



BE STRONG

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Ephesians 6:10-20

Be Strong in the Lord to Be One in the Lord

- Like it or not, we're in daily battle. We can't handle it on our own and it's not against each other.

- Satan's intent is that we become spiritually weak: distant from God and isolated from His people.

- We grow strong in the Lord when we make a daily decision to embrace all that we are in Christ and all that we have in Christ.

- Jesus has you covered through the “Armor of God”:

- We grow strong in the Lord by developing a prayer-focused life.

Next Steps

- I am committing to follow Jesus for the first time today.
- I am re-committing to follow Jesus today.
- I will participate in the Night of Worship & Prayer this evening at 6 pm.
- I will read the entire book of Ephesians this week.



Lesson Aim: We need to be strong in the Lord to be one in the Lord.

Prayer: Start your time together by asking the Holy Spirit to lead your time together.

Icebreaker: Paul describes the armor of a Roman soldier to provide an analogy for the follower of Christ's preparation for spiritual battle. What are some modern-day examples of protective armor that help a person to prepare for battle or conflict?

1. **Read Ephesians 6:10-14.** There is a battle that exists today in the spiritual realm that we cannot see but does affect us. Share a time when you have felt under spiritual attack. How did you handle it?
2. Four times in verses 11-14 Paul urges his readers to stand firm in the battle against the devil. What are some ways we are susceptible to instability as Christians, both individually and as a congregation?
3. **Read Ephesians 6:15-20.** When Paul wrote Ephesians, he may have been chained to a Roman soldier, which could have provided visual inspiration for his analogy of the "armor of God". What are some ways that the armor of God helps prepare us for spiritual battle?

4. Share how a particular piece of armor has helped you in your spiritual battles. Which parts are you good at "putting on" and which parts are more a struggle for you?
5. What are some ways we can "put on the armor of God" as a church family? How can this help to unify us?
6. In 6:18-20, Paul urges all kinds of prayers. How has he been a model of a prayer warrior throughout this letter (cf. Ephesians 1:15-20; 3:14-21)?
7. What are some obstacles you face in fighting the battle of prayer more effectively?
8. How have you seen God work powerfully through prayer in your life or in the life of someone you know?

Close in prayer as God leads you.

Memorizing Scripture is a key tool to resist temptation, make wise decisions, strengthen us under stress, comfort us when we're sad and to witness to those who don't know Christ.

Memory Verse(s) of the Week: Ephesians 5:19-20