

The Heart of the Matter

12. If you had to compare your current spiritual armor with this list, in what areas are you strong? Where are you weak?

13. From verse 18, what attitude should you have as you face your spiritual battles? How does prayer make a difference for you?

14. What evidence do you see of the battle you are facing in your life right now? Are you currently under attack? If so, in what way?

15. In ancient times soldiers would help each other with their armor as they prepared for battle. Who do you need to help today with their armor?

Praises and Prayer Requests:



Life Group Study Guide

The Full Armor of God Ephesians 6:10-20 For the Week of June 12, 2022

Getting Started

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling?
2. What were some of your favorite dress-up costumes when you were a kid?
3. If you were in a real battle in Medieval times what one piece of armor would you make sure you had with you? Why?

Digging Deeper

4. From his prison cell awaiting trial, Paul looks up and sees a battle raging (V12-13). What kind of battle is this? What is it over?

5. List the six pieces of armor for the Christian that Paul describes in this passage? Which ones are defensive? Which ones are offensive?

6. In verses 13-14 what does it mean to stand firm? Why is important to be found standing in the midst of a battle?

7. In verse 14 the belt of truth is described. Why is this piece of armor listed first? Why is truth so foundational to everything else?

8. In verse 14 the breastplate of righteousness is described. How does our pursuit of righteousness protect our hearts?

9. In verse 15 we see that our feet should be ready with the Gospel of peace. What might this entail? Why would readiness be important in battle?

10. In verse 16 how does the shield of faith act as both a defensive and offensive weapon in the midst of battle? How does faith protect us? From verse 17, how does the helmet of salvation help to protect our minds?

11. In verse 17 the sword of the Spirit is mentioned. How does Paul describe this weapon? Why is it so powerful? (Hebrews 4:12)