



# CROSS CULTURE CHURCH

## Life Group Session 2 Discussion 4

Ephesians 6:14-17

**Themes:** The armor of God. Faith. Righteousness. Truth. His Word.

### Opening:

1. Remind everyone of expectations of life group.
2. Describe the worst/funny fall you have ever had?
3. What precautions do you take in your daily life against danger?
4. Do you tend to be trusting or suspicious of other people? Why?

### Introduction:

To properly prepare oneself in the Lord's strength Paul urges believers to equip themselves with God's armor. Paul asserts that without girding oneself with the belt of truth, the breastplate of righteousness, shoes of the gospel of peace, and taking up the shield of faith, the helmet of salvation and sword of the Spirit we will fail to stand against the enemies attacks. The preparation, girding and taking up we are to do as believers is not only for defensive purposes but also offensive. As followers of Christ we are called to boldly proclaim the gospel, which includes storming the gates of hell (Matt. 16:18) as we seek to plunder from the enemy those he has taken captive (Mark 3:27). We are to engage in Spiritual Habits of defense and offense.(Prayer).

### **Read: Ephesians 6:14-17**

### Examine

1. What mandate does God give all Christians? (14)
2. What belt are we to wear? (14) In what sense/s does Paul want believers to "wear" truth? (Examine the truths he has urged believers to acknowledge in Ephesians 4:4-5 and Ephesians 4:25)
3. What breastplate are we to wear? (14) In what sense/s does Paul want believers to "wear" righteousness? (Examine Ephesians 3:17, 1 Cor. 1:30, Phil 3:9, Ephesians 4:24 and 5:8-9)
4. What is the readiness we are to wear on our feet? (15)(Refer to how to share the gospel at Life Group Discussion Plan Resources. <https://www.crossculturaldenver.org/plans>)
5. What are we to take up in all circumstances? How does faith help us? (16) What does Ephesians 3:16-19 says happens through faith?
6. How does Paul describe the helmet we are to wear? (17) In what temporal sense does Paul want us as believers to understand that salvation applies to us when we are in the midst of attack? Examine Eph. 2:5 & 8
7. What is the sword we are to use? Who supplies it? (17) How is God's Word like a sword?(Hebrews 4:12)

### Discuss

*Take time as a group to quietly reflect on the following and then share with each other as led. Consider how you can encourage, pray for and support one another to live out the things that have been impressed upon your hearts through this study.*

1. What pieces of armor are you strong in? How do you think God may want you to use those strengths?
2. What armor are you weak in? What steps do you sense God would have you take with Him to grow in areas that you are weak?

