



WEEK SIXTEEN

DAY 1

1. Begin with prayer.
2. Read Ephesians 6:10-13.
3. What command is given to us in verse 10?
4. What kind of strength does the world encourage us to pursue? Where does it come from? What does it look like?
5. Often in difficult circumstances our first reaction is to evaluate our own resources and abilities and to attempt to find strength within ourselves. In what ways do we try to strengthen ourselves according to the flesh? How are these ways inadequate? How do they leave us exhausted and defeated?
6. Instead of being our own source of strength, where does Paul tell us our strength should come from in verse 10?
7. 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:

For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

- Ephesians 6:12-13

ROCK WOMEN

DAY 2

1. Begin with prayer.
2. Read Ephesians 6:10-13.
3. Paul tells us to "be strong in the Lord and in the strength of His might." What would it actually look like to find our strength in the Lord and not ourselves? How would we go about this?
4. Read 1 Chronicles 16:11; Joshua 1:9; Psalm 73:26; Isaiah 40:29; Isaiah 41:10 & 13; 2 Corinthians 12:9-10; and Philippians 4:13. What can you apply from these Scriptures to help you find your strength in the Lord?
5. According to Deuteronomy 31:6; Psalm 29:11; Psalm 55:22; Isaiah 40:31; Isaiah 43:2; Habakkuk 3:19 what is promised to those who find their strength in the Lord? Which verse is most encouraging to you and why?
6. Write out this week's memory verse below:

DAY 3

1. Begin with prayer.
 2. Read Ephesians 6:10-13.
 3. In Ephesians 6:10 and 13 we are told to be strong in the Lord and in the strength of His might, and to take up the full armor of God. Why are we told to do this? (see verses 11 and 13)
 4. Paul tells us twice to "stand firm" against the enemy and also exhorts us to "resist" him. Read 1 Peter 5:8-9. We should resist (oppose, stand against) the devil and stand firm in what? Why would Peter ask us to do this?
 5. James 4:7-8 also tells us to resist the devil. What else do these verses tell us to do? Can you think of a time you have done this? How did it turn out?
 6. Enticing us to sin is a major weapon in Satan's arsenal against us. How does submission to the Lord help us resist the devil and any temptations he would try to trap us with? How are we helped by the Lord to overcome temptation? See Matthew 26:41; 1 Corinthians 10:13; Hebrews 2:17-18; Hebrews 4:15-16 and 2 Peter 2:9. Which of these verses will you use to help you as you fight your enemy?
 7. Write out this week's memory verse below:
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DAY 4

1. Begin with prayer.
2. Read Ephesians 6:10-13.
3. Contrary to how we often feel, who is our struggle NOT with according to Ephesians 6:12? Who is our struggle with? See Ephesians 6:11, 12 & 16.

4. Ephesians 6:11 uses the phrase "schemes of the devil." How do we often underestimate his craftiness? What areas of our lives do these schemes attack? (Think about your marriage, parenting, relationships at school or work, etc.). How do we misjudge the schemes of the devil and mistake them for something else?

5. The verses above clearly remind us that we are fighting a spiritual battle. Instead of fighting our battles spiritually, how do we engage the fight on an earthly level? Who do we try to fight with? What things do we focus on? What is the end result of fighting a spiritual battle on an earthly level?

6. Write out this week's memory verse below:

DAY 5

1. Begin with prayer.
 2. Read Ephesians 6:10-13.
 3. If we are to be victorious, we must first understand we are in a constant spiritual battle that rages all around us. A soldier in an active war zone is always on the alert, ready for an attack at any moment. Read 1 Corinthians 16:13; Colossians 4:2; 1 Thessalonians 5:6; 1 Peter 1:13 and 5:8; 2 Peter 3:17-18 . What do these verses say about staying alert? In what things should we be alert?

 4. Verse 13 says, "having done everything, to stand firm." This verse encourages us to stand firm in our faith and not retreat no matter how desperate the battle seems. When the battle is beyond our own abilities, how can we stand firm? In what is our hope? Who is our help? Read Exodus 14:14 & 15:6; Deuteronomy 1:30 & 20:3-4; Psalm 20:6-7 & 44:3-5; and Jeremiah 1:19. If you are in a fierce battle take time to meditate on these verses. Which of these verses will you take time to write down, take with you and memorize to assist you as you fight?

 5. Write out this week's memory verse below:

 6. What is something God is speaking to you about this week?
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