

## 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:

---

---

---

---

---

---

---

---

## 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 4

*A final word... 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 6:11-13***

*There was war in heaven...The dragon lost the battle, and he and his angels were forced out of heaven. This great dragon—the ancient serpent called the devil, or Satan, the one deceiving the whole world—was thrown down to the earth with all his angels. **Revelation 12:7-9***

*Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **1 Peter 5:8***

*I fear that somehow your pure and undivided devotion to Christ will be corrupted, just as Eve was deceived by the cunning ways of Satan. **2 Corinthians 11:3***

### MEMORY VERSE:

*In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. **Ephesians 6:16***

### How to utilize the shield of faith:

1. EXAMINE the shield.
2. INCREASE your faith.
3. CLAIM your identity in Christ.
4. Make a spiritual PLAN and STICK to it.

*Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize...I discipline my body like an athlete, training it to do what it should. **1 Corinthians 9:24-27***

*That's why we labor and strive... Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. **1 timothy 4:10, 15-16***

# 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 5th / 8th, 2026**

1

### WARM UP

1. When you hear the phrase “spiritual battle”, what comes to mind? Does that language resonate with you or feel unfamiliar?

2. What’s something in your garage, closet, or house that you own but rarely use, even though it could be useful?

2

### KNOW IT

1. Reread **Ephesians 6:10-13 and verse 16**. What stands out to you about Paul’s description of the spiritual battle followers of Jesus face?

2. The sermon described Satan as a spiritual being, a destroyer and deceiver, and subtle and cunning. Which of these descriptions seems most relevant to the challenges people face today?

3. Romans shield were large enough to protect the entire body and were sometimes used together with other soldiers. What might that teach us about **faith and community**?

4. Four ways to use the shield of faith:

- Examine the shield
- Increase your faith
- Claim your identity in Christ
- Make a spiritual training plan

Which of these stood out to you the most and why?

3

### SHARE IT

1. John encouraged us to **examine our shield** and look for cracks in our character or habits. What are some common cracks that can make people spiritually vulnerable? Anything you deal with personally?

2. *“Faith is not the opposite of doubt - you can pick up the shield of faith and bring your doubts along with you.”* How does that statement change how you think about doubt?

3. Can you think of a season or situation in which you needed to lean on faith to make it through a difficult time? What happened?

4

### LIVE IT

1. Which of the four practices from this weekend’s talk would strengthen your faith the most right now?

2. This weekend’s talk suggested several ways to train spiritually (Bible reading, prayer, journaling, fasting, generosity, quiet time with God). Which of these practices have helped you grow the most in the past? Which of these might help you during this season of your life?

3. If faith is a shield that extinguishes lies, what is **one truth from Scripture** you need to remind yourself of this week?