



You Asked - August 9, 2026

Message Recap

Many of us picture spiritual warfare as something dramatic or unusual, but Paul reminds us that it's the normal reality of following Jesus. The good news is that God has not left us defenseless. He has already provided everything we need to stand firm.

This message challenged us to recognize that our real battle isn't against people, but against spiritual forces at work behind the scenes. Because of that, we don't fight with anger, fear, or our own strength...we stand in God's strength, clothed with His armor.

Rather than scrambling for help when life gets difficult, we're called to put on the armor every day, living from the identity, righteousness, truth, peace, faith, salvation, and Word that Jesus has already secured for us.

Icebreaker / Personal Reflection

- **Icebreaker:**

Think about a time you were completely unprepared for something: a test, a storm, a flat tire, an unexpected meeting, etc. What happened, and what did you learn from it?

- **Reflection:**

What part of the message resonated with you the most?

Discussion Questions

1. Ephesians 6 reminds us that our struggle is not against flesh and blood. How might remembering there's a spiritual battle behind the conflict change the way you respond to difficult people?
2. In Ephesians 6:14–17, Paul gives a picture of God's armor that equips believers to stand firm. Which piece do you personally need to rely on more right now? Why?
3. Paul states our strength comes from being "strong in the Lord." What's the difference between trying harder and relying on God's strength?
4. Paul concludes the armor passage by telling believers to "pray in the Spirit on all occasions." What should this look like for a Christ-follower? Why is consistent prayer a struggle for most?

5. Colossians 2 reminds us that Jesus has already defeated the powers of darkness through the cross. How does knowing Christ has already won the ultimate victory give you confidence today?

For Additional Study

Read: Ephesians 6:10-18, Colossians 2:13-15, James 4:7-8

Discuss:

- What repeated command do you notice in these passages?
- How do these verses describe both God's role and our responsibility in spiritual warfare?

Read: Romans 13:11-14, Isaiah 59:17, Isaiah 11:5

Discuss:

- What similarities do you notice between these passages and the armor of God?
- How does Jesus perfectly embody every piece of the armor?