

Bible Study Discussion Guide

Series Title: Armor Up - Week 5

Primary Text: Ephesians 6:10-18

Sermon Summary

Paul finishes the armor of God passage by calling believers to pray. Prayer is not an afterthought. It is battlefield communication with our Commanding Officer. We do not wrestle against flesh and blood, so our weapons and our communication must be spiritual. The Roman army's strength included constant signals and messages from leadership. In the same way, Christians are to keep an open line to the Lord at all times, in all kinds of prayers, in the Spirit, and on behalf of all the saints. Pray before the battle, during the battle, and after the battle. The Spirit helps us pray when we are weak and even shapes our groanings according to the will of God. Prayer is a wartime walkie talkie, not a domestic intercom for extra comforts.

Key Points

1. Spiritual warfare is real

- Our struggle is against rulers, authorities, powers, and spiritual forces of evil. Ephesians 6:12

2. God supplies armor and a line of communication

- Belt of truth, breastplate of righteousness, shoes of the gospel of peace, shield of faith, helmet of salvation, sword of the Spirit. Then Paul says to pray. Ephesians 6:13-18

3. Pray with all kinds of prayers and requests

- Protection, peace, wisdom, endurance, confession, thanksgiving. Pray what fits the moment. Ephesians 6:18

4. Pray at all times

- Scheduled quiet times, quick cries in the heat of conflict, gratitude and healing after the skirmish. Ephesians 6:18

5. Pray in the Spirit

- Pray through the power and help of the Spirit who prompts us to cry Abba and intercedes when words fail. Romans 8:15, Romans 8:26-27

6. Pray for all the saints

- Stay alert to the battles others face and wrestle in prayer for their strength and perseverance. Ephesians 6:18, Colossians 4:12

7. Prayer is effective because of Christ

- We approach the throne of grace with confidence to receive mercy and find grace to help in time of need. Hebrews 4:16

Scripture References

- **Ephesians 6:10-18** Armor of God and prayer
 - **2 Corinthians 10:3-5** Spiritual weapons with divine power
 - **Hebrews 4:16** Confidence at the throne of grace
 - **Romans 8:15** Abba Father by the Spirit
 - **Romans 8:26-27** Spirit intercedes for us
 - **Colossians 4:12** Wrestling in prayer for others
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Discussion Questions

1. Battlefield awareness

- Where do you most feel the reality of Ephesians 6:12 right now
- How has remembering the true enemy changed your responses this week

2. All kinds of prayers

- Which kind of prayer do you neglect most, confession, thanksgiving, petition, lament, intercession
- What would it look like to add that form of prayer to your daily rhythm

3. At all times

- Describe your current pattern of scheduled prayer and spontaneous prayer. What one adjustment would best strengthen both

4. In the Spirit

- Share a moment when you did not know how to pray, yet the Spirit helped. How can Romans 8:26-27 shape your confidence this week

5. For all the saints

- Who needs you to be an Epaphras for them right now Colossians 4:12
- Agree on at least one person or family the group will wrestle in prayer for this week

6. After the battle

- When God answers, how do you mark it so that gratitude and healing prayers are not forgotten Hebrews 4:16
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Application and Takeaways

- **Start the day reporting for duty**

Pray through Ephesians 6:10-18 each morning. Put on each piece and then ask the Lord whom to bless, where to stand, and what to say.

- **Build a simple daily rule of prayer**

Morning, 10 minutes in Scripture and prayer. Midday, 60 second check in. Evening, gratitude and intercession list. Set alarms as cues.

- **Pray Scripture in the fight**

Keep two or three verses ready for fear, temptation, and discouragement. Example: Psalm 46:1, Romans 8:1, Philippians 4:6-7.

- **Adopt an Epaphras assignment**

Choose one person to wrestle for in prayer this week. Text them once with a Scripture and a short prayer.

- **Use the wartime walkie talkie**

Before difficult meetings, conversations, or decisions, whisper a short prayer. God, give me wisdom and guard my heart and words. James 1:5.
