Discussion Questions

The following questions help us engage with the sermon, music, and liturgy in this morning's worship service, and may be useful during personal devotions, group studies, and family worship.

1. In our daily life, to what extent are we aware of the spiritual battle that Paul describes (vv. 12)?

2. How do we make "flesh and blood" our main problem?

3. "Take up the whole armor of God" (v. 13). What does this command say about God's role and our role in equipping us for battle? How do we see this balance elsewhere in Ephesians?

4. Why does Paul repeatedly emphasize standing (vv. 11, 13, 14)?

5. The Belt (v. 14) — What is one lie that we're tempted to believe?

6. The Breastplate (v. 14) — To what or to whom do we look for justification and approval? How does the righteousness of Christ protect us?

7. Shoes (v. 15) — How does the gospel make us ready both to be agile and to stand our ground?

8. Shield (v. 16) — What is one flaming dart of the evil one in our lives? How does faith in a particular promise of God help us to extinguish this fiery arrow?

9. Helmet (v. 17) — Why is knowledge of the Lord's salvation so important in the battle for our minds?

10. Sword (v. 17) — What's one part of our lives where we need the Word of God to help us fight? List 2–3 Scripture passages that would equip you in this area. (If you need help, ask a friend.)

11. How did our Lord Jesus "take up the whole armor of God" and win the victory for us? How do we avail ourselves of His strength?