



# COMMUNITY Groups

## February 26<sup>th</sup>, 2017: THE BELT & THE BREASTPLATE

### OPEN

- When was the last time you had to put on protective equipment for an activity – pads, helmets, armor, harness, etc.? What was the activity? What could have happened had you not been wearing the protective equipment?

### DISCUSS & APPLY

- Open to Ephesians chapter 6 and read v. 13-15. What was your biggest take away from the sermon this Sunday? As we have been discussing “The Front,” how has it made you feel about your own spiritual battles?
- What does the metaphor of donning armor bring to your mind? Why do you think Paul uses the metaphor of a Roman Soldiers uniform to enlighten us about the battle?
- Eric pointed out that the word “you” in verse 13 is plural. What does that mean about the battle into which we are being called? How should we work together with one another in this battle? When Paul tells us to stand our ground, what ground is he speaking of?
- What is the first piece of armor Paul encourages us to wear and why is this a crucial piece of our armor? What is the difference between knowing about this armor and wearing it? What are some common deceptions the devil uses to get our focus off of God’s truth for our lives? How do you think those schemes could affect us as we walk in this spiritual battle?
- When Eric described the Breastplate of Righteousness he defined righteousness as integrity in one’s lifestyle and character. What are some practical ways we can actively put on this breastplate in our daily lives?
- Read 1 Peter 5:8. The word “devour” means to eat or consume. If this verse is true, can you understand why Paul encourages us to put on the armor of God? Explain.

### COMMIT

Where personally is your armor weak? What is one thing you can do specifically this week to protect or shield an area of your life where you might be vulnerable to spiritual attack?

### PRAY

Break into groups of two or three and pray for each other to strengthen the areas of weakness you have described and to ask God to direct you in areas you need to grow.