

# Bible Study Discussion Guide

**Series Title:** Armor Up - Week 4

**Text:** Ephesians 6:10-18

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## Sermon Summary

Scams try to trigger fear so you click the wrong link. The enemy works the same way, scheming to rob us of what God intends. Paul, writing Ephesians from imprisonment in Rome while surrounded by soldiers, uses their armor to teach how God outfits His people for a very real spiritual battle.

This message highlights two pieces of armor: the **shield of faith** and the **sword of the Spirit, the word of God**. A Roman legionary carried the large rectangular scutum to quench flaming arrows and the short gladius for close combat. Spiritually, faith is our proven shield when temptation, fear, and condemnation fly. God's word is our Spirit empowered sword that cuts through lies and drives the enemy back. Faith is not vague optimism. It is trust in the goodness and sovereignty of God when arrows fall. Scripture is not a prop. It is God breathed and wielded by the Holy Spirit with power. Jesus modeled this in the wilderness, answering every temptation with the written word until the devil left Him.

We fight together, not alone. Like the Roman testudo formation, believers lock shields in community. We also remember where victory was won. At the Lord's Table we proclaim Christ's triumph at the cross, which disarmed the powers and secured the outcome of the war.

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## Key Points

### 1. Spiritual warfare is real

- Our struggle is against spiritual forces of evil. God commands us to put on the full armor so we can stand.
- Ephesians 6:10-18

### 2. Raise the shield of faith

- Faith extinguishes flaming arrows of temptation, fear, and accusation. We trust God's character and His commands when pressure rises.
- Examples in practice: resist moral compromise, trust God under uncertainty, refuse condemnation in Christ.
- Ephesians 6:16; Romans 8:1 is implied by the sermon emphasis on no condemnation though not quoted in the transcript

### 3. **Fight together, not alone**

- Link shields in community, like the tortoise formation. Carry one another in faith.
- Mark 2:1-12 reference, Jesus saw the friends' faith and healed the man

### 4. **Strike with the sword of the Spirit**

- The Spirit wields the word with power. Scripture is God breathed and given through Spirit led authors.
- 2 Timothy 3:16; 2 Peter 1:20-21; Psalm 29:7 reference to the voice of the Lord striking like lightning

### 5. **Jesus is our model and our victory**

- Jesus countered temptation with Scripture, and the devil left. The cross publicly triumphed over the powers.
- Matthew 4:1-11; Colossians 2:15; 1 John 3:8

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## Scripture References

- **Ephesians 6:10-18** Armor of God
- **Matthew 4:1-11** Jesus uses Scripture against temptation
- **Mark 2:1-12** Friends bring the paralytic, Jesus saw their faith
- **2 Timothy 3:16** All Scripture is God breathed

- **2 Peter 1:20-21** Men spoke from God carried by the Holy Spirit
  - **Psalms 29:7** The voice of the Lord strikes with flashes of lightning
  - **Colossians 2:15** Christ triumphed over powers at the cross
  - **1 John 3:8** The Son of God appeared to destroy the works of the devil
  - **Revelation 12:11** They overcame by the blood of the Lamb and the word of their testimony
  - **Galatians 2:20** Christ lives in me
  - **Psalms 27:13** I will see the goodness of the Lord in the land of the living
  - **1 Corinthians 11:27-28** Examine yourselves before the bread and the cup
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## Discussion Questions

### 1. Reading the battle

- Where do you feel the enemy has been trying to scam or scheme you lately
- Which flaming arrows have you noticed most, temptation, fear, accusation

### 2. Shield of faith

- What truth about God's character do you need to trust today to raise your shield
- Who can link shields with you this week, and how will you link shields for them

### 3. Sword of the Spirit

- Which Scriptures do you reach for first when you are tempted, anxious, or accused
- How can your group help one another sharpen the sword through memory and regular use

### 4. Following Jesus in the fight

- In Matthew 4 Jesus answered each temptation with a specific verse. What situations in your life need a specific verse ready at hand
- Share a time you resisted by speaking Scripture and what changed

## 5. Remembering the victory

- Colossians 2:15 says the cross disarmed the powers. How does the Lord's Supper strengthen your confidence to stand today

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## Application and Takeaways

- **Raise your shield**  
When fear, temptation, or condemnation comes, answer with trust in God's sovereignty and goodness. Pray in the moment and choose obedience.
- **Wield your sword**  
Identify and memorize a small set of fighter verses that match your current battles. Keep them visible. Speak them out loud in the moment of attack.
  - Temptation: 1 Corinthians 10:13
  - Fear: Psalm 46:1-2
  - Accusation: Romans 8:1, Galatians 2:20
  - Weariness: Psalm 27:13, Revelation 12:11
- **Lock shields**  
Name two believers you will contact this week to share burdens and prayer. Stand together like the tortoise formation.
- **Examine and remember**  
Approach the Table with gratitude and self examination, remembering Christ's finished work and your standing in Him. 1 Corinthians 11:27-28, Colossians 2:15.