



“Divine Defense ” Small Group Discussion Guide

In this message, Justin explores Ephesians 6:10-20, focusing on spiritual warfare rather than just the individual pieces of the armor of God. He emphasizes that following Jesus and loving others is a battle because we face real spiritual opposition. The pastor explains that there is an unseen spiritual realm that interacts with our physical world, and we have enemies in this realm that actively work against our efforts to live like Christ. This understanding is crucial for Christians to be effective in their faith journey.

Intro Prayer

Heavenly Father, as we gather today to discuss spiritual warfare and how to fight Your battles Your way, we ask that You open our hearts and minds to Your truth. Help us to see beyond our physical struggles to understand the spiritual realities that affect our daily lives. Give us wisdom to apply these teachings in ways that honor You and strengthen our faith. May each person in this group receive exactly what You want them to learn today. In Jesus' name, amen.

Ice Breaker

If you could have any superpower to help you fight everyday battles (like patience in traffic, resisting desserts, etc.), what would you choose and why?

Key Verses

Ephesians 6:10-11

Ephesians 6:12

Ephesians 6:18

Questions

- What was your understanding of spiritual warfare before today's discussion? Has anything changed in how you view it now?
- The sermon mentions that we often either overemphasize or underemphasize the role of spiritual forces in our lives. Where do you think you fall on that spectrum and why?
- Justin says that being 'strong in the Lord' is 'more about bowing down than powering up.' What do you think this means practically in your daily life?
- How does recognizing that people aren't our real enemies change how we approach conflicts or disagreements with others?
- What are some practical ways we can 'reach out for help' in our spiritual battles? Who are the people in your life that you can be vulnerable with?



“Divine Defense ” Small Group Discussion Guide

- The message mentions that men especially can struggle with thinking they can fight spiritual battles alone. Why do you think this is, and how can we encourage one another toward community?
- How might your approach to difficult situations change if you consistently viewed them through the lens of spiritual warfare?
- What piece of the armor of God (truth, righteousness, faith, salvation, gospel, word of God, prayer) do you find yourself neglecting most often, and how could strengthening that area help you?

Life Application

This week, identify one area of your life where you've been trying to fight battles in your own strength. It might be a relationship conflict, a persistent temptation, or a challenging situation at work or home. Commit to approaching this battle God's way by: 1) Consciously relying on the Lord's strength rather than your own, 2) Recognizing the spiritual forces at work rather than just blaming people, and 3) Reaching out to at least one trusted believer to pray with you and hold you accountable. Come prepared next week to share how this different approach affected your experience.

Key Takeaways

To fight spiritual battles God's way, we must rely on the Lord's strength, not our own abilities. Our real enemies are not people ("flesh and blood") but spiritual forces of darkness working in the unseen realm.

We cannot fight spiritual battles alone - we need both God and the support of other believers. Living like Jesus in spiritual warfare often looks like humility, gentleness, and love rather than aggression.

Prayer is a crucial weapon in spiritual warfare, both for ourselves and on behalf of others.

Ending Prayer

Lord Jesus, thank You for already winning the ultimate battle against sin and darkness through Your death and resurrection. As we face spiritual warfare in our daily lives, help us to remember that we fight from victory, not for victory. Give us discernment to recognize spiritual opposition when it comes, humility to rely on Your strength rather than our own, and courage to reach out for help when we need it. Equip us with Your full armor so we can stand firm against the enemy's schemes. May we fight Your battles Your way - with truth, righteousness, faith, and love. We pray this in the powerful name of Jesus, our victorious King. Amen.