

# Walk Worthy: The Armor of God

5/31/2026 • Ephesians 6:10–24

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Paul closes Ephesians with the answer to his own question: How can we possibly walk in a manner worthy of our calling? His answer unfolds in three movements — be strong **IN** the Lord, put on the full armor of God, and pray in the Spirit. This is not a call to try harder. It is a call to surrender to what God has already given.

## Part 1: In the Lord, Not For the Lord (v. 10)

1. What is the practical difference between living the Christian life “for” God versus “in” God? How does that shift change how you approach failure or a difficult season?
2. The sermon described the Ephesians growing quiet as Paul moved from doctrine to demands. Where do you most feel the gap between who God says you are and how you actually live?
3. Of the three truths — chosen by God, rescued by Christ, sealed by the Spirit — which is hardest for you to receive personally? Why?

## Part 2: Stand While You Walk (vv. 11–17)

4. Martin Lloyd-Jones said, “The devil is so subtle that he dominates man, and then persuades him at the same time that he is not being dominated.” Where do you see that kind of subtle influence at work in your own life?
5. The armor of God is not earned — the Greek suggests we “fall into” it. Which piece do you most need to fall into right now: truth, righteousness, peace, faith, salvation, or the Word?
6. In what area of your life do you most need to “stand” — resisting something that is slowly eroding your faith or integrity?
7. David rejected Saul’s armor and trusted the Lord’s. What “world’s armor” — self-reliance, approval, achievement, control — are you tempted to reach for instead of God’s?

## Part 3: Pray in the Spirit (vv. 18–20)

8. Paul was in prison, facing death, and praying essentially: “If this is how I am to walk and stand, then so be it.” What in your current circumstances is hardest to surrender to God’s will?
9. Praying “in the Spirit” means praying with a clear vision: of who Christ is, who God is, what the world truly is, and what God will make the church. Which of these four shifts your prayers the most?
10. Who in your life needs you to pray for them by name this week? How does knowing we are in a spiritual battle change how you pray for others?

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## This Week: Choose One

- A. Each morning, identify which piece of the armor you most need that day. Pray to fall into it — not earn it.
- B. Journal about one area where you’ve been living “for” God in your own strength. Write out what living “in” His strength would look like instead.
- C. Pray daily for one other person in your group — for their walk, their stand, and their boldness.
- D. Memorize Ephesians 6:10 and say it aloud each morning this week.