FAITH CHURCH

EPHESIANS 6:10-18

"FIT FOR THE FIGHT"

FEBRUARY 8, 2026

OPENING

Ice Breaker (Choose One)- 5-10 minutes

Choose one:

- If you could instantly become an expert in one "life skill," what would it be?
- When you hear the phrase "**spiritual warfare,**" what comes to mind? (Confusion, fear, skepticism, curiosity, etc.?)

Paul ends Ephesians by reminding believers that the Christian life is not just about morality or personal growth—it's about a real spiritual conflict.

Read the Text Together: Ephesians 6:1-18 - 3 minutes

Read Ephesians 6:10–18 aloud together. Listen for repeated words, repeated commands, and images, and the tone of urgency.

SUMMARY

Paul reminds believers that we are living in a spiritual battle. The forces opposing God are real and active, seeking to derail Christians from holiness, unity, love, wisdom, and gospel mission. But believers are not called to panic or despair — In this spiritual battle, believers stand firm in what Christ has already won. Paul gives four keys to standing firm:

1. Draw strength from the right source — not personal effort, but strength "in the Lord."
2. Identify the right enemy — our struggle is not against people, but spiritual forces of evil.
3. Equip the right armor — truth, righteousness, gospel readiness, faith, salvation, and the Word of God.
4. Engage the right strategy — prayer "at all times in the Spirit."

Christians do not fight for victory, but from victory—because Christ has already won through the cross and resurrection. Our calling is to hold the ground Christ has secured, stand together, and live as prepared believers in the evil day.

EPHESIANS 6:1-18

DISCUSSION

This document can be used for either personal or group reflection.

Group facilitator: Please feel empowered to use only the questions that are helpful for the context of your group.

Observation Questions

- What stands out to you?
- What repeated commands appear throughout the passage?
- What does the knowledge that we live in a spiritual battle tell us about our lives here?
- How does it change your perspective to hear that God equips you for the battles you face?

Interpretation & Theological Reflection

- What do you think Paul means by being "strong in the Lord" rather than simply strong?
- Why is it important that Paul says to put on the whole armor of God, not just parts of it?
- Paul says the devil has "schemes" (v. 11). What kinds of tactics does the enemy use?
- How does verse 12 correct the way Christians sometimes view conflict in the world?
- Paul describes the battle as wrestling — something close, personal, and exhausting. What does that tell you?
- Much of this armor is drawn from Isaiah and belongs to the Messiah. What does it mean that believers now "put on" what belongs to Christ?
- Why is the Christian posture in this battle mainly standing firm, rather than advancing, conquering, or escaping?

Application Questions

- Where are you trying to fight spiritual battles with human strength (willpower, personality, discipline) alone? How do you tend to focus on other people as the enemy?
- What does it look like practically to "put on" truth and righteousness in daily life?
- Where are you most vulnerable to the enemy's schemes right now?
- What "fiery darts" tend to hit you most often?
- Paul mentions "readiness given by the gospel of peace." Are you prepared to speak about Christ when opportunities arise — or do you tend to avoid it?
- What might it look like to grow in boldness without becoming aggressive or arrogant?

EPHESIANS 6:10-18

- Paul's language is plural—we stand together. Who is helping you stand firm right now? Who might God be calling you to strengthen this week?
- Do you tend to pray more for "victory," or for "faithfulness"? What would it look like to pray with confidence in Christ's finished work?

Closing Prayer

Praise

- Thank God that Jesus has already won the decisive victory over sin, death, and Satan.
- Praise God that believers are united with Christ and strengthened in Him.

Confession

- Acknowledge areas where you've been fighting the wrong enemy or tried to stand firm in your own strength or wisdom.

Requests (Armor-Prayer)

- Pray for **truth** to hold you steady.
- Pray for **righteousness** to guard your heart.
- Pray for **gospel readiness**—courage to speak of Christ.
- Pray for **faith** to extinguish lies and accusations.
- Pray for assurance of **salvation** when discouraged.
- Pray for deeper love and skill with the **Word of God**.
- Pray for unity and mutual support in the church.
- Pray for someone who is weary, tempted, or under spiritual pressure.

What would it look like this week to "stand firm" in one specific area of your life—at home, at work, or in your thought life?

PREPARE FOR NEXT WEEK:
Ephesians 6:18-25