

June 28, 2020 Essential Gear
Part 4 in the series “Follow”

What do you remember from the message?

What were some things that resonated with you?

Was there anything you wrestled with?

Have you made any changes or adjustments over the past several weeks as to who or what you are following?

READ: Ephesians 6:10–20

“A final word: Be strong in the Lord and in his mighty power. Put on all of God’s armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God’s armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God’s righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God’s mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God’s ambassador. So pray that I will keep on speaking boldly for him, as I should.”

What stands out most to you in this passage?

Does a Jesus follower have the option of not going into battle?

Over two dozen times in the New Testament we are told to “be strong”. How does one go about “being strong”?

What does it mean to be strong “in God’s power?”

Paul uses the Greek word *“stete”* four times in this passage (translated “stand” twice, “standing” once, and “resist” once). *“Stete”* is a military term that means to “stand your ground” and not yield any territory to the enemy. What territory or ground might the enemy try to get a Jesus follower to abandon?

Paul lists seven items that are essential spiritual equipment in the battles ever Jesus follower will face. What are they?

[Answer:

- *The belt of truth (Isaiah 11:5)*
- *The armor of God’s righteousness. (Phil 3:9, 1 Thes 5:8, Is 59:17)*
- *The boots of peace that comes from the Good News (Romans 10:15)*
- *The shield of faith (1 Jn 5:4)*
- *The helmet of salvation (Is 59:17)*
- *The sword of the Spirit, which is the word of God (Heb 4:12)*
- *Prayer (James 5:16) ...]*

What is the significance of each item?

Which item are you currently *least* equipped with?

How can you become more prepared and equipped to wage war against the enemy?

How can you more effectively liberate those who are being held prisoner by the enemy?