



GUIDED BIBLE STUDY

Stand Firm in the Whole Armor of God

Speaker: Randy Hedden

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Carol Stream, Illinois 60188. All rights reserved.

Highlighted Scripture

- **Ephesians 6:10-24 (NLT)**

"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."

Paul closes Ephesians by calling believers to depend on the Lord's strength, take up every part of God's armor, pray persistently, and stand faithfully. The struggle is spiritual, so people are not the enemy. Truth, righteousness, the Good News of peace, faith, salvation, God's word, and prayer prepare us to resist evil without losing our footing.

Discussion Questions

- When pressure comes, what is the difference between relying on your own toughness and being strong in the Lord?
- Which piece of God's armor do you most need to take up intentionally in your present season, and why?
- How does remembering that people are not the true enemy change the way you approach conflict?
- Where do you need the shield of faith to help you reject fear, accusation, temptation, or discouragement?
- What would it look like for prayer to become part of your daily readiness rather than only a response to crisis?

Reflection Challenge

This week, turn the armor of God from a familiar image into a daily practice. Begin each day by depending on Christ, naming the truth God has given, and asking the Holy Spirit to help you stand faithfully in the specific pressures you expect to face.

Ask yourself:

- Where am I most tempted to fight a person instead of recognizing the deeper spiritual struggle?
- What lie or accusation has been weakening my confidence in God's truth?
- Am I trying to stand in my own strength, or am I actively depending on the Lord?
- Who needs my persistent prayer and encouragement right now?

Try this:

- Read Ephesians 6:10-24 slowly at the start of each day this week.
- Name each piece of armor and connect it to one real situation you expect to face.
- Choose one trusted believer and pray specifically for that person's courage and faithfulness.
- Before a difficult conversation, ask God for truth, righteousness, peace, faith, and words that honor Christ.

Remember

- Your strength for the spiritual battle comes from the Lord, not from self-reliance.
- People made of flesh and blood are not the true enemy.
- God provides the whole armor; every piece matters.
- Faith helps extinguish the enemy's fiery attacks.
- God's word is the Spirit's sword, and prayer keeps believers watchful and persistent.
- After the battle, God's call is still the same: stand firm.

Prayer

Heavenly Father,

Thank You for giving us strength that does not depend on our own ability. Help us put on the whole armor You provide. Fasten us to Your truth, shape us in righteousness, and make us ready to carry the Good News of peace. Strengthen our faith, remind us of the salvation we have in Christ, teach us to use Your word faithfully, and make us alert and persistent in prayer. Keep us from treating people as the enemy. Help us resist evil, speak with courage, encourage other believers, and stand firm in every season.

In Jesus' name, Amen.