

## UPCOMING EVENTS:

### WATER BAPTISM - MARCH 15th

**Follow the example of Jesus in Water Baptism. Join us on Sunday night, March 15th as we celebrate during our worship night.**

**Scan the QR code to register!**

### 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**



## PERSONAL NOTES:

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## 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 5

*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. Stand your ground, putting on the belt of **truth** and the body armor 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 your helmet, and take the sword of the Spirit, which is the word of God. **Ephesians 6:10-17***

### 2 thoughts on armor:

1. Armor is meant for an entire GROUP.

2. Armor is more than protection - it EQUIPS you

to do the work of the Kingdom.

### 4 words to focus on:

**SHOES** - Shoes are to HOLD ground and

TAKE ground.

**PEACE** - Peace is not the absence of CONFLICT,

but the interconnected THRIVING of all people.

**GOSPEL** - Gospel means to ANNOUNCE the Kingdom,

to PROCLAIM Good News.

**FULLY PREPARED** - You don't have to talk people INTO

Jesus, just be READY when opportunity presents itself.

# 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 12th / 15th, 2026**

1

### WARM UP

1. What's the most physically challenging thing you've ever done (race, hike, workout, etc.)?

2. Have you ever had the wrong shoes for an activity? How did it affect your ability to do what you were trying to do?

2

### KNOW IT

1. Reread **Ephesians 6:15**. What stands out to you the most about this verse?

2. We learned that Roman soldiers wore shoes designed to help them stand their ground and advance forward. How does that imagery help you understand what Paul is saying about the Gospel?

3. The message defined **peace** as more than just the absence of conflict, but the *thriving of people and God bringing order in the midst of chaos*. How does that definition deepen your understanding of the peace Jesus came to bring?

4. The word **"Gospel"** literally means "good news". Why do you think sharing our faith sometimes feels difficult or intimidating, even though it's meant to be good news?

3

### SHARE IT

1. The message talked about being "fully prepared" to bring peace into someone else's chaos. Who are some people in your life right now that might need that kind of peace?

2. "Evangelism is joining the conversation that the Holy Spirit is already having with someone." How does that change the way you think about sharing your faith?

3. Have you ever had a moment where you were able to bring encouragement, hope, or peace into someone's difficult situation? Have you ever had someone do that for you?

4

### LIVE IT

1. Practically speaking, what could it look like to "put on the Gospel shoes" in everyday life?

2. What is one place in your daily routine (work, neighborhood, school, gym, etc.) where God might be inviting you to be an "ambassador of peace"?

3. This week, how can you intentionally ask God to help you be **ready** when opportunities arise to share encouragement, hope, or the Good News of Jesus?