



WEEK SEVENTEEN

DAY 1

1. Begin with prayer.
2. Read Ephesians 6:14-17.
3. What is the first piece of our armor that is listed in Ephesians 6:14? What chief characteristic of our enemy makes this piece so important? Read John 8:44; Genesis 3:1 and Revelation 12:9
4. Truth is like a belt that holds everything in its proper place so we don't get tripped up and fall. Truth is of primary importance. If we don't know what the truth is we will easily fall prey to deception. We often think of truth as an idea, but according to these verses, truth is embodied in whom? See John 1:1 & 14; John 14:6.
5. The first step to discerning truth is knowing Christ. According to 2 Timothy 3:16 and John 17:17, how else can we know what is true? Does your life demonstrate a commitment to seek out and understand Biblical truth? How can we do this?
6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

Memory Verse:

In addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the Word of God

- Ephesians 6:16-17

ROCK WOMEN

DAY 2

1. Begin with prayer.
2. Read Ephesians 6:14-17.
3. Ephesians 6:17 tells us we have been given the helmet of salvation. This gift is ours at the moment we place our faith in Christ. If one of the main tactics of our enemy is to deceive us, how does this piece of armor help to protect us? What do the following verses tell us regarding our minds? Read Isaiah 26:3; 2 Corinthians 10:3-6; Romans 12:2; Ephesians 4:22-23 and Colossians 3:1-2
4. What is the second piece of our armor listed in Ephesians 6:14? Read Isaiah 61:10; Jeremiah 23:6; 1 Corinthians 1:30; and 2 Corinthians 5:21. Where does our righteousness come from?
5. Last week we studied that sin is a snare, or a trap, to us. How does acting in godliness in the heat of battle act as a protection for us? Conversely, how does sin weaken us and make us vulnerable to further attack? Through Christ we have the power to walk in righteousness even in the heat of battle. Why don't we?
6. Write out this week's memory verse below:

DAY 3

1. Begin with prayer.
 2. Read Ephesians 6:14-17.
 3. Which piece of our armor is listed in verse 15?
 4. Salvation is essential to victory. If we are not saved we cannot exercise any piece of our armor and we are completely vulnerable to attack. Which part of our body does the Gospel cover in verse 15? Read Isaiah 52:7. Is this verse true of your life? Do you carry the Gospel with you everywhere you go?
 5. Can you write the simple Gospel in 2-3 sentences?
 6. 2 Timothy 4:2 tells us to preach the Word and "be ready _____ _____ _____ _____ _____." When we are in a battle we feel very much "out of season" for sharing the Gospel. Can you think of a time God used you to encourage or witness to someone you when you were "out of season?" Have you been faithful to testify to His existence and goodness even when your life is in trial or difficulty?
 7. Write out this week's memory verse below:
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DAY 4

1. Begin with prayer.
2. Read Ephesians 6:14-17.
3. What piece of armor is listed in Ephesians 6:16 and what is its intended use?
4. How does faith energize each piece of armor? If Satan can undermine our faith, what impact does that have on the entire battle/war? How does being steadfast in our faith extinguish the flaming arrows of the evil one?
5. Faith needs a foundation of truth and promises to rest on. Faith without knowledge is fanaticism and cannot stand in the face of trial. What promises in Scripture build your faith? Which ones help you stand firm when under attack? If you can't think of any, spend some time searching Scripture to find some.
6. Write out this week's memory verse below:

DAY 5

1. Begin with prayer.
 2. Read Ephesians 6:14-17.
 3. Verse 17 tells us what our one offensive weapon is. What is it?
 4. To be successful in battle, it is imperative that we are able to wield our "sword," which is the Word of God. When Jesus encountered Satan (Matthew 4) He resisted him using Scripture. Read Psalm 119:105; Proverbs 30:5; Isaiah 40:8; Matthew 4:4; Hebrews 4:12; & 2 Timothy 3:16-17. What do these verses tell us about the Word of God?
 5. Does God's Word have a central place in your life? Do you spend time reading, memorizing and meditating on it so you're prepared to stand firm and fight? Or do you run in a panic when you find yourself in battle because you're too unfamiliar with the Word of God and are unable to use it to help you resist the devil, stand firm in your faith and persevere through it? The time to prepare is now. Waiting to train until we are in the heat of battle will lead to defeat and disaster.
 6. Read 2 Thessalonians 3:3; Romans 8:3, 37-39; 1 John 5:4 and Psalm 18:30-36. How do these verses encourage you as you battle through things in this world?
 7. Write out this week's memory verse below:
 8. What is something God is speaking to you about this week?
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