



# GUIDED BIBLE STUDY

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## **Get Dressed for the Day**

**Speaker: Jill Smith**

## **Highlighted Scripture**

**Ephesians 6:10–17**

**“Finally, be strong in the Lord, and in the strength of his might.**

**Put on the whole armor of God, that you may be able to stand against the schemes of the devil.**

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

**Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.**

**Stand therefore, having fastened the belt of truth around your waist, and having put on the breastplate of righteousness, and having fitted your feet with the readiness of the good news of peace.**

**Above all, take up the shield of faith, with which you will be able to extinguish all the flaming arrows of the evil one.**

**Take also the helmet of salvation, and the sword of the Spirit, which is the word of God.”**

## **Discussion Questions**

- 1. Jill compares putting on the armor of God to getting dressed for the day. Why do you think spiritual preparation needs to be intentional and daily?**
- 2. The passage lists multiple actions: put on, take up, stand firm. What happens when believers know about the armor but don't actively use it?**
- 3. Why is it important to remember that our struggle is not against flesh and blood, but against spiritual forces?**
- 4. The armor begins with truth. How can believing lies affect our peace, identity, and ability to stand firm?**
- 5. Which piece of the armor do you find yourself relying on the most? Which one do you tend to overlook?**

## **Reflection Challenge**

**This week, practice getting dressed spiritually on purpose:**

- Take time each morning to intentionally put on each piece of the armor**
- Ask yourself where the enemy tends to attack you most — your mind, your peace, your identity, or your faith**
- Use God's Word as both protection and defense throughout your day**

**Remember:**

- ✨ This is a daily battle, not a one-time decision**
- ✨ God has already provided what you need to stand**
- ✨ Preparation leads to confidence and peace**

## **Prayer**

**Father God,**

**Thank You for equipping me with everything I need to stand firm.**

**Help me not to rush into my day unprepared, but to intentionally put on Your armor.**

**Clothe me in truth, guard my heart with righteousness, and steady my steps with Your peace.**

**Protect my mind with salvation, strengthen my faith, and remind me to use Your Word boldly.**

**Help me stand firm, fully dressed, and ready for whatever this day brings.  
Amen.**







