

Fit Check-Week 5

Deeper Dive!

Discussion Questions

Have you ever felt unequipped or like you lost something— only to realize later, that what you needed was already in your hands or pockets?

LOOK UP – OIA Practice (Ephesians 6:17–20)

Make some observations (What does the text say?)

- What images and actions stand out to you in Paul's description of the armor?
- What does it mean that the Word of God is "the sword of the Spirit"?
- How is prayer described in this passage?

Make some interpretations (What does the passage mean?)

- What do you learn about God's provision and power in spiritual battles?
- What does it mean to you to 'stand firm'?
- Why do you think Paul adds prayer but doesn't give it an armor metaphor?

Make some applications (What's my response?)

- How are you encouraged, challenged, or convicted by this passage?
- In what ways can you begin training with the Word of God?
- What could it look like for you to "pray in the Spirit on all occasions" this week?

Reflective Questions

- How is God's Word not just informing you but *transforming* you?
- Where might the "dagger" of Scripture need to perform heart surgery in your life—cutting out fear, pride, or sin?

Scripture

- Ephesians 6:10–20
- Hebrews 4:12–13
- 2 Timothy 3:15–17
- 1 John 4:4
- Daniel 10:12–13

Prayer

Father, thank You for giving us Your Word as our weapon and prayer as our power. Teach us to wield Scripture with humility and faith. Cut out the things in our hearts and lives that do not honor you and do not serve you. Help us to pray in the Spirit on all occasions—standing firm, interceding for others, and trusting that You are working even when we can't see it. Strengthen us to fight *from* victory, not *for* it. Amen.

Practice (STEP OUT)

1. **Train Daily:** Set aside 10 minutes each day this week to meditate on one verse that strengthens your heart for battle.
2. **Pray Boldly:** Choose one person or situation to intercede for every day—pray specifically and expectantly.
3. **Equip Others:** Share a “rhema” word (a verse or truth that God highlights to you) with someone in your group or family.