

# Picnic Basket or Kit

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Ephesians 6:14-20

Ephesians 6:14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

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**1. The Christian life is a \_\_\_\_\_.**

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**2. Fight the \_\_\_\_\_ of Satan with God’s Truth!**

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**3. May our \_\_\_\_\_ righteousness match our positional righteousness.**

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**4. Are your Gospel boots \_\_\_\_\_ up?**

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**5. Who do you need to \_\_\_\_\_ shields with to protect your spiritual life?**

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**6. You need to have your \_\_\_\_\_ with you and know how to use it.**

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**7. Are you in picnic or war \_\_\_\_\_?**

### Additional Resources:

Men’s Night 2022-23    trc.life/mens2022  
Ladies Night 2022-23    trc.life/ladies2022

“Praying with Paul: A Call to Spiritual Reformation” by D. A. Carson

### Discussion Questions:

1. Paul describes the Christian life as a battle, not a picnic. What are some ways Believers might unintentionally act like spectators instead of soldiers?
2. What lies from the world (or from your own mind) do you find yourself most needing to combat with Scripture?
3. We’re called to let our practical righteousness match our positional righteousness in Christ. Where in your life do you sense God calling you to greater integrity or moral consistency?
4. What does it look like for you to have your “Gospel boots laced up” during the week?
5. How can the faith of your brothers and sisters (your “linked shields”) help protect you from flaming darts?
6. What’s one specific verse (your rhema) you use to fight temptation or fear?
7. Prayer is our “air support” in the battle. How consistent is your prayer life right now — sporadic, disciplined, or strategic?

**Next Week’s Message:** Ephesians 6:21-24