



LIFE GROUP NOTES

Week Beginning: 25th February 2024



Battle Zone: Ephesians 6:10-18

Warm Up

Have you noticed that in many action or war films there is a point where those on the side of good appear to be losing? What happens to turn the tide?

Background and context

Living the Christian life means engaging in conflict, fighting battles. As Christians we have an inner battle against our sinful nature (Gal 5:16-18) but we also face an outer battle in the world. The Bible describes the enemies of the Christian as being; the world, the flesh and the devil. In this passage Paul prepares his readers for the spiritual battle they will face as they live their Christian lives. Our armour and weaponry is spiritual in order to effectively combat our enemy, Satan.

Thinking it through: Main discussion/activity

***READ Ephesians 6:10-18.** What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.*



1. In what ways are the world, the flesh and the devil our enemy?
2. It is often said that truth is the first casualty of war. How is this true in our spiritual battle against the world, the flesh and the devil? How does **John 8:42-47** link to this?
3. Why is telling the truth so difficult, even for Christians? Share an example.
4. **Read: John 15:9-17, Mathew 7:12, Micah 6:8.** What does righteousness look like as we live it out in our daily lives?
5. Why do we need, truth and righteousness **before** we put on the shoes of the Gospel of peace?
6. Why is faith described as a shield? How does it protect you?
7. We wear our salvation like a helmet, we already have it, we are NOT fighting for it. Why is this a key truth in our daily life?
8. The Word of God, our sword, is a dangerous weapon. How is it used for both defence and attack? Can you find examples of how Jesus used it?
9. **Read v18.** Why is this our secret (or not so secret) weapon?

10. It is important to "suit up" every day and put on our armour. How can we do this more effectively?



11. Why is it better to be in the battle than not in it?

Try to leave 15-20 mins to talk about prayer needs of the group and to pray.



We want to encourage the development of prayer, to help everyone grow in confidence in praying. There are many creative ways of praying together: writing prayers, using candles as a focus, reading prayers or praying for each other in pairs.