



# VALLEY REAL LIFE

## Ephesians - Armor of God

### Last Week

After the past two sermons, did you come to terms with yourself about something/someone you may need to submit to?

### Opener

What was the toughest battle you've faced (it could be anything)? How did you choose to fight it?

### Questions

Why do you think the idea of an ongoing spiritual battle is sometimes hard for us to accept or forget about?

In Ephesians 6:13-18 (the armor of God), what is your typical go-to piece of armor to use when you feel like you're in a spiritual battle? Is there something that is harder for you to use?

What are ways you try to fight your own battles? Are there specific situations where you find it easier to depend on yourself rather than God?

The shield of faith was described as something soldiers used together for protection. What does that tell us about the role of community in spiritual warfare?

If the Word of God is our offensive weapon, how can you learn to use scripture more effectively in your life?

### **Scripture Discovery:**

Have yourself, another group member, or all group members read the following Scripture out loud

Ephesians 6:10-18 (NLT)

*A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.*

- What does this passage tell us about God?
- What does this passage tell us about people?
- How do you need to apply this passage to your life?
- And who are you going to tell?

Pray