



# HANDOUT

## Lesson 9: Ephesians 6:10-24

THE BOOK OF

# EPHESIANS

### DISCUSS

**How do you feel about spiritual warfare? Does it psych you up or freak you out?**

**Take a look at Ephesians 6:10–12. Do these verses confirm what J.D. was saying or not? How?**

**When you read about “the devil’s schemes,” and about “the powers of this dark world,” and about “spiritual forces of evil,” how do you feel?**

**According to verses 11 and 13, what should we do to prepare?**

**In verse 14, what are the first two pieces of armor mentioned?**

**Why would the belt of truth come first?**

**Why is the breastplate associated with righteousness?**

**What additional item do we find in verse 15? What should we be ready to do? What is the “gospel of peace” doing in this battle-ready scene?**

**What gear do we find in verse 16? How does faith “extinguish” the devil’s flaming arrows?**

**The remaining two pieces of equipment are found in verse 17. What are they?**

**Why would the helmet be connected to salvation?**

**The sword of the Spirit is identified as the word of God. Why?**

### LIVE IT OUT

**Prayer:** Pray specifically for your own resistance to forces of evil, and for others who are under attack.

**“Footwear”:** This passage talked about being ready—lacing up the shoes—to go and spread the “gospel of peace.” Do you know someone who needs to hear the message that God wants to make peace with them? How will you make yourself ready to go and share it?

**“Belt of Truth”:** Wrap the truth of Scripture around you. One suggestion: set aside time in the next six weeks to go back through the book of Ephesians, studying, learning more, meditating on it, praying through it. You could work on one chapter a week.

**Art Project:** Find a doll or figurine and create pieces of armor for it based on this passage.

**Caring:** Connect with a local veterans group or charity. Get to know some people who have fought. Consider the spiritual damage they might have suffered. Pray for their healing.