

Bible Study Discussion Guide

Series Title: Armor Up - Week 2

Text: Ephesians 6:10-18

Sermon Summary

Life may often feel like “Murphy’s Law” is at work—anything that can go wrong will go wrong. Yet beyond daily frustrations, Scripture reveals an unseen battle between the kingdom of God and the forces of evil (Ephesians 6:12). Followers of Christ face an enemy who seeks to discourage, deceive, and destroy.

God has equipped His people with spiritual armor so they can stand firm. This week’s focus is on the **helmet of salvation** and the **shoes of the gospel of peace**. A Roman soldier’s helmet protected the head from devastating blows, and his shoes gave him footing and stability. Spiritually, salvation guards our minds from doubt and fear, while peace with God provides stability and readiness in battle.

Satan’s schemes often aim at the believer’s mind—planting seeds of doubt about salvation and God’s goodness. Yet the cross of Christ is finished, final, and complete (John 19:30). Confidence in salvation is not based on what we do, but on Christ’s work for us. Similarly, peace with God (Romans 5:1) brings access to His presence and allows us to fight from a place of strength, not insecurity.

When we put on salvation as a helmet and peace as shoes, we stand equipped to resist the enemy’s attacks and remain firm in the battle.

Key Points

1. Spiritual Warfare is Real

- Daily frustrations are not always spiritual battles, but there is a very real enemy seeking to deceive and discourage (Ephesians 6:12).

2. The Helmet of Salvation Guards the Mind

- Salvation is God rescuing us from sin and giving eternal life through faith in Christ (John 3:16).
- Knowing our salvation protects against Satan's tactic of sowing doubt.

3. The Shoes of the Gospel of Peace Provide Stability

- On our own, we are enemies of God (Colossians 1:21), but through Christ we have peace with God (Romans 5:1-2).
- Peace with God gives believers a firm stance in battle and access to God's presence.

4. Confidence in Salvation Produces Boldness

- Our assurance rests not in our performance, but in Christ's finished work on the cross (John 19:30).
- Believers are new creations in Christ (2 Corinthians 5:17).

5. Peace With God Leads to Victory

- Stability in Christ allows us to stand firm no matter what attacks come.
 - God's presence with us ensures the enemy cannot overcome (Romans 8:31).
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Scripture References

- **Ephesians 6:10-18** – The Armor of God
 - **Romans 12:2** – Renewing the mind
 - **John 3:16** – God's gift of eternal life through faith
 - **1 John 5:13** – Assurance of salvation
 - **2 Corinthians 5:17** – New creation in Christ
 - **Colossians 1:21** – Once alienated, now reconciled
 - **Romans 5:1-2** – Peace with God through Christ
 - **John 19:30** – “It is finished”
 - **1 Peter 5:8** – The devil prowls like a roaring lion
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Discussion Questions

1. Understanding the Armor

- Why do you think Paul described salvation as a helmet and peace as shoes?
- How does each image help us understand its role in spiritual warfare?

2. Confidence in Salvation

- Have you ever struggled with doubts about your salvation? How did you confront them?
- How does looking to the cross (instead of your own performance) help guard your mind?

3. The Gospel of Peace

- What does it mean to have peace with God (Romans 5:1-2)?

- How does that peace provide stability in times of trial or spiritual attack?

4. **Standing Firm**

- How can knowing your identity as a new creation (2 Corinthians 5:17) strengthen you in moments of temptation or accusation?
- What practical ways can you remind yourself daily of the finished work of Christ?

5. **Living it Out**

- Where in your life right now do you need to put on the helmet of salvation?
- In what situations do you need to stand more firmly in the peace of God?

Application & Takeaways

- **Guard Your Mind:** Wear the helmet of salvation by remembering Christ's finished work and your identity in Him.
- **Stand Firm in Peace:** The peace of God stabilizes you in battle and gives you access to His presence.
- **Fight From Victory:** Confidence in the cross allows believers to resist the enemy's lies.
- **Rest in Assurance:** Salvation is secure not because of what we do, but because of what Christ has already done.
- **Live Ready:** With minds protected and feet grounded, we can face the day prepared for spiritual battles.