

EMPOWERED BY

THE HOLY SPIRIT

Ice Breaker: What is your natural response to conflict — fight, flight, or freeze? Why?

Read: Ephesians 6:10-17

Discussion Questions:

- Opening Thoughts
 - What are some “unavoidable battles” people face in everyday life (i.e. spiritual, relational, internal)?
 - Can you share a time when avoiding a conflict made things worse?
 - What stands out to you about Paul’s description in Ephesians 6:12 of our struggle “not against flesh and blood...” ?
 - In what ways might we mistakenly fight spiritual battles with physical, mental, or emotional strategies?
- Big Question: What Do We Need for Spiritual Battles?
- The Spiritual Clothes Needed (Ephesians 6:14-15)
 - How does truth, righteousness, and readiness protect or strengthen your life?
 - Which piece of this “spiritual clothing” do you find most difficult to consistently “put on”? Why?
 - How does walking in peace prepare you for conflict instead of avoiding it?
- The Shield of Faith (Ephesians 6:16)
 - What kinds of “flaming arrows” (i.e. doubt, fear, lies, temptation) do you most often face?
 - How does faith act as a shield in practical, everyday situations?
 - What does it look like to strengthen your faith before you need it in battle?
- The Helmet of Salvation (Ephesians 6:17)
 - How does knowing who you are and whose you are impact your thoughts and decisions?
 - What are some common lies that attack your identity, and how can truth (or the helmet of salvation) counter them?
 - What practices help you guard your mind in spiritually intense seasons?
- Closing Thoughts: The Sword of The Spirit (Ephesians 6:17)
 - Why is the Word of God described as a weapon for close combat...how can it be used in battle?
 - Can you share an example of a time when God’s Word helped you face a personal struggle?
 - What is one current battle you’re facing, and which spiritual tool will you intentionally apply this week?

