

# SPIRITUAL: WARFARE

## LifeGroup PARTICIPANT Notes

### Ephesians 6:10-20

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Our hope is that this series will not only clear up some of the confusion around what it means to be spiritual, but also ignite a passion for spiritual growth.

#### Video Element

J. D. Greear on Ephesians 6:10-18

<https://www.rightnowmedia.org/Content/Series/195647?episode=9>

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**\*Next Level\*** - Throughout the notes you will see "Next Level." This indicates that it is time to read your group and determine if this is an area your group is ready to dig deeper into together or better suited for personal reflection..

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## GROUP DISCUSSION

### Read Ephesians 6:10-18

- Pick one of the following.
  - Share an *Aha!* from either Sunday's sermon or J D Greer's video.
  - If you took up the challenge, how has the Ephesians 6:10-18 daily reading impacted you?
  - How does the conversation of Spiritual Warfare sit with you?
- Commenting on 6:10, J D says *If dependance is the objective, then weakness is an advantage.*
  - Do you tend to think of your weaknesses this way?
  - Can you think of a weakness that God has used to grow greater dependance?
  - \*Next Level\*** Use the biblical example of Paul. What scriptures can you use to prove this?
- 6:12 tells us that *our struggle is not against flesh and blood, but against . . . spiritual forces of evil.*
  - Do you tend to make too little or too much of the devil and his schemes?
  - What effect does this have on you spiritually?

4. The call to stand firm against the devil's schemes is not limited to Sundays at church. Our home, school, work and leisure lives are all part of the frontlines of the battlegrounds.
    - a. To raise our awareness, with spiritual eyes, what are some of the places in our community or city that you can see the devil's lies and schemes being believed or followed? Have someone write a list of these items as they're discussed. At the end of the evening you will pray through them.
    - b. **\*Next Level\*** Where is "*standing firm*" hardest for you and why?
  
  5. Reread through the armour Paul uses as an illustration in 6:14-17.
    - a. In a sentence or two, what does each armour represent? Feel free to refer back to the J.D. Greear video and/or to the notes below.
    - b. **\*Next Level\*** How do your definitions compare to J.D.'s or the commentary provided below?
  
  6. Time to get practical!
    - a. How might one go about putting on each piece of armour?
    - b. The Apostle Paul went out of his way to underscore the importance of putting on ***all*** God's armour, not just some.
      - i. What armour do you gravitate to most readily?
      - ii. What armour do you find most challenging to put on?
      - iii. What happens when you don't put all the armour on?
    - c. Note that two times we are commanded to put on the armour of God (6:11 & 6:13) followed by the command to pray (6:18). Why is prayer essential to being a spiritual person?
    - d. Note the command is to "*pray in the Spirit.*" As J.D. put it, *don't pray to God but with God* which he describes as praying with confidence in God's love and plan for us while also listening to his leading and nudging. How can you practice praying in the Spirit more?
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## PRAYER

Pray for...

- All of God's Church to stand strong in the spiritual warfare.
  - For the churches in Kingston to stand strong in it's spiritual warfare.
  - Pray through the list you came up with during discussion in section 4a.
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## APPENDIX - The Armour of God

**The belt of truth** pictures the large leather belt the Roman soldier wore. It held other weapons and kept his outer garments in place. To put on the belt of truth can be understood as accepting the truth of the Bible and choosing to follow it with integrity.

**The breastplate of righteousness** pictures the metal armor in the shape of a human torso common to the Roman uniform. To put on the breastplate can be understood as choosing not to harbor and nurture known sin. It is striving to be like Christ and live according to his ways of righteousness.

**Feet fitted with the readiness** pictures the hobnailed shoes which kept the soldiers footing sure in battle. To put on these shoes could be understood as believing the promises of God in the gospel and counting on them to be true for you. Faith in these promises yields peace in the Christian's life.

**The shield of faith** pictures the small, round shield the Roman soldier used to deflect blows from the sword, arrow, or spear of the enemy. To take up this shield can be understood as rejecting temptations to doubt, sin or quit, telling yourself the truth and choosing on the basis of the truth to do the right thing.

**The helmet of salvation** pictures the Roman soldier's metal protective headgear. It does not refer to our salvation in Christ. First Thessalonians speaks of the helmet of the "*hope* of salvation," which is probably a parallel idea. That being the case, taking the helmet of salvation could be understood as resting our hope in the future and living in this world according to the value system of the next.

**The sword of the Spirit** pictures the soldier's weapon sheathed to his belt and used both for offensive and defensive purposes. Taking the sword of the Spirit—defined for us as the Word of God—can be understood as using Scripture specifically in life's situations to fend off attacks of the enemy and put him to flight. We see the example of Jesus using the Scripture this way in Matthew 4:1–11.

**Always keep on praying.** We petition God for our own needs in the battle, and we pray for the spiritual victory of other saints.

Anders, M. (1999). *Galatians-Colossians* (Vol. 8, pp. 190–191). Nashville, TN: Broadman & Holman Publishers.