

UPCOMING EVENTS:

EASTER WEEKEND - APRIL 2nd, 4th, 5th

Don't forget to register your seat for Easter!

Thursday, April 2nd - 6:30pm

Saturday, April 4th - 2:30pm | 4:00pm | 5:30pm

Sunday, April 5th - 8:00am | 9:30am | 11:00am

DISCOVER WESTBRIDGE - APRIL 9TH

Come and learn about WHY we do WHAT we do the WAY we do it - and how you can be a part of Westbridge Church!

Thursday, April 9th @ 6:30pm.



PERSONAL NOTES:

LIFE GROUPS:

CHECK OUT A LIFE GROUP!

LIFE GROUPS are smaller groups of people who commit to meet together consistently for the purpose of growing relationally and spiritually.

Browse all the Life Groups option in the Westbridge Church App and sign up today!

Let us know if you have ANY questions!



MESSAGE NOTES

Gear Up // Week 7

*A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. **Ephesians 6:10-13***

*Stand your ground, putting on the belt of truth and the breastplate of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as a helmet, and take the sword of the Spirit, which is the word of God. **Ephesians 6:14-17***

2 observations about the sword:

1. The sword is the ACTIVATION of truth.

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **Romans 12:2***

2. The sword is critical to experience VICTORY.

*Resist the devil and he will flee from you. **James 4:7***

*All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work. **2 Timothy 3:16-17***

Practical framework to read the Bible:

S = SCRIPTURE.

O = OBSERVATION.

A = APPLICATION.

P = PRAAYER.

LIFE GROUPS

DISCUSSION GUIDE

These questions are designed to help groups discuss the weekend teaching while building relationships with each other and growing in our faith!

March 26th / 29th, 2026

1

WARM UP

1. When you think of a “battle”, what kind of image or story comes to your mind? What makes a great warrior in your opinion?

2. Who would you want “fighting alongside you” in a difficult season of life and why?

2

KNOW IT

1. Read **Ephesians 6:10-17**. What stands out to you the most about the “Sword of the Spirit” compared to the other pieces of armor?

2. The message said the sword is the *activation of truth*. What’s the difference between knowing truth (belt) and using truth (sword)?

3. Jesus responded to temptation with “It is written”. What does this teach us about how to fight spiritual battles?

4. Read **Romans 12:2**. How does Scripture reshape the way we think?

5. Read **Hebrews 4:12**. What does it mean that God’s Word is “alive and powerful”?

3

SHARE IT

1. What lie is the enemy attacking you with most recently? What tends to happen when those lies go unchallenged in your life?

2. Can you think of a time when a specific Scripture helped you overcome fear, temptation, or discouragement?

3. Which part of the SOAP framework (Scripture, Observation, Application, Prayer) comes most naturally to you? Which is most difficult?

4

LIVE IT

1. What is one specific lie you need confront this week, and what is one Scripture you can use to fight it? (Write it down, memorize it, speak it.)

2. What would it look like for you “*take up the sword*” in a real-life situation this week (stress, conflict, temptation, anxiety)?

3. What is one practical step you can take to engage Scripture more consistently?