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Week 5 / Spiritual Battle / Ephesians 6:10-18

ICEBREAKER

What's something small you always forget when packing for a trip or event?

OR

Have you ever felt like you were fighting a battle you couldn't see? What did that experience teach you?

INTRODUCTION

Every day, we face unseen battles—against lies, temptations, and spiritual opposition. The good news? We don't fight alone. The Holy Spirit equips us with discernment, transforms our hearts, and strengthens us in prayer so that we can stand firm in Christ.

What stood out to you from this week's message?

INTO THE WORD

Read Ephesians 6:10–18; 1 John 4:1.

How does this passage describe the nature of our battle? Which piece of spiritual armor stands out to you most right now?

Read Galatians 5:16–17, 22–23; Romans 8:1-8, 13.

How does the Holy Spirit empower us to fight sin and grow in Christlike character?

Read Romans 8:26–27; Ephesians 6:18; Jude 20.

What does it mean to “pray in the Spirit”? How can prayer become a key part of standing firm?

EMBRACE AND EMBODY

(Essentials: Seek God Daily and Worship God)

The battle is real, but the victory is already won in Christ. Seeking God daily and worshiping Him reminds us where our strength comes from.

Reflect as a group:

- What “flaming darts” (lies, fears, temptations) do you need to bring to God this week? Take time to share and then pray for individual group members to stand strong.
- How can you use Scripture as your “sword” when facing spiritual attacks?
- Encourage group members to share a time they sensed the Spirit redirecting them—a change in response, a moment of self-control, or a decision that reflected Jesus instead of impulse.

Action Step

Before leaving the house each day this week, pray through Ephesians 6:10–18 as your reminder of God’s protection and power.

GROUP PRAYER PRACTICE: ARMOR OF GOD PRAYER

- Slowly read through Ephesians 6:10–18.
- As you read each piece of armor, pause and thank God for what it represents.
- End by praying for the Spirit’s strength and discernment to walk in victory this week.

CLOSING PRAYER

Holy Spirit, thank You that we do not fight alone. Equip us with Your truth, peace, and power. Strengthen our faith and teach us to pray with confidence, knowing You are with us in every battle. In Jesus’ name, Amen!