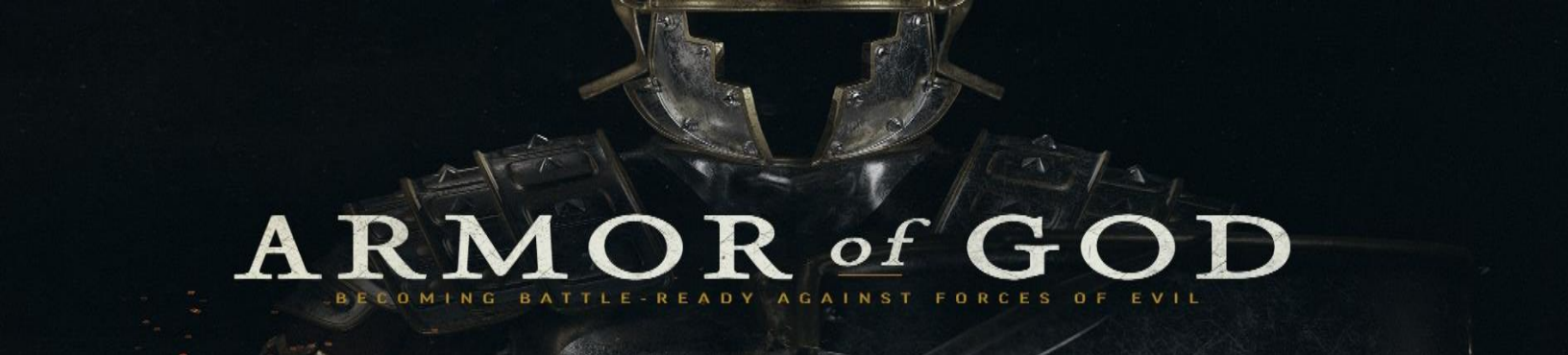


A graphic showing pieces of armor, including a helmet and gauntlets, arranged around the title. The title 'ARMOR of GOD' is in large, white, serif capital letters, with 'of' in a smaller, italicized font. Below the title, the subtitle 'BECOMING BATTLE-READY AGAINST FORCES OF EVIL' is written in a smaller, yellow, sans-serif font.

ARMOR *of* GOD

BECOMING BATTLE-READY AGAINST FORCES OF EVIL

Armor of God – Put on the Belt of Truth

Ice Breaker

Go around the group and share a time when you believed something was true and later found out it was not. It does not have to be spiritual. What did it feel like when the truth came to light?

Discussion Questions

Getting Into the Text

1. Read Ephesians 6:10-18 together as a group. What stands out to you most from this passage, and why?
2. Paul wrote this letter while under arrest, likely chained to a Roman soldier. How does knowing that context change the way you read his description of the armor of God?
3. In Genesis 3, Satan approaches Eve not with a direct command but with a question: "Did God really say?" Why do you think deception, rather than force, is the enemy's primary strategy? How does that play out in your everyday life?

Going Deeper

4. Dave described two groups of people when it comes to spiritual warfare: those who ignore it entirely and those who are consumed by fear of it. Which group do you tend to lean toward, and what are the dangers of each extreme?



5. Romans 12:2 calls believers to be transformed by the renewing of their minds rather than conforming to the patterns of the world. What are some specific ways the culture around you tries to shape your thinking without you even realizing it?
6. Dave shared a personal struggle with the lie that he is "not enough," and referenced 1 Corinthians 15:58, which assures believers that their labor in the Lord is never in vain. What is a lie the enemy consistently uses against you? What specific truth from Scripture can you use to counter it?
7. The message described girding up as providing freedom of movement, not restriction. How does that reframe the way you think about submitting to God's Word and his boundaries in your life?
8. Dave said that communion is not just a remembrance but an act of spiritual warfare because it brings us back to the truth of what Christ did on the cross. How does regularly returning to the gospel protect you in the spiritual battles you face?

Personal Reflection

9. On a practical level, how consistently are you in God's Word each day? What gets in the way, and what is one realistic step you could take this week to make it a more regular rhythm?
 10. Dave closed by asking: "What is true?" Not what are you feeling, not what does the world say, but what does God say? Is there an area of your life right now where your feelings or circumstances are louder than God's truth? What would it look like to take that to the belt this week?
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Practical Applications

This Week, Choose One:

- Identify the lie. Write down one specific lie the enemy has been using against you recently. Then find at least one verse that speaks directly against it. Write the verse somewhere you will see it every day this week.
 - Start a daily rhythm. If you do not currently have a consistent time in God's Word, commit to just ten minutes each morning this week. Use that time to read a passage and ask one simple question: What is true here, and how does it apply to my life today?
 - Memorize a truth. Choose one verse from this week's message or your own reading and commit it to memory. Memorization is one of the most powerful ways to fortify your mind for battle.
 - Share it with someone. Think of one person in your life who is currently struggling and may be believing a lie. Reach out to them this week, not to lecture, but to encourage them with a specific truth from Scripture.
 - Examine what you are consuming. Take an honest look at what you are watching, reading, and listening to throughout the week. Ask yourself whether those things are reinforcing God's truth or slowly conforming you to the pattern of the world.
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