*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: STRENGTH IN GOD**

1. Read Eph. 3:16; 4:10; Rom. 4:20; 2 Tim. 2:1; 1 Cor. 16:13; Col. 1:11. What might it mean to “be strong in the Lord”? How do we receive or find strength in God?
2. What are some of the situations Paul likely has in mind for when Christians need to be strong?
3. How might we sometimes go about trying to be strong but it’s in our strength or it’s apart from being strong *in the Lord*? What might be symptoms our strength isn’t coming from God?
4. How might Paul’s admonition to be strong in Eph. 6:10 connect to the admonition to put on the whole armor of God in 6:11?
5. What are some of the times you most lack strength, feel weak, or experience your need for God to strengthen you?

**DISCUSSION 2: EQUIPPED FOR BATTLE**

1. There can be a lot of associations (good and bad) that come to mind with “spiritual warfare.” What are some things you think of when you hear or think of spiritual warfare?
2. The New Testament frequently mentions the world (the sinful, broken world set against God and His people), the flesh (our fallen, sinful self), and the devil as the three dangerous enemies of Christians (see Eph. 2:1-3; 1 John 2:15-17; James 4:1-7; 1 Peter 4:1-2; 5:8-9). Why are all three important to have in mind as we seek to fight sin in God’s strength?
3. Read Eph. 4:14 and 6:11. What are similarities or related ideas that come up in both? What might this convey about some of what Paul warns the church to be on guard against?
4. Read Eph. 1:20-21 and Col. 1:13-14; 2:13-15. Why is it important to understand that Christ has already defeated these evil forces who oppose, accuse, or attack believers?
5. How does this passage convey the seriousness of our battle in spiritual warfare, and how should we engage this warfare differently or more diligently?

**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**