



## Suit Up

September 14th, 2025

**Passage:** Ephesians 6:10-14

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### Lean In

- What images or experiences come to mind when you hear the phrase “*spiritual battle*”?
  - Where do you most feel the pull between God’s truth and the culture’s lies in everyday life?
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### Look Up

Read Hebrews 11 - Read the passage through slowly aloud. Feel free to take turns or let someone read through the entirety like a story.

#### Observation — What does the text say?

- Read Ephesians 6:10-14 aloud. What repeated words or ideas stand out to you?
  - What do you notice about the posture Paul calls for (e.g., “stand,” “put on”)?
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#### Interpretation — What does the text mean?

- What does this passage teach about the source of a Christian's strength?
  - How do the "devil's schemes" compare to the way people usually think about evil today?
  - What do you learn about God's character and provision in these verses?
  - What do you learn about humanity's vulnerability and need?
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### **Application — How should we respond?**

- Where do you personally need to "stand firm" this week?
- How does knowing that Christ has already won the victory encourage you when you feel weak or accused?
- Which "piece of armor" feels most essential for your current season, and why?

### *Further Study*

- Read 2 Corinthians 10:3-5. How does Paul's teaching there deepen your understanding of spiritual warfare?
  - Where are you tempted to see other people as the enemy rather than recognizing the spiritual reality behind conflict?
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### **Prayer**

Guide the group through these movements:

1. Praise – Thank God for Christ's finished victory on the cross.
  2. Protection – Pray for strength to stand against deception and accusation.
  3. People – Intercede for friends, family, and church family who need to experience God's power and truth.
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### **Step Out**

- Daily Armor Prayer: Each morning this week, pray through the pieces of God's armor, asking the Spirit to help you "put them on."

- Truth Reminder: Write down a key gospel truth (e.g., “I am clothed in Christ’s righteousness”) and place it where you’ll see it every day.
- Community Stand: Choose one person in the group to check in with mid-week to share how you’re standing firm in a specific area of struggle.