

RECAP

As you reflect on last week's message, how were you invited to become a person of love this week?

Was there an expression of love (reciprocity, sacrificial service, and mutual submission) you focused on this week within your most intimate relationships?

IDEA 1

In his concluding words, Paul commands the Church of Ephesus to “be strong in the Lord and His mighty power.” The means by which one is to stand strong is by putting on the divine armor that allows believers to “stand against the strategies of the devil.” Here, Paul reminds us that the struggle is cosmic in scope, including realms of the Spirit, rulers, authorities of darkness, and spiritual forces of evil.

Do you have any initial impressions of when Paul talks about the spiritual/unseen world? Thoroughly convinced, suspicion, or lack of belief? Discuss among your group.

What do you believe might be some of the common strategies/schemes of the devil to attack us?

Have you ever experienced something that could only be explained as a spiritual attack?

IDEA 2

Martin noted that Paul exhorts us “to stand firm” three times when speaking about the rulers and authorities of the unseen realm. Rather than simply putting on the armor of God, we are called to live into it. Live in Jesus’ protected authority. The armor is the belt of truth, the breastplate of righteousness, the shield of faith, the helmet of salvation, and the sword of the Spirit.

Among your group, discuss each piece of armor Paul lists out. Which ones have you leaned more on in your walk with Jesus? Are there any you find confusing?

How do you believe someone lives into or even accesses Jesus’ protected authority against the rulers of the unseen realm? What are concrete practices we can adopt?

EXPERIENCING GOD TOGETHER

Group Devotional Reading

As you finish your discussion on the sermon, **take some time to read Ephesians 6:10-24 out loud**. As someone slowly reads it, have each member listen for a word or phrase God highlights for them. Consider having one or two people share what God is highlighting. Then, spend a few minutes in prayerful thanksgiving. If you would like to engage with this passage in a deeper way throughout the week, you could use the [Weekly Audio Reflection](#) on our website.

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PRACTICE FOR THIS WEEK

Paul's final plea is that we, as believers, pray in the Spirit on all occasions, with all kinds of prayers, consistently for all the saints. Prayer is the source by which we can walk boldly and confidently, making the mystery of the Gospel known.

This week, consider one struggle you have that could be identified as spiritual warfare from the enemy.

Once you've identified this, pray to God in your petition for courage, peace, and power to fight against the devil's strategies. After you've done this on your own, include your community or another fellow believer to pray this alongside you.