

# The Household

REFLECT CHRIST IN YOUR RELATIONSHIPS

## ACT III

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**REACH OUT** — Connect with each other with this question.

How has your view of marriage changed as you've matured in the Lord?

## WRAP UP

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**THE CHALLENGE** — Ready to put it into practice?

Find a way to do something extra at work without letting anyone know about it.



**REQUEST** — Go to God in a closing prayer.

"Help me become a loving and productive member of my family and community, looking to Jesus in every relationship" (cf. Eph. 5:22-6:9).



**NEXT SESSION** — Spiritual Warfare

Prepare by reading Ephesians 6:10-20.

SESSION  
**12**

THE CONVERSATION STARTER  
**“Battle-Tested”**  
STAND STRONG IN THE LORD’S ARMOR

CONVERSATION STARTER

Watch the video or read it below.



READ

Before the study, take a moment to read Ephesians 6:10-20.



BONUS RESOURCE

Feel free to listen to **Podcast episode #193**, “” before your study, as an example of a conversation led by this study guide. [Biblegeeks.fm/193](https://www.biblegeeks.fm/193)



**W**hy did David refuse to wear Saul’s armor in his fight with the great Philistine giant, Goliath (1 Sam. 17:38-40)? Did God want his warriors to go out unprotected? No, David left the helmet, chainmail, and sword behind because it was untested and too risky to bring to such an important contest.

In Ephesians 6:10-20, Paul reminds us that we’re locked in a cosmic battle with the spiritual forces of evil (Eph. 6:12). We’re soldiers in enemy territory, outnumbered and too weak on our own. Fortunately, we have battle-tested equipment from a trusted ally to help us withstand.



THE BIG IDEA

God equips us to stand firm with the same armor he wears in battle.

Paul tells us to *“be strong in the Lord and in the strength of his might. Put on the whole armor of God”* (Eph. 6:10-11a). We learn that a fully-prepared soldier prayerfully puts on the belt of truth, the breastplate of righteousness, the shoes of the readiness given by the gospel, the shield of faith, the helmet of salvation, and wields the sword of the Spirit (Eph. 6:14-17).

This passage echoes the imagery in Isaiah. But there, it’s God and Christ who wear this armor (Isa. 11:4-5; 49:2; 59:17). Christ, the Divine Warrior, has *“righteousness as a breastplate, and a helmet of salvation on his head ... garments of vengeance for clothing ... wrapped ... in zeal as a cloak”* (Isa. 59:17). Our armor has been battle-tested by the King! And that means we can stand in God’s strength by putting on God’s character as we join God’s war.

The weapons the Lord needs to overcome are the same weapons we need to withstand our struggles. Think about God’s word — know it, love it, wield it like our last defense. See righteousness — not as rules that constrain us — but the just and good way that protects our hearts. Imitate God (Eph. 5:1), be recreated in his image (Eph. 4:24), and dress for war just as he does.



THE BIG QUESTION

Do you have God’s full armor on today?

# Spiritual Warfare

STAND STRONG IN THE LORD'S ARMOR

## INTRODUCTION

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Launch the study with a **CONVERSATION STARTER** on the Big Idea.  
Read or watch "Battle-Tested" – [biblegeeks.fm/ephesians/12](https://biblegeeks.fm/ephesians/12) ▶▶▶



**ICE BREAKER** — Get everyone engaged and talking.

What's something you still use today that's been passed down to you by family or friends?

## ACT I

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**FINDING JESUS** — Ephesians 6:10-20

What does this passage teach you about Jesus?

Of all that Paul tells us about Christ's work and character, what strikes you the most? Why?

How can reflecting on and applying this passage draw us closer to Christ?

SESSION  
**12**

# Spiritual Warfare

STAND STRONG IN THE LORD'S ARMOR

## ACT II

**HERE'S THE STORY — Suiting Up!**

What does each piece of the armor represent, and how do we make sure we are equipped with it? What do you find elsewhere about truth, salvation, etc.

- Belt of Truth
- Breastplate of Righteousness
- Shoes of the Readiness Given by the Gospel
- Shield of Faith
- Helmet of Salvation
- Sword of the Spirit

What's your biggest overall takeaway from this passage and all these parts of the armor?