*Ask for God’s Spirit to give you understanding of His Word, eyes to see who He is, conviction and discernment to know how this applies to your life, freedom to speak with humility and honesty before others, as well as love to listen graciously to others. Then read through the passage together before talking through the questions below. Leave time at the end for sharing more specifically how you might need prayer in light of what you discussed, as well as ways you can respond this week.*

**DISCUSSION 1: REVIEW—PUTTING ON THE ARMOR**

Read Ephesians 6:14-17. Talk through each element of the armor of God and answer these questions: 1) belt of truth, 2) breastplate of righteousness, 3) shoes of the gospel, 4) shield of faith, 5) helmet of salvation, 6) sword of the Spirit.

* 1. What does this piece of armor do for us in our spiritual battles?
  2. How do we “put on” or put to use this piece of armor practically in our life?
  3. When do you most need this piece of armor?

**DISCUSSION 2: PRAYER**

1. What makes prayer difficult, or what don’t we pray more or deeper?
2. How does prayer connect to the rest of the armor of God?
3. Read Eph. 6:18; Luke 18:1; 1 Thess. 5:17; Col. 4:2-4. What does it look like practically to pray at all times?
4. What is one way you can spend more time in prayer this week?
5. What does Paul specifically mention that they should pray for?

**DISCUSSION 3: PRAYER FOR THE GOSPEL**

1. How can you “keep alert with all perseverance” (Eph. 6:18)? Why do we need to do this?
2. What are some connections between prayer and the gospel spreading through evangelism and missions?
3. How can we be more prayerful for gospel opportunities as an individual or family, as a church, and even for the gospel to spread globally?

**ADDITIONAL RESOURCES**

* **RECOMMENDED BOOK ON EPHESIANS 6 AND ARMOR OF GOD**: [*The Whole Armor of God: How Christ’s Victory Strengthens Us for Spiritual Warfare*](https://us.10ofthose.com/product/9781433565007/the-whole-armor-of-god) by Iain Duguid
* “[Tempted and Unarmed: Why We Need the Armor of God](https://www.desiringgod.org/articles/tempted-and-unarmed)” by Garrett Kell at desiringgod.org
* “[Don’t Bring a Plastic Spoon to a Knife Fight](https://www.thegospelcoalition.org/blogs/erik-raymond/dont-bring-a-plastic-spoon-to-a-knife-fight/)” by Erik Raymond at thegospelcoalition.org
* “[Wearing the Armor of Christ](https://tabletalkmagazine.com/posts/wearing-the-armor-of-christ/#:~:text=sons%20and%20daughters.-,As%20we%20seek%20to%20obey%20the%20command%20to%20)” by Nick Batzig at tabletalkmagazine.com
* “[Are Our Enemies Spiritual, Human, or Both?](https://www.desiringgod.org/interviews/are-our-enemies-spiritual-human-or-both#:~:text=You%20were%20leading%20us%20on,That's%20our%20true%20enemy.)” Ask Pastor John at desiringgod.org

**NOTES OR PRAYER REQUESTS**