

Bible Study Discussion Guide

Series Title: Armor Up - Week 1

Text: Ephesians 6:10-18

Sermon Summary

The Christian life is a spiritual battle. Just as football players must put on protective gear before stepping onto the field, believers must put on the “armor of God” daily to stand firm against the devil’s schemes. Paul, writing from prison while likely chained to a Roman soldier, uses the soldier’s armor as a vivid metaphor for the spiritual equipment God has given His people.

Life presents battles in relationships, work, health, and faith, but behind many of these struggles is a spiritual reality: forces of evil working to oppose God’s truth (Ephesians 6:12). The good news is that Christ has already won the war through His death and resurrection (Colossians 2:15). Still, we must stand firm in the battles we face each day, using the armor God has provided.

Spiritual warfare is real. Satan works through doubt, lies, temptation, shame, and accusation (Genesis 3; John 8:44; Revelation 12). Yet, God equips believers with the armor of truth, righteousness, peace, faith, salvation, and His Word. When we stand firm, the enemy’s attacks may come like crashing waves, but they will eventually fizzle out, leaving us still standing in Christ’s strength.

Key Points

1. Be Strong in the Lord

- We cannot fight spiritual battles in our own power. We need the same mighty power that raised Christ from the dead (Ephesians 1:19; 6:10).

2. The Devil's Schemes are Strategic

- His methods include doubt, lies, temptation, isolation, and accusation (Genesis 3; John 8:44).

3. Spiritual Warfare is Real

- Our true struggle is not against people but against spiritual forces of evil (Ephesians 6:12; Revelation 12:7-9).

4. The War is Won, But Battles Remain

- Christ's victory on the cross guarantees the final outcome (Colossians 2:15; Revelation 12:12). Still, daily battles continue until Satan's final defeat.

5. Spiritual Battles Require Spiritual Weapons

- We don't fight with worldly weapons but with divine ones that demolish strongholds (2 Corinthians 10:3-5).
- God's armor equips us uniquely for every attack (truth, righteousness, peace, faith, salvation, Word of God, prayer).

Scripture References

- **Ephesians 6:10-18** – The Armor of God
- **Genesis 3** – Satan's original schemes
- **John 8:44** – Satan as the father of lies
- **Revelation 12:7-12** – The dragon cast down, Satan's fury

- **Colossians 2:15** – Christ’s victory at the cross
 - **James 4:7** – Resist the devil and he will flee
 - **2 Corinthians 10:3-5** – Weapons with divine power
 - **1 Peter 5:8** – The devil prowls like a roaring lion
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Discussion Questions

1. Understanding the Battle

- In what ways do you see evidence of spiritual warfare in your daily life?
- Why is it important to recognize that our struggle is not against “flesh and blood”?

2. The Devil’s Schemes

- Which of Satan’s methods (doubt, lies, temptation, isolation, shame) do you find most difficult to resist?
- How have you seen God’s truth counteract these attacks?

3. Standing Firm

- What does it mean to be “strong in the Lord” rather than in your own strength (Ephesians 6:10)?
- Can you share a time when you felt like the “wave” of temptation or struggle came against you, but God’s power kept you standing?

4. The Armor of God

- Which piece of the armor (truth, righteousness, peace, faith, salvation, Word of God, prayer) do you most need to “put on” right now?
- How can we remind one another daily to armor up?

5. Living in Victory

- If the war is already won in Christ, how should that change the way we face spiritual battles today?
 - How can you live with confidence in Christ's victory this week?
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Application & Takeaways

- **Recognize the Reality:** Spiritual warfare is not superstition; it is a daily truth.
- **Rely on God's Strength:** We fight from victory, not for victory. Christ has already won.
- **Resist the Enemy:** Standing firm with God's armor ensures that Satan will flee.
- **Equip Daily:** Just as athletes never enter a game without gear, we must not enter life's battles without God's armor.
- **Support One Another:** Spiritual battles are fought in community. Encourage, pray, and protect each other.