

# Becoming Who God Is Forming



## Grow In Faith | Ephesians 6:10-18

1. When have you experienced faith feeling more like a battle than a comfort? What helped you keep going?

**Be Strong in the Lord** (see also: 2 Corinthians 12:9-10; Philippians 4:13; Isaiah 40:28-31)

2. Paul says, "Be strong in the Lord and in his mighty power." Why is it important that our strength is "in the Lord" rather than in ourselves? What does it look like practically to depend on Christ's strength during a difficult week? How do Isaiah 40:28-31 and 2 Corinthians 12:9-10 deepen our understanding of spiritual strength?

**The Battle Is Real** (see also: 1 Peter 5:8-9; James 4:7; 2 Corinthians 10:3-5)

3. Ephesians 6:12 says our struggle is "not against flesh and blood." How might this change the way we respond to conflict with people? What are some subtle "schemes" of the devil that Christians face today? According to James 4:7, what does resisting the devil involve?

**The Belt of Truth** (see also: John 8:31-32; John 14:6; Psalm 119:105; Colossians 3:9-10)

4. Why do you think Paul begins the armour with truth? What voices are most likely to shape your thinking: Scripture, culture, fear, social media, ambition, comparison, or something else? How can we become people who not only believe truth but practise truthfulness?

**The Breastplate of Righteousness** (see also: Ro. 3:21-24; 2 Cor. 5:21; Phil. 3:8-9; 1 Peter 1:15-16)

5. How does Christ's righteousness protect us from accusation and shame? Why is practical obedience also part of guarding our hearts? Is there an area of life where you sense God calling you back to righteousness, holiness, or integrity?

**The Shoes of Gospel Readiness** (see also: Romans 5:1; Isaiah 52:7; 1 Peter 3:15; Colossians 4:5-6)

6. What does it mean that the gospel is a message of peace? Where might God be calling you to be more "ready" - at home, work, church, in friendship, or in witness? How can Christians be people of peace without compromising truth?

**The Shield of Faith** (see also: Hebrews 11:1-6; Psalm 46:1-3; Romans 10:17; Mark 9:24)

7. What "flaming arrows" do you most often face: fear, doubt, temptation, accusation, comparison, bitterness, distraction, or despair? What promises of God help you lift the shield of faith? Why is it dangerous to isolate ourselves during spiritual struggle?

**The Helmet of Salvation** (see also: 1 Thess. 5:8-11; Romans 8:31-39; Col. 3:1-4; Revelation 21:1-5)



What did you discover about God in this passage?  
What did you discover about people in this passage?  
How will you commit to obey this passage this week?  
With whom will you share what you have learned?



8. How does salvation protect our minds? Chris describes salvation as past, present, and future: we have been saved, we are being saved, and we will be saved. Which of these do you most need to remember right now? What are you regularly feeding your mind, and is it helping you think as someone who belongs to Christ?

**The Sword of the Spirit** (see also: Matthew 4:1-11; Hebrews 4:12; Psalm 119:11; 2 Timothy 3:16-17)

9. How did Jesus use Scripture when he was tempted? What is the difference between owning a Bible and wielding the Word of God? Are there particular verses you need to memorise for the battles you currently face?

**Closing Reflections**

10. Why does prayer need to surround every piece of the armour? Which kind of prayer comes most naturally to you: praise, confession, thanksgiving, lament, intercession, or asking for help? What would help you begin again in prayer without guilt or discouragement?
11. How does seeing Jesus as our truth, righteousness, peace, salvation, and living Word change the way we "put on" the armour? Why is it encouraging that we do not fight for victory, but stand in the victory Christ has already won? What does it mean for you this week to "stand in Christ"?
12. Which piece of the armour do you most need to put on today? Where are you most tempted to rely on your own strength? Who could you ask to stand with you in prayer?



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