

STRONG IN THE STRUGGLE

Ephesians 6:10–17

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NOTES

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Suggested Questions for Individual Study or Group Discussion*



- What is a favorite costume you've worn, whether as a child or an adult?
- *Read Ephesians 6:10–17.* Given their culture, how would Paul's first-century readers hear this reference to spiritual forces and battling evil? How does this reference to spiritual warfare strike you today?
- What does it mean to "be strong in the Lord and in his mighty power" (v. 10)? How does that compare with ways we often seek strength?
- Why does Paul adamantly repeat the command to "stand"? What may result if we fail to stand?
- What might be included the opposing forces listed in v. 12? What is not included?
- What is the overall purpose of the full armor of God? How will a person's life be different if they are regularly wearing and using it all?
- What pieces makes up the armor of God? What spiritual realities and practices are represented by each element of the armor?
- What parts of the armor of God do you find most accessible or usable? What do you need to employ more?
- In what situation or setting will you need to put on the armor of God and stand firm this week? What are some practical ways you can do that? How can your small group or others support and pray for you as you do this?

*Select or adapt questions to fit the needs and makeup of your group.