



Resources

- Watch or listen to Sunday's sermon: abfboone.com/sermons
- Find Life Group resources: abfboone.org/groups/resources

Ephesians 6:10-20

[10] Finally, be strong in the Lord and in the strength of his might. [11] Put on the whole armor of God, that you may be able to stand against the schemes of the devil. [12] For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. [13] Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. [14] Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, [15] and, as shoes for your feet, having put on the readiness given by the gospel of peace. [16] In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; [17] and take the helmet of salvation, and the sword of the Spirit, which is the word of God, [18] praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, [19] and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, [20] for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

Sermon Outline:

- I. Know Your Enemy (10-12)
- II. Know Your Weapons (13-20)

Life Group Leader Notes:





- The armor of God is a familiar topic to many of us. Was there anything from this week's teaching that seemed fresh or new to you?
- Paul repeatedly told the Ephesians to *stand*. Take time to read these other Bible passages that use this verb: 1 Cor 16:13, Galatians 5:1, and Ex 14:13-14. What is the significance of the verb "stand" in these passages? Why is it such a compelling word and image for Paul to repeat in this passage about the armor of God?
- Paul says that we do not wrestle against flesh and blood but against the rules, authorities, and spiritual powers of this present darkness. What does this mean? How does this help you interpret and handle conflict with other Christians?
- Belt of truth. Why is this the first piece of equipment we must strap on? Read Proverbs 13:20. If we want to be armed with truth, why is it important for us to surround ourselves with people who love the truth?
- Breastplate of righteousness. When we are struggling with guilt over previous sins, many of us try to hide, overlook, make excuses, or compensate. But Martin Luther advised a young man struggling with guilt to fully acknowledge it and rest in the righteousness of Christ. Is this how you deal with guilt? What can you learn from Luther's advice?
- Shoes of gospel peace. Pastor Michael said that we must preach the gospel to ourselves daily. Do you ever do this? If you needed to preach a 30 second sermon to yourself, what would you say?
- Shield of faith. What is the significance behind a shield being the piece of armor that is linked to our faith? Pastor Michael shared about how this was often a corporate defensive strategy in battle. Can you think of a time when someone else came alongside you and helped to protect your faith when you felt weak?
- Sword of the Spirit. How does the Bible help you in your struggle against Satan? Do you have any examples of how God's word has helped you fight off temptation, doubt, despair, etc.? Are you growing in your love for God's word?
- In order for us to be effective in our spiritual battle, we must put on the armor *before* an attack. Are there any areas where you are vulnerable? How can you take steps to arm yourself this week?

