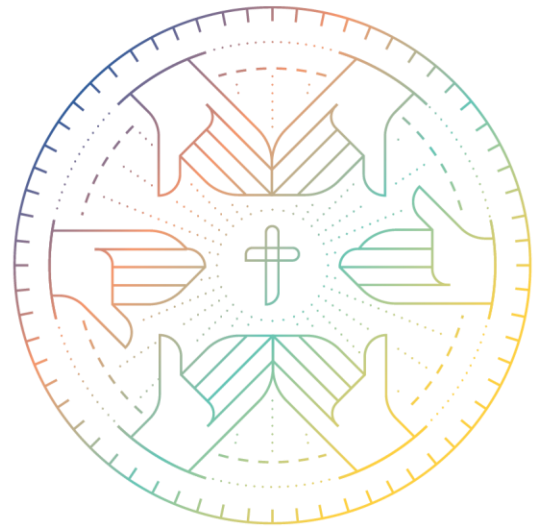


# Group Life.

WE ARE BETTER TOGETHER



## ICEBREAKER (10 MINUTES)

If you had to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?

## INTRODUCTION (5-10 MINUTES)

In this week's passage, Paul instructs us on how we can stand firm against the schemes of the devil through the armor of God. We will learn how to keep alert and understand that as we make decisions for Christ in our lives the power of God will give us everything, we need to stand firm.

## INTO THE WORD (25 MINUTES)

1. Read Ephesians 6:13-17. What sticks out to you about Paul's description of the armor?
2. Where do you see the evil one waging war in your life? Where do you see it in your friends or family's lives? How does identifying this help you to understand the importance of putting on the armor of God?
3. Read Ephesians 6:18. In verse 18, "all" appears four times, what do you think each "all" says about the importance of prayer in our lives?

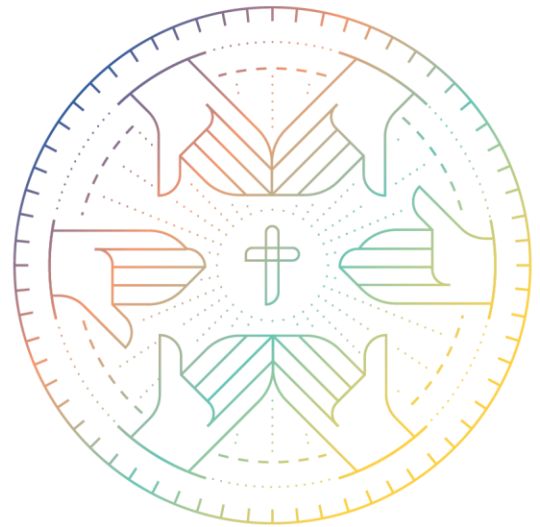
## APPLICATION (25 MINUTES)

1. **All of us have a few chinks in our armor. What's an area you would like to grow in? Where do you most need God's power in your life?**
2. **Read Ephesians 6:18-20, Philippians 4:6-7, and 1 Thessalonians 5:16-18. How do these passages shape how we should look at the importance of prayer in our lives?**
3. **As we wrap up our time in Ephesians what is one thing you have learned or have a better understanding of that you want to incorporate into your daily life?**

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## PRAYER (10 MINUTES)

*Dear heavenly Father,  
Help us to put on the whole armor of God so that we may be able to stand firm. Help us to equip the belt of truth so that we can walk in freedom. Help us to guard our hearts as we fasten the breastplate of righteousness. May we have peace as we wear the shoes of the gospel of peace as we face hardship in our lives. Grant us the shield of faith so that we can rest in our knowledge of who you are. Help us to put on the helmet of salvation so that we can remind ourselves of where our help comes from. Finally, strengthen us as we wield the sword of the Spirit and hide your word in our hearts. We pray all these things in your wonderful name. Amen.*