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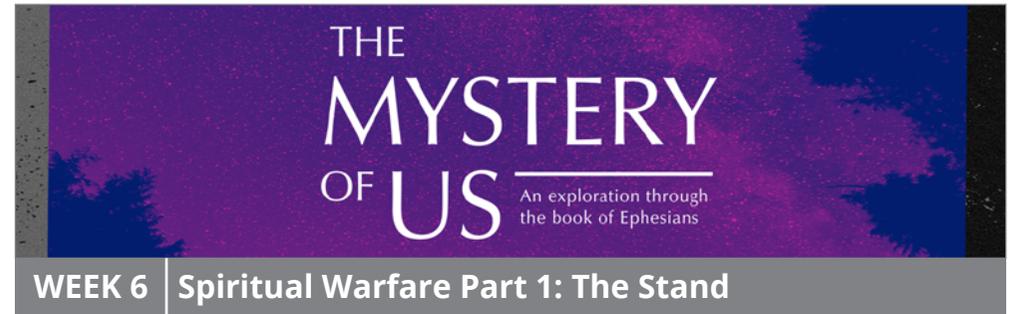
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## PRAYER

Heavenly Father, I ask you to help me to be strong in you today and in the power of your might. Today I need your armor that you have prepared for me so that I can stand against all that the devil will throw my way. I pray that I will stand with your truth gird around my waist and the breastplate of righteousness for your name sake. I pray that my feet will be shod with the preparation of the gospel of peace and I will take the shield of faith, so that all the fiery darts of the wicked one will be quenched. I take the helmet of salvation and the sword of the Spirit, which is your word. May I learn how to pray with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints. May utterance be given to me so that I might open my mouth boldly to make known the mystery of the gospel. In Jesus' name, Amen.

- EHBC Harrison Prayer Devotional: Ephesians 6:10-20

## WARM UP

(OPTIONAL)

If you could have one person defend you, apart from Christ, who would you choose?

## WORD

<sup>10</sup> Finally, be strong in the Lord and in the strength of his might. <sup>11</sup> Put on the whole armor of God, that you may be able to stand against the schemes of the devil. <sup>12</sup> For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

[EPHESIANS 6:10-20](#)

"In Ephesians 6:10-18, Paul challenges us to put on the armor of a warrior and prepare for battle against Satan and his minions. It is important, then, that you are trained in the ways of war. You must learn how to hold up the shield of faith as you wield the word of God like a mighty sword.

If you haven't yet mastered these skills, it is not too late. Whether through instruction at your church or personal discipleship from a respected, mature Christian, you must find the training you need in order to be an effective soldier in God's armed forces."

- [Prophet Jim Laffoon, Lessons In Life: Trained Men](#)

## GUIDE QUESTIONS

(NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE)

1. On a scale from 1-10 (1 = none at all; 10 = extreme), how would you rate your ability to stand up for what you believe is right? Why have you rated yourself this way?
2. Verse 10 encourages the people of God to be strong in him and in his might. How might a follower of Christ do this? How might you do this in your everyday life?
3. How aware are you of the spiritual battle that we face every day?
4. Consider the pieces of spiritual armour (helmet protecting our heads, breastplate protecting our heart, sword is God's word, shield is our faith, belt of truth to enable us to move freely forward, shoes as readiness to preach the gospel). Which piece do you think you carry more often than others, and which piece do you think you need to carry more?
5. The mention of armour implies that we are in a battle, but we need to recognise who we are fighting alongside as a part of our spiritual battalion. Do you have

people in your life that fight alongside you for your spiritual well-being? If so, who are they? If not, would you like to have people stand with you in the midst of the spiritual battle of life?

6. If you are not yet a follower of God our Father, would you be willing to acknowledge him as your God, and enable him to have all authority as the one who calls the shots in your life, and as your Father who loves you? Would you like to enter into a saving relationship with God through Jesus? Ask your Life Group leader to lead you in prayer to receive Christ. You can pray this prayer:

*Dear Lord Jesus, I know that I am a sinner, and I ask for your forgiveness. I believe you died for my sins and rose from the dead. I turn from my sins and invite you to come into my heart and life. I want to trust and follow you as my Lord and Saviour. In Jesus' name, Amen.*

## PRAYER