Small Group Guide: The Armor of God

Stand Firm: Week 3

Ephesians 6:14-18

Before You Meet

Encourage group members to read Ephesians 6:10-18 before gathering. Ask them to come prepared to share one area of life where they feel spiritually pressed or vulnerable.

Key Takeaways

1. The armor is not a ritual -- it is a way of life. Putting on the armor of God means living daily in the gospel realities that God has already provided through Christ. Each piece of armor corresponds to something God has already supplied. Our responsibility is to take it up and use it.

2. Truth and righteousness form the foundation of our stand. The belt of truth anchors our thoughts, desires, and choices to what God has revealed rather than to what we feel. The breastplate of righteousness reminds us that we stand before God on the basis of what Jesus has done, not on our own moral record -- and that reality should change how we live.

3. The gospel gives us both stability and movement. The gospel of peace gives us firm footing in the middle of conflict, and it also makes us ready to carry that peace into hard places and strained relationships.

4. Faith and salvation protect us when the attacks come. The shield of faith answers the enemy's flaming arrows with the truth about God and His promises. The helmet of salvation guards the mind by keeping the full scope of what Christ has done at the center of our thinking.

5. The Word and prayer work together. God speaks to us through His Word, and we respond to Him through prayer. Neither can be neglected without leaving us exposed. Both require preparation before the pressure arrives.

Discussion Questions

Opening

1. When you hear the phrase "spiritual warfare," what images or ideas come to mind? How has your understanding of it changed or grown through this series?

2. The pastor said that if we fail to recognize we are in a spiritual battle, we will fight the wrong enemy and use the wrong weapons. Have you ever experienced that -- treating a person as the enemy or trying to solve a spiritual problem with a human solution? What happened?

The Belt of Truth and Breastplate of Righteousness (Ephesians 6:14)

3. The pastor described the belt of truth as something that keeps us from being tripped up by the enemy's lies, and said that truth is truth whether we feel it or not. In what areas of life do you find it hardest to choose truth over feelings?
4. He said that putting on the belt of truth means not only knowing the truth but also becoming a truthful person -- in what we say, how we live privately, and how we align our choices with our confession. Which of those is most challenging for you personally?
5. The breastplate of righteousness begins with what Jesus has done for us, not with our own moral record. How does resting in Christ's righteousness change the way you respond when the enemy accuses you or when you fail?
3. The pastor noted that unconfessed sin does not move us away from Jesus, but it does harden the heart and give deception room to grow. Is there an area where you have been protecting sin rather than confessing it? How might confession and obedience restore your footing?

The Gospel of Peace (Ephesians 6:15)

7. The pastor said that gospel peace does not mean the absence of conflict -- it means that even in the middle of conflict, we are secure because Jesus has made peace between God and us. How does that kind of peace change the way you approach a difficult relationship or a stressful situation?
4. He also said the church is called to carry Jesus' peace into places marked by hostility, fear, and division -- and that sometimes we are more concerned with our own comfort than with going into hard places. Where do you sense God calling your group, your church, or you personally to move toward rather than away from?

The Shield of Faith and Helmet of Salvation (Ephesians 6:16-17)

9. The pastor described the flaming arrows of the enemy as fear, doubt, temptation, accusation, anger, and division. Which of those arrows do you find yourself most

frequently facing? What does it look like practically to raise the shield of faith against that specific attack?

5. He described salvation in three dimensions: we have been saved from sin's penalty, we are being saved as God transforms us, and we will be saved when Christ returns. Which of those three do you find yourself forgetting most often, and how does remembering it change your perspective on the battle you are in?

The Sword of the Spirit and Prayer (Ephesians 6:17-18)

11. The pastor said the sword must be handled carefully -- that a verse pulled from its context can be used to support almost anything -- and that we must understand what God was saying before we apply it to our lives. How does your current approach to reading Scripture reflect that kind of careful handling? What might need to change?
12. He said that prayer is not our attempt to persuade a reluctant God to help us, but rather how dependent people draw upon the strength and provision of the God who has already promised to be with us. How does that definition of prayer challenge or encourage you?
6. Paul calls believers to pray for all the Lord's people, not only for their own private concerns. Who in your group, your church, or your community do you sense needs someone to be standing beside them in prayer right now?

Practical Applications

Work through these individually or discuss as a group.

Identify -- Which piece of armor have you been neglecting most? Name it specifically and talk about why.

Expose the lie -- Write down one lie the enemy has been using against you repeatedly. Then write beside it the biblical truth that answers it. Share it with the group if you are willing.

Confess and obey -- Is there a sin you have been covering rather than confessing? Take one concrete step this week -- confession to God, confession to a trusted believer, or a step of obedience in an area where you have been holding back.

Pray with purpose -- Choose one person in your life who is under spiritual pressure. Pray for them specifically each day this week. Find a passage of Scripture that speaks to what they are facing and pray it on their behalf.

Memorize -- The pastor encouraged the group to memorize either Ephesians 6:14 or Ephesians 6:16. Choose one and work on it this week. Consider reciting it together at your next meeting.

Read daily -- Read Ephesians 6:10-18 each day this week. Let it serve as both preparation and a reminder of what God has already provided.

Closing Prayer

Close your time by praying together as a group. Consider praying specifically for:

- Any member who identified a lie they are believing
- Any member who needs to take a step of confession or obedience
- The specific people each member committed to pray for this week
- The unity of your church and the clarity of the gospel in your community

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Looking Ahead

If your group is continuing this series, consider reading Genesis 3 and Ephesians 4:17-32 before your next meeting to review the enemy's strategy and the new life God calls believers to walk in.