

## Small Group & Personal Bible Study

### Memory Verse: 2 Corinthians 1:21

Now it is God who makes both us and you stand firm in Christ. He anointed us.

**Discovery Bible Study Exercise:** In your journal or on a piece of paper make three columns and follow these steps:

- Step #1: Write out Ephesians 6:10-11
- Step #2: Re-write Ephesians 6:10-11 in your own words
- Step #3: Write out what you discover about the Christian life and the work of the Holy Spirit from this scripture.

### Daily Meditation Reading:

- Day 1 – Ephesians 6:1-9
- Day 2 – Ephesians 6:10-13
- Day 3 – Ephesians 6:14-17
- Day 4 – Ephesians 6:18-20
- Day 5 – 2 Corinthians 1:18-22

### Lesson:

This week take the time to meditate on Ephesians 6:10-18 and study what the scriptures say about The Armor of God.

1. What is one truth you know about God that you can wrap yourself up in?

Let people share. There are many truths about God which help us in the spiritual warfare we face. How God reveals himself to us through his word and through circumstances in life will shape the truth we know about God. I know that God is always with me. He never leaves me or forsakes me so I am never alone and on my own. I also know that he loves me, so much so that he sent his son to die for me, yes for me! That is truth!

2. How do we obtain the breastplate of righteousness? (Consider Galatians 2:20-21)

I gain righteousness from Christ and his blood alone. Without Jesus in my life, I can not put on the breastplate of righteousness to protect me from attacks.

3. How does the gospel of peace provide a readiness?

When I am convinced of the gospel of peace with God through Jesus Christ, (Romans 5:1) I am compelled to be ready for anything and everything because I am convinced that nothing can harm me or overcome me. (Romans 8:37-39) (Philippians 4:7)

4. How could you describe faith as a shield and salvation as a helmet if someone were to ask you?

Allow people in your group to attempt to describe this in their words. These past few weeks Tim has been instructing us on the importance of faith in God and salvation in Christ as he means by which we are given the Holy Spirit. Knowing that God loves you unconditionally, has rescued you, redeemed you, and adopted you is faith in salvation and it protects us for all attacks. It is so simple that it is hard to understand and describe.

5. Why do you think God's Word is described as a sword of the spirit? How can you use that sword to defend against the attacks of Satan?

I believe the main attack from Satan comes in the form of lies. The Word of God being revealed to us by His Spirit is truth. Truth always defeats lies because it sheds light on the darkness and reveals what it really is, a lie. The word then is a weapon of truth to defeat Satan's weapon of lies. It reveals God and His character, His plan and His purpose, how he sees us and much he loves us.

Pray through each piece of armor. You can use the following prayer as an outline:

- *The belt of truth: Thank you, my Lord, for showing me the truth about yourself. Thank you for reminding me that You are the only God, the Creator of heaven and earth, the King of the universe, my Father who loves me, and my Shepherd who leads me. You are my wisdom, my counselor, my hope, and my strength. You are everything I need each day.*
- *The breastplate of righteousness: Thank you for showing me the truth about myself--that on my own I could never be good enough to live in your presence. Thank you for taking my sins to the cross and offering me your righteous life. Lord, show me any sin that I need to confess right now, so that nothing will hinder me from being filled to overflowing with your Spirit. [Take time for confession] Thank you for forgiving me and for filling me with your righteous life.*
- *The sandals of peace: Thank you for the peace you give me when I trust and follow you. Show me how to help others find that peace.*
- *The shield of faith: Thank you for helping me have faith in you. I choose to count on everything you have shown me about yourself--and everything you have promised me in your Word.*
- *The helmet of salvation: Thank you for promising me salvation both for today's battles and for all eternity.*
- *The sword of the spirit, the Word of God: Thank you for the scriptures you have given me to memorize. Please show me which one(s) you want me to use to cut through deceptions and gain your victory in any battle I may face today.*

God's Armor	Know the Truth about...	Affirm key Scriptures
Belt of <b>TRUTH</b>	God	Deut. 4:39; Psalm 23:1; 18:1-3
Breastplate of <b>RIGHTEOUSNESS</b>	The Righteousness of Jesus in you	Psalm 100:3; Rom. 3:23-24, 6:23; Gal. 2:20-21; Phil. 3:8-10.
Sandals of <b>PEACE</b>	Inner peace and readiness	Rom. 5:1; Eph. 2:14; John 14:27, 16:33, 20:21.
Shield of <b>FAITH</b>	Living by faith	Rom. 4:18-21; Heb. 11:1; 1 Pet. 1:6-7
Helmet of <b>SALVATION</b>	Salvation through Christ today and forever	Each day: Ps. 16, 23; Heb. 1:3-6 For eternity: 2 Cor. 4:16-18; 1 Thess. 4:17; 1 John 3:1-3
Sword of the spirit <b>GOD'S WORD</b>	God's Word countering spiritual deception and accusations	Heb. 4:12; Matt. 4:2-11; 1 Pet. 3:15; Ps. 119:110-112