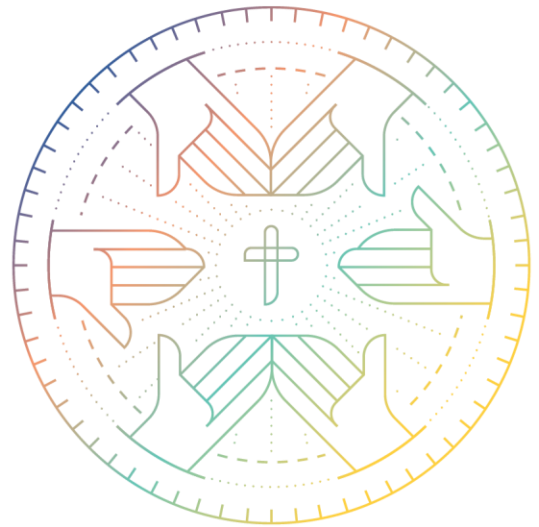


# Group Life.

WE ARE BETTER TOGETHER



## MEETING AGENDA

### WELCOME (10 MINUTES)

In this week's study, we will be wrapping up Paul's letter to the Ephesians as we look at the armor of God. We have included an article that goes deeper into what the Armor of God is. You may find this helpful as you lead your group this week.

<https://www.gotquestions.org/full-armor-of-God.html>

Don't forget to take attendance via the attendance reminder email.

### 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)

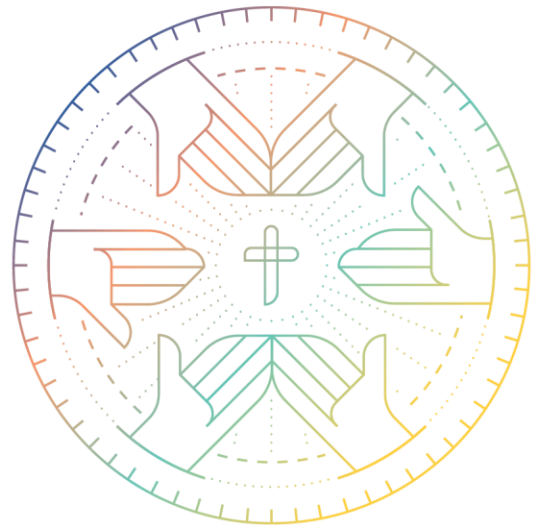
#### 1. Read Ephesians 6:13-17. What sticks out to you about Paul's description of the armor?

##### **H.O.S.T. GUIDANCE**

*[Answers will vary. Notice Paul's wording here. The first three pieces we are told to put on. The second three pieces we are instructed to take up. This is because the first three remind us of who we are and the second three are in reference to what we should be doing. The first piece mentioned is the Belt of Truth in verse 14. Paul here is referencing the importance of fully surrendering to the truth of God. (John 8:32) He next introduces the Breastplate of Righteousness. A breastplate would cover all of the important organs of an individual. Of those organs, there is no more important than the heart. (Proverbs 4:23) The third piece of armor is the Shoes of the Gospel of Peace. Roman soldiers would have little spikes in their shoes that would allow them to maintain balance even in tough terrain. (John 16:33) Paul then transitions into the pieces of armor that we are instructed to take up. First up is the Shield of Faith. Faith is the ability to quickly apply God's word to your situation. (Psalm 119:11) Then we see in verse 17, the Helmet of Salvation. Our minds are a primary way that we can be attacked by the devil and the helmet reminds us that God rescues us and that there is hope even in the setbacks of life. (2 Corinthians 4:6-9) We finish with the Sword of the Spirit. Which is the word of God. Knowing scripture allows us to repel the devil. (Matthew 4:1-11)]*

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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?

### **H.O.S.T. GUIDANCE**

*[Answers will vary. Give a few moments of silence to let the group think. Example.] I have been struggling with feeling like I don't have what it takes to be good in my job even though several people have complimented me on the skills that I bring to the table. When we see that we are being attacked we are able to better defend and also see the need for daily 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?

### **H.O.S.T. GUIDANCE**

*[Answers will vary. First Paul instructs us to pray in the Spirit. Our prayers are not merely our thoughts or our desires but are to be done in submission to God. For example, Jesus prays that God's will would be done. (Luke 22:39-44) Next, we are instructed to do this with all prayer and supplication. This speaks to our asking to be done with earnest and with humility. Paul then moves to tell us to pray with all perseverance. We do not pray once each day and then stop. We are to talk with God persistently and about all matters. Nothing is too big or too small to discuss with the Lord. Finally, we are instructed to pray for all the saints. Paul highlights the importance of praying for the needs of other believers. We praise God in prayer, pray for our own needs, and also pray for the needs of others. Each of these areas is important.]*

## **APPLICATION (25 MINUTES)**

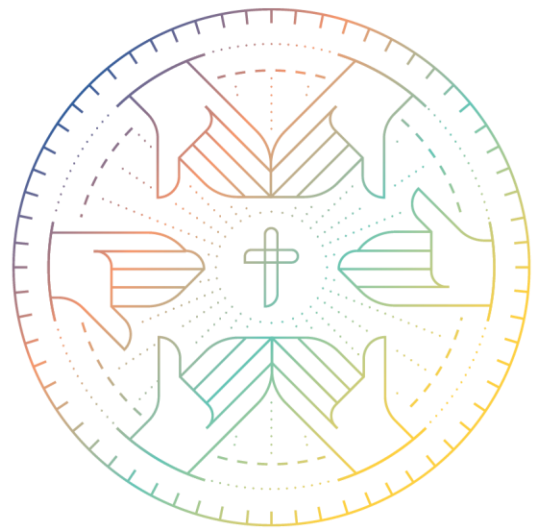
1. All of us have a few chinks in our armor. What's an area you would like to grow in? Where do you most need God's power in your life?

### **H.O.S.T. GUIDANCE**

*[Answers will vary. An example may be putting an emphasis on guarding your heart by looking closely at what you allow in such areas as media, negative conversations, and excessive news intake. Be sure to ask follow-up questions and try to help your group members create practical next steps to accomplish it.]*

# Group Life.

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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?

### **H.O.S.T. GUIDANCE**

*[Answers will vary. Prayer is the glue that helps all of the pieces of the armor to work together. Prayer is some of the best work we can do. Paul at the end of Ephesians shares that he even needs prayer which means each of us needs to be praying for others and to have others praying for us.]*

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?

### **H.O.S.T. GUIDANCE**

*[Answers will vary. When studying scripture application is always important. An example of a takeaway could be understanding who we are in Christ. The application piece could be writing down the promises of who we are in Christ found in the first three chapters.]*

### **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.*