

# March 9 – 15

## Walk Worthy In My Family & Marriage | Spiritual Battle

**Icebreaker:** Have you ever entered a competition, conflict, or endeavor without being fully prepared? What resources or knowledge did you lack when you engaged? How would the outcome have been different if you had more insight and preparation?

*In this session, we will consider what Jesus has done to equip us for spiritual battle.*

### Read Ephesians 6:10–19

- Why is it important to be strong in the Lord and the strength of his might? Why are we drawn to do things in our own strength?
- Why is it essential that we understand the spiritual forces against us? Why do we lose sight of the spiritual battle and focus on flesh and blood people?
- Read Ephesians 2:1–3 and 4:26–27. How do these passages help set up the conflict explained in this passage?
- Why would Paul use the armor analogy? Why is armor essential? How does this analogy help align us to the importance of spiritual battle?
- The directive to “stand” is used several times in this passage. What does it mean in the context of spiritual battle?
- How do soldiers equip their minds before battle? Why is “truth” foundational in battle?
- What does the breastplate of righteousness refer to? For believers, what is our standing before God?
- What are the “flaming darts” that Satan uses attack to us? How can we protect against them?
- How has Jesus’ work on the cross provided us the ultimate victory against the evil one?
- What are some examples in the Bible when the “Word of God” was used to counter evil and bring forth truth?
- Why is prayer so essential in spiritual battle? How does it keep us connected to God? Why is communication so important in any battle?
- How does Paul ask them to pray for him? What does this tell us about what we need when we are looking to engage in ministry?

### Application

- What happens when we try to rely upon our strength in the face of spiritual battle?
- Why is it dangerous to fall into one of two extremes: Discounting spiritual forces or attributing everything to spiritual forces?
- What areas in your family are under attack? What category would you put this attack in—the world, the flesh, or the devil?
- What piece of armor do you need for what you are currently facing?
  - Do you need to embrace a specific truth of God’s Word?
  - Do you need to live out the righteousness of Jesus?
  - Do you need the peace brought by the gospel?
  - Do you need more faith in Jesus’s presence and power?
  - Do you need to rest in the salvation given by Jesus?
  - Do you need to reflect and utilize the truths of God’s Word?
  - Do you need to engage in more consistent prayer?