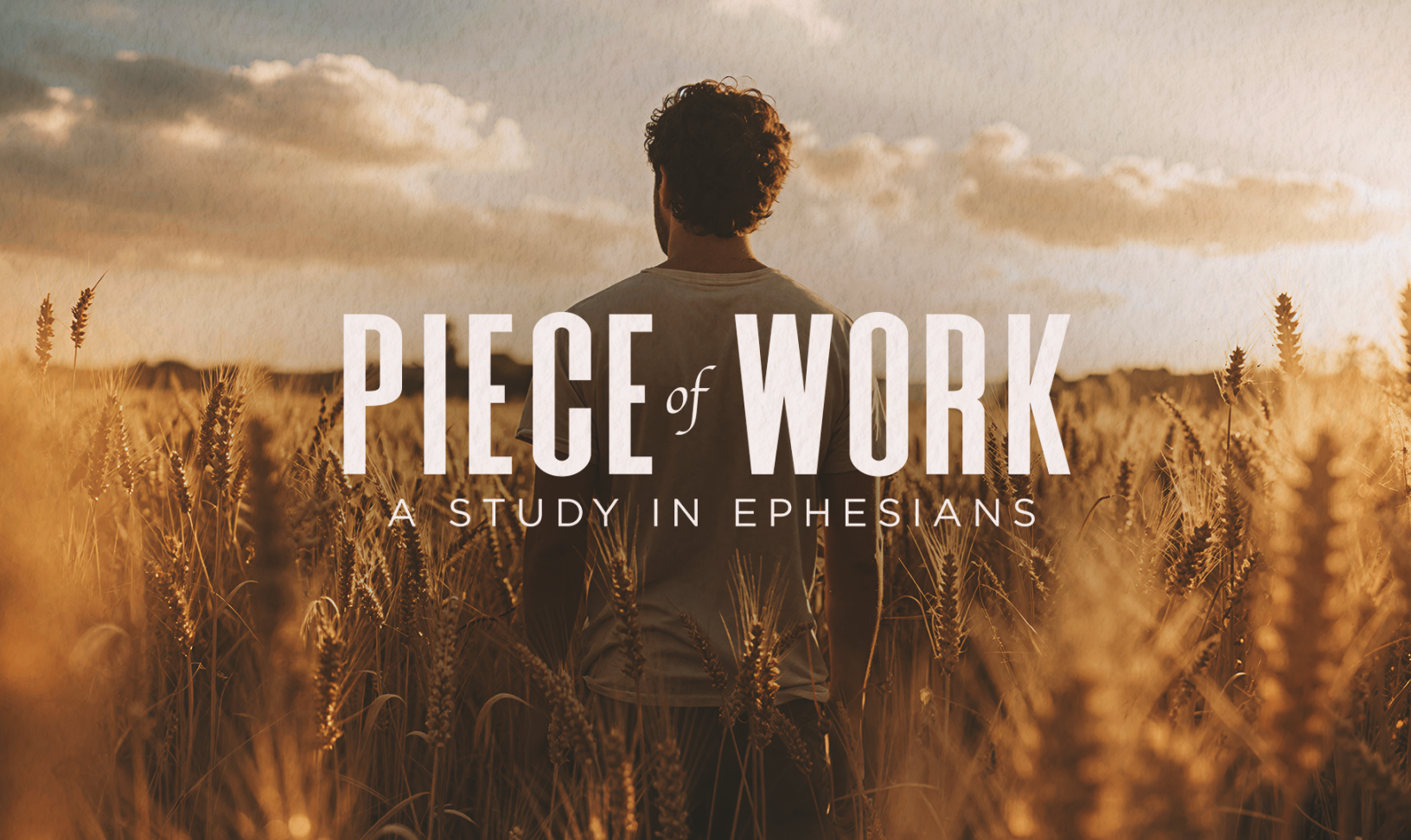




PIECE *of* WORK

A STUDY IN EPHESIANS

WEEK EIGHT

Stand Firm

Ephesians 6:10-18

5-DAY DEVOTIONAL • SMALL GROUP GUIDE

The Armor of God

DAY 1

You Are Not Fighting Alone

READING • EPHESIANS 6:10–11

Paul urges believers to draw their strength not from personal willpower or ability, but from the Lord himself and the power of his might—then to put on the whole armor of God so they can stand against the devil's schemes.

It is easy to enter each day convinced that the weight of your battles rests entirely on your shoulders. You rehearse your problems, measure your strength against them, and often find yourself coming up short. But Paul's instruction is not to try harder. It is to be strong in the Lord. There is a significant difference between those two things. One exhausts you. The other sustains you. God does not call you to manufacture strength you do not have. He calls you to draw on the strength that is already his. Today, before you face anything the day brings, stop and acknowledge that you are not fighting alone. The same God who spoke creation into existence goes before you. Your job is not to summon courage from within. Your job is to stay connected to the One who has already overcome.

REFLECTION

In what areas of your life have you been relying on your own strength rather than the Lord's? What would it look like today to consciously surrender that area to him?

TRY THIS WEEK

Begin your morning by speaking this truth aloud: "I am strong in the Lord and in the power of his might." Write down one situation where you need to stop straining in your own strength and start trusting in his.

DAY 2

Know Your Real Enemy

READING • EPHESIANS 6:12

Paul makes it unmistakably clear that the true battle believers face is not against people made of flesh and blood, but against rulers, authorities, cosmic powers of darkness, and spiritual forces of evil in the heavenly realms.

One of the enemy's most effective strategies is to keep your eyes fixed on people. When a coworker frustrates you, when a relationship fractures, when someone betrays your trust, it feels personal. It feels like that person is your enemy. And as long as you believe that, you will

spend your energy fighting the wrong battle entirely. Satan rarely destroys people in a single dramatic moment. He works gradually, through deception, discouragement, division, and distraction. He would rather have you arguing with someone in your life than praying against his schemes. The moment you recognize that people are not your enemy, something shifts. You stop fighting them and start interceding for them. You stop retaliating and start standing firm. Clarity about who your real enemy is changes how you respond to everything.

REFLECTION

Is there a person in your life you have been treating as an enemy? How might viewing them through the lens of Ephesians 6:12 change the way you respond to them?

TRY THIS WEEK

Choose one person who has caused you pain or frustration and pray for them today, specifically and sincerely. Ask God to help you see them not as your enemy but as someone who, like you, is caught in a spiritual battle.

DAY 3

Dressed for the Battle

READING · EPHESIANS 6:13–17

Paul describes each piece of the armor of God in detail: the belt of truth, the breastplate of righteousness, the shoes of the gospel of peace, the shield of faith, the helmet of salvation, and the sword of the Spirit, which is the word of God.

A soldier who shows up to battle wearing only part of his armor is not brave. He is vulnerable. The same is true for the believer who leans on salvation alone without cultivating faith, or who carries faith without grounding it in truth. Each piece of the armor serves a purpose, and each piece is provided by God himself. You do not earn this armor. You receive it and then you choose to put it on. The breastplate of righteousness is not your goodness. It is his. The sword you carry is not your words. It is his word. The faith that shields you is not manufactured by you. It is a gift exercised by you. The question is not whether the armor exists. The question is whether you are wearing it every single day.

REFLECTION

Which piece of the armor do you most often neglect? Is it prayer, Scripture, faith, or the assurance of your salvation? Be honest with yourself.

TRY THIS WEEK

Take each piece of armor and spend one minute meditating on what it means for your life today. Consciously “put on” each piece by naming the specific truth, faith, and word of God that applies to what you are facing right now.

The Weapon of God's Word

READING · MATTHEW 4:1–11

Jesus is led into the wilderness where he is tempted by the devil three times. Each time, he responds not with an argument or a display of power, but with a direct quotation from Scripture—saying “it is written” before each response.

Jesus could have silenced the devil with a word of command. He could have called down angels. He could have made the enemy disappear. But he chose to fight with Scripture, and that choice was intentional. He was modeling something for every believer who would come after him. The word of God is the only offensive weapon listed in the armor of God. Everything else is defensive. The sword of the Spirit cuts through lies, dismantles deception, and drives back darkness. But a sword you do not pick up cannot protect you. A Bible you do not open cannot arm you. Knowing that the word of God is powerful is not the same as wielding it. You have to know it, carry it, and speak it. When the enemy whispers that you are not enough, you answer with what God says about you. That is how you stand firm.

REFLECTION

How familiar are you with Scripture as a weapon rather than simply as a source of comfort? Are there specific lies you are believing that a specific Scripture could counter?

TRY THIS WEEK

Identify one lie the enemy has been speaking over your life. Find a specific Scripture that directly contradicts it. Write it down, memorize it, and speak it out loud every morning this week.

A Praying Soldier Is a Dangerous Soldier

READING · EPHESIANS 6:18

Paul instructs believers to pray at all times in the Spirit, with all kinds of prayer and supplication, staying alert and persevering in prayer for all the saints.

Paul lists every piece of armor and then, having described the full equipment of the soldier, he adds something that is not a piece of armor at all. Prayer is not the seventh item on the list. It is the atmosphere in which all the armor becomes activated. A soldier fully dressed for battle but cut off from communication with headquarters is still in danger. He does not know where to go, what to advance toward, or where the enemy is moving. Prayer is that communication line. It is how the believer stays connected to the One who sees the whole battlefield. Paul himself, in chains, did not pray to be released. He prayed for boldness to keep proclaiming the gospel. That is the posture of a soldier who understands his mission. A prayerless believer is

vulnerable. A praying believer is dangerous to the kingdom of darkness. Some of your greatest victories will not be won in public moments. They will be won in quiet, persistent, Spirit-led prayer.

REFLECTION

Would you describe prayer as something you do occasionally or something woven into who you are? What is one honest change you could make to your prayer life today?

TRY THIS WEEK

Set aside fifteen minutes today for prayer that is not a list of requests for better circumstances. Instead, pray for boldness, for others by name, and for the advancement of the gospel in your community. Ask the Holy Spirit to guide it.

CLOSING THOUGHT

You are not called to retreat. You are not called to fight naked. You are not called to manufacture your own strength. You are called to stand firm on a victory that has already been secured. Jesus defeated sin, death, and the grave. The enemy is real, but he is already defeated. Put on what God has already provided, stay connected through prayer, and stand firm in who God says you are. Do not retreat. Do not compromise. Stand.

Stand Firm

OPENING PRAYER & ICE BREAKER

Ice Breaker: When you hear the phrase “stand firm,” what comes to mind? In a difficult situation, is your natural instinct to fight, flee, or stand? Share an example if you're comfortable.

SERMON OVERVIEW

In this closing message of Piece of Work, the focus is on what it means to stand firm in the Lord. Drawing from Ephesians 6, the message challenges believers to recognize the reality of spiritual warfare, put on the whole armor of God, and maintain an active prayer life. Rather than fighting for victory, we are called to stand firm in the victory Christ has already won.

KEY SCRIPTURE · EPHESIANS 6:10–11, 13

Be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil... Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

DISCUSSION QUESTIONS

Section 1 · Know Your Enemy

- 1 Have you ever found yourself treating a person—a coworker, family member, someone at church—as though they were your enemy? How did that affect the situation and your own spiritual life?
- 2 The enemy uses deception, distraction, discouragement, and division. Which of these do you find yourself most susceptible to, and why?

- 3 John 8 calls Satan the father of lies. What lies have you heard the enemy whisper—in your own life or others'? How does returning to what God says about us in Ephesians 1-3 counter them?
- 4 How do you find the balance between recognizing spiritual warfare and not attributing everything in life to a spiritual attack?

Section 2 · Wear Your Armor

- 1 “The work was done on Calvary... we simply put on what Christ has already supplied.” How does understanding that the armor is God's provision rather than our own achievement change how you approach spiritual battles?
- 2 Review each piece of armor in Ephesians 6:14-17. Which piece do you feel most confident wearing right now? Which is most often missing or neglected?
- 3 The helmet of salvation protects the mind with the assurance of salvation. Have you ever struggled with doubt about your salvation or God's love? How did you work through it, and what role did Scripture play?
- 4 The sword of the Spirit is the only offensive weapon in the list, and Jesus modeled using Scripture to resist temptation. How familiar are you with God's word as a weapon? What would it look like to sharpen that weapon in your life?

Section 3 · Pray in the Spirit

- 1 Think of the soldier with advanced weapons but no communication with headquarters. How well connected do you feel to “headquarters” right now? What does your prayer life honestly look like on a daily basis?
- 2 Four characteristics of prayer were named: praying continually, praying in the Spirit, praying for others, and praying boldly. Which is most challenging for you, and what gets in the way?
- 3 Paul's prayer request was not for easier circumstances but for boldness to proclaim the gospel. When you pray, what do you most commonly ask for? How might your prayers shift if you prioritized boldness and kingdom impact?
- 4 “Some of the greatest battles in your life will be fought in your moments of prayer.” Has there been a season where prayer felt like a genuine battle? What did you learn from it?

KEY TAKEAWAYS

- ✓ **The Christian life is a battleground, not a playground** — spiritual opposition is real, and expected.
- ✓ **The call isn't to fight harder or run** — but to stand firm on the finished work of Christ.
- ✓ **The armor is God's provision** — we don't manufacture it; we receive it by faith and put it on.
- ✓ **People are not the enemy** — the real enemy works unseen through deception, distraction, discouragement, and division.
- ✓ **Prayer isn't just another piece of armor** — it's what activates the armor.

THIS WEEK'S CHALLENGE

Choose one or more to practice before your next meeting:

Option 1 Armor Audit

Honestly assess which pieces of the armor of God are present in your daily life and which are absent. Journal about what it would look like to put on each piece more intentionally.

Option 2 Replace the Lie

Identify one lie the enemy has whispered recently. Find a passage of Scripture that speaks truth against it, write it down, memorize it, and return to it every time the lie resurfaces.

Option 3 Pray for Boldness

Set aside time this week to pray for boldness to share the gospel—not for easier circumstances, but for courage and opportunity to point someone toward Christ.

Option 4 Pray for Someone by Name

Following Paul's example, identify one person in a spiritual battle right now. Pray for them by name every day this week, and consider letting them know you're doing so.

Option 5 Practice Prayer

Prayer warriors are developed through practice. Add ten intentional minutes of prayer to your daily routine this week—try praying Scripture aloud as a starting point.

PERSONAL JOURNALING

- Am I wearing the whole armor of God, or walking into battles with pieces missing?
- Am I putting on the armor but retreating when the enemy comes against me?
- Am I activating the armor through prayer and staying connected to God's presence?

CLOSING PRAYER POINTS

- Pray for clarity to recognize the enemy's schemes without becoming consumed by them.
- Pray for the discipline and desire to put on the whole armor of God daily.
- Pray for boldness—not just for comfort or relief, but for courage to stand firm and proclaim the gospel.
- Pray for one another by name, lifting up any specific battles group members have shared.

LOOKING AHEAD

Our next series, “Unknown God,” explores the names of God in Scripture and what each reveals about His character. It concludes with an Encounter Service—a dedicated time of prayer and worship. Consider who in your life needs an encounter with the Lord, and begin praying now about inviting them.



*You're not fighting for victory. You're standing firm in the victory
Christ has already won.*

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