Walk in a manner worthy of the call you have received. Do you walk the walk? Or talk the talk? Which is easier? Why do you need both?
5. Read **Matthew 21:28-32** What does Jesus want us to know through this parable
6. How can you ready yourself for peace... as opposed to ready yourself for battle?

### PRAY

Pray that God would ready your feet for peace. That you would walk the walk, talk the talk, and ultimately be able to keep in step with the Spirit in our lives.



Footwear of Peace

Ephesians 4:1-7

August 20, 2023 – Pastor Ben Schrank

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“That you may be able to stand against the SCHEMES of the Devil” (Ephesians 6:11).

- TEMPTATION.
- DECEPTION.
- DIVISION.

“and, as shoes for your feet, having put on the readiness given by the gospel of PEACE” (Ephesians 6:15).

שָׁלוֹם: (*shalom*) Peace COMPLETENESS, WHOLE

“HYPOCRISY is like an untied shoelace, eventually it will trip you up.”

“I urge you to WALK in a manner worthy of the calling to which you have been called,” (Ephesians 4:1)

- Lead me not into TEMPTATION.
- Deliver me from EVIL.

“He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a ROCK making my STEPS secure.” (Psalm 40:2)

*For next week, read Isaiah 12:1-6; Ephesians 6:10-18a, Matt. 28:16-20.*