

GROUP DISCUSSION GUIDELINES: Tips for great conversation

- We aren't here to teach/fix each other, but to share our experiences.
- Show respect by listening to one another, asking clarifying questions.
- If you're quick to share, allow space and time for others to speak up.
- If you're slow to speak, your experience is valuable so please share.

INTRO

Invite everyone to introduce themselves and then read the Bible verses.

DISCUSSION QUESTIONS

1. What part of the message and Scripture was most encouraging, and which part is most challenging?
2. What did You notice about God, and what did you notice about yourself as well as other people?

GOSPEL EXCHANGE (REDEMPITIVE WORK)

Jesus asks us to give Him our burdens (Matthew 11:28-29), whatever they may be (a lie we have believed about God or ourselves, our hurt or negative emotions, or even our concerns for loved ones), so He can carry them for us, giving us His peace (His completeness) in exchange.

What do you want to exchange with Jesus today?

What is the burden? "Lord Jesus, I give you my..."

What's His gift? "Lord Jesus, I receive your..."

ACTION QUESTIONS

1. What is one step of obedience you can take this week, based on what you've discovered today? *(NOTE – Consider prayerfully asking God to answer this question for you, taking 30-45 seconds to listen in silence, writing what you heard. If nothing comes clear, keep praying this week.)*
2. During the coming week, who can you share what you learned today? *(NOTE – Consider repeating the same step with this question as the previous question.)*

**Sermon Study - Conversation Guide**

March 3, 2024

“The Armor of God - Pt 2”

Ephesians 6:10-18

This guide is a discipleship tool for personal reflection, family conversations, for home groups, and for Table Talk on Sundays @10:40 am and 12:15 pm on the Lowell Patio

Coastal Community Church
mycoastal.org

NOTES: The Armor of God Pt 2 (Eph. 6:10-18) Pastor Andy Rock

We are in a fight, a fight not against people, but against the devil and all his demons. We are not alone in this fight, nor are we defenseless. We have armor. We have angels assigned to each of us. What Satan hates the most is that the victory is already ours. Jesus already won. We are powerful, dangerous, victorious, and strong... together... in Christ.

6:10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes.

The enemy's scheme is to get you to live alone, isolated, believing lies about who you are and who God is. Paul, the author of this letter, is saying stand up for Jesus, for your heart, for what is good. When you get knocked down, stand back up. You cannot stand if you carry everything yourself. Let God love you. Let others love you.

6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,

The belt of truth is who you are in Christ. In Paul's day, a belt was one piece which held a Roman soldier's armor and sword together, making it one whole unit. The belt of truth is the whole picture of who Jesus is and who you are in His eyes. The enemy attacks you with a lot of lies, trying to cut your belt of truth off.

Jesus, I take back my belt of truth! I'm enough for my challenges with You. I'm forgiven. Jesus, I believe You are working for my best. You are helping me change in Your time and by Your plan. I take back my confidence because You are confident in me!

Roman soldiers wore armor to protect their hearts. Your righteousness is not all your good deeds but Jesus' righteousness. What protects your heart is not how good you are, but how good Jesus is for you, on your behalf, when you make a mistake.

Jesus, I take my heart back! Revive my weary heart. I stand with You, protected by Your goodness. I take back my courage to admit when I'm wrong because I know I'm forgiven. I choose to be honest about my brokenness and pain, and I take back my rest, knowing the truth that I'm more loved than I could ever dare to hope.

6:15 and with your feet fitted with the readiness that comes from the gospel of peace.

We are called to walk in peace. We don't pray against people. We pray for people so peace will come. We forgive and we ask to be forgiven so our peace with both God and people is maintained and then spreads.

Jesus, I take back my peace and my forgiveness. I take back my kindness and restraint. I take back my love.

6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

Our faith is our shield. When the enemy hisses a lie, when you're misunderstood or discouraged, put your shield up. Putting your shield up means making the choice to be grateful for what God is doing now, releasing the hurts of the past to Him. We choose love and joy because Jesus is literally using all things, even the hard stuff, to make His good and perfect will done in our lives. Roman soldiers put up their shields together and created a shield wall. We take up our shields for our own hearts and for the person next to us.

Jesus, I take up my shield of faith. I take back my faith in You. Your way of love is better. Your plan, Your timing, is better than my own. I trust that You have my best. I trust that living from faith, together with my brothers and sisters, is better than living from my own power.

6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Our helmet of salvation protects our identity in Christ. Make sure your grammar matches the reality of your salvation. When you speak as though scarcity somehow outweighs God's generosity, your helmet is off. When you speak as though feelings of not being enough outweigh God's provision, your helmet is off. When you see your life, your situation, through disillusionment rather than hope, your helmet is off.

Jesus, there's never been a moment that I have not been perfectly loved by You. I'm not a problem or a mistake. I am perfectly loved, even when I run and hide. Jesus, I take back my helmet of salvation! You have goodness for me, all the days of my life, and I stand now in Your hope and Your love.

6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests.

Your weapon is prayer. Pray God's Word and hope over your heart, over your family, over the lost and weary, into every situation. We're in a battle, together, and together we are unstoppable.