

Study Guide for Sit Walk Stand Getting Started

Read this page first! It will help you understand the key components of each lesson guide that follows and how to utilize them. This study guide will help you in leading a small group or for personal study.

Each lesson has a...

Main idea, head change, heart change, life change: These self-explanatory terms are to help you, as the leader, know the objective for each lesson and where the questions are ultimately leading. These can also be good specifics for you to pray for your group.

Open

It is a question to kick off the topic and sometimes it's accompanied by a short paragraph to introduce the topic.

Video:

Watch the video together

Discussion:

Read the questions and remember to launch, guide and summarize each one.

- **Launch:** Ask the question. Don't be afraid of silence. Let your group respond. You should participate in the discussion but the group should do most of the talking.
- **Guide:** When someone responds, affirm and keep the discussion going. **"That's a good thought, what do the rest of you think?"**
- **Summarize:** Reminding everyone what's been said helps you transition to the next question. **"We said _____, _____ and _____ are the results of living out of an identity in Christ, so what makes it so challenging?"**

Transition paragraphs

The transition paragraphs are intended to help move discussion to the next topic, while connecting to something previously covered. It helps bring clarity and cohesion to the study.

GO DEEPER

This is in case you have more time in your study to keep going or you just want to take a deeper dive into the topic. If group time does not allow, you could also invite participants to study this material on their own.

WRAP-UP

Read to sum up and reinforce the objective.

LIVE IT OUT

Either read or summarize in your own words each section (Memorize, Pray, Resolve) to help ensure that your group is taking tangible steps to be **doers** of the word and not just **hearers**.

Study Guide

Session 1

Session 1: Sit in Your Position in Christ (Ephesians 1-2:9)

Main Idea: Understand key blessings of our identity in Christ and how to sit in them.

Head Change: Identity is something we receive in Christ not achieve ourselves.

Heart Change: To rest in what Christ has accomplished and the blessings He provides through His generous grace offered me through becoming His child.

Life Change: To embrace the gospel anew and sit in the implications of my blessings in Christ and turn from finding my identity in anything outside of what Christ has accomplished.

OPEN

How have you seen people in the world around us working to create, build, and manage their identity? In general, how would you say it is going for them?

We are all tempted to craft an identity for ourselves out of what we can do, who we know or, even, what we own. We are about to look at Ephesians together and what it has to say about where our true identity, as followers of Christ, is found.

Video

Watch Session 1: **Sit in Your Position in Christ (19 mins)**

Do you agree that it is easier to understand the concepts of identity in Christ than it is to live out? Why or why not?

DISCUSS

Ted quoted Watchman Nee, a 20th century Chinese pastor, as teaching, “the Christian life begins with sit...it doesn't begin with do but it begins with done”.

What do these two quotes mean? Is this a familiar or new concept to you? Does it strike you as difficult to imagine or comforting to hear?

Read Ephesians 1:3-14

Who does scripture tell us who we are, if we are in Christ?

Ted focused on three spiritual blessings given to us **in Christ**: we are justified, we are adopted as sons and we are temples of God.

What does it mean to be justified?

What about the analogy of the governor's pardon and adoption stood out to you?

Are these aspects of the gospel that Ted shared familiar to you? How has this good news actually impacted your day-to-day life? Where would you like to see the reality of the gospel more evident in your life?

Whether the gospel is new to you or you have known and believed it for decades, we all need to allow that to shape our identity. We live in a world that seeks to build an identity through our own accomplishments and others opinions. It's how the world operates.

What are ways we can be tempted to impress others by managing our image? What can that look like?

What could it look like to let go of managing our image and let our identity be *in Christ*?

As Ted mentioned, Ephesians 1:13 describes us as being “sealed with the promised Holy Spirit.” This is the indwelling presence of God in us. We are temples for God to live within. We are in Christ and Christ is in us.

How should this reality shape how we view ourselves?

Read Ephesians 1:17-18

What was Paul praying for his audience and why? How can knowing God better help us build our identity in who we are in Christ? What can we be tempted to put our hope in besides our eternal inheritance in Christ?

Read Ephesians 3:17-19.

Paul says that understanding the full dimensions of God's love will enable us to be filled with all the fullness of God.

- What do you think it means to be filled with the fullness of God?
- How does understanding God's love for us allow us to be filled with all the fullness of God?
- What might that look like today in your life?

We are brought into this understanding of our identity, “with all the saints.” These are others who, also, have been sought and rescued by Jesus- by no doing of their own.

How can we know and comprehend God's love for us more fully within community? What obstacles might keep us from discovering a fuller faith within community?

GO DEEPER

Read more about our identity *in Christ* in the following verses:
Romans 8:1; Galatians 5:10; 1 Peter 1:3-13

What would it look like to sit in each of these truths?

We all have some understanding of the concept of adoption whether or not it has been a part of our story. Read Galatians 4:6 which says we cry out to God as our **Abba**- which was what Jewish children call their father and was equivalent to daddy.

When you think about God as having adopted you *in Jesus*, does approaching Him as *Abba* come easily to you? What might stand in the way of you seeing Him as scripture describes Him here?

WRAP-UP

Those in Christ are seated with Him and we have been given every spiritual blessing in Christ. If we truly understand all we have in Christ it will be where we put our hope and where we base our identity. We must choose to sit in this position in Christ and build our identity upon it.

LIVE IT OUT

Memorize: Over the course of this study, commit to memorize one verse each week from the passage we study. This week, focus on Ephesians 1:3-4, reciting to yourself throughout the day. Consider putting it in your phone and reviewing when you have some time to scroll.

Pray: Set aside some time to ask the Lord to reveal to you any ways in which you are seeking to build your own identity and significance apart from Christ. As He does, seek to turn away from them and commit yourself to finding your identity through the finished work of Jesus.

Resolve: To receive Christ and the gift of salvation if you have never made that decision (Romans 10:9-10). As you begin this study, resolve to reach the point in your relationship with the Lord that you can sit in your justification, adoption and being a temple of God. Embrace being, “holy and blameless before Him” because you are sitting in the works of Jesus. Embrace that God is your loving Father because He chose and adopted you.

Study Guide

Session 2

Session 2: Walk Worthy in a Sexualized Culture (Ephesians 4:17-21)

Main Idea: Our walk with Christ should match the high calling we have in Christ.

Head Change: To know that our Lord calls us to a life greater than merely following our own desires.

Heart Change: To have a vision to walk in the way of Christ.

Life Change: To **walk** in a manner worthy of Christ and abandon the paths that are not of Him.

OPEN

I'm sure we have all heard the complaints about "the hypocrites in the church". No one likes a hypocrite. Do you think we all have a hypocrisy gap to a degree? Why or why not?

READ

Ephesians 4:1 & 4:17-21.

VIDEO

Watch Session 2: **Walk Worthy in a Sexualized Culture (19 mins)**

DISCUSS

Paul commands the Ephesian believer to quit living like the lost people around them (the Gentiles). The Gentiles' **bad living** is preceded by their **bad thinking**. The Ephesians knew the truth, but they were thinking and living, instead, like the Gentiles.

How is Gentile thinking described in 17-18? How do we see people darkened in their understanding and ignorant of the truth today?

Without truth, people live in the dark. When we don't live in light of the truth, our old ways of **thinking** can lead to old ways of **living** and, in this case, it's sexual sin. Walking without the truth is rooted in thinking without the truth.

As we learned in session one, only 17% of practicing Christians have a Biblical worldview)

What were some of the ways that the Gentiles were living that the Ephesians were mirroring?

Within these passages, Paul mentions a triad of related words three different times (4:17-5:12)

- sexual immorality (sensuality)
- impurity
- and covetousness.

What is the significance and relationship between these three ideas that Paul is pointing out?

Porn stats:

Ted quoted a study that nine out of ten practicing Christian college men watched porn, at least occasionally in the last year. More than 6 in 10 viewed it at least weekly. More than half of these Christian college men say they are addicted to pornography. Almost half of the practicing Christian college women surveyed said they watched porn at least occasionally in the last 12 months and one in four watched it monthly or more.

Was anyone surprised at the percentage of practicing Christian college students watching porn? What about 2 out of 3 men in the church watching porn at least monthly? Why or why not?

As we watched, what did you learn about pornography or sex addiction?

What is scary about the idea of sexual sin leading toward being “greedy to practice every kind of impurity”? How do we see evidence of this in our world today?

Ted walked us through the concept of shame by pointing out that **guilt** says “I’ve done bad,” but **shame** says, “I am bad.” So often, we can experience deep shame and self-hatred when we are unable to act in a way that lines up with our stated beliefs.

How can shame lead us into a similar mindset as that of the Gentiles? (inability to believe and receive God’s love)

Why does Ted say that pornography addiction is an important topic for believers to be equipped in?

But that is not the way you learned Christ! assuming that you have heard about him and were taught in him, as the truth is in Jesus - Ephesians 4:21-22

What are ways you see believers today thinking and living like the lost? What areas are you most tempted to think and walk like the Gentiles?

What can we do to help make sure that Jesus remains our standard of truth?

GO DEEPER

Read Ephesians 4:2-16

What are other characteristics of those who walk in a manner worthy of the calling?

How are these qualities indicative of the person who is sitting in their identity in Christ versus the person who is achieving and competing for their identity and significance?

Which of these qualities could you use more of in your life? Why?

WRAP-UP

Those in Christ are to walk in a manner worthy of our calling in Him. Instead of walking in the way of Christ the Ephesians were walking in the way of the Gentiles. Following our own desires, instead of Christ, leads us away from flourishing and into every kind of impurity. Christ empowers us through his grace to walk where He is leading.

LIVE IT OUT

Memorize: Over the course of this study, commit to memorizing one or two verses each week from our study in Ephesians. This week, memorize Ephesians 4:1, reciting to yourself throughout the day. Consider putting it in your phone and review when you have some scroll time.

Pray: Set aside some time to ask the Lord to reveal to you any ways in which your walk does not line up with talk (what you believe). As He does, seek to turn away from hypocrisy and ask Christ for the grace to walk in a manner worthy of His calling.

Resolve: As you continue this study, resolve to reach the point where you can both accept the grace of God for your sin and hypocrisy as well as make strides, through His grace, to decrease the hypocrisy gap in your own life. Embrace that God is your loving Father because He chose and adopted you.

Study Guide

Session 3

Session 3: Walk by Putting off & Putting on (Ephesians 4:22-26)

Main Idea: Christians are called to develop practices that enable us to live out our identity in Christ.

Head Change: There are certain practices I must **put off** and other practices I must **put on**.

Heart Change: The mind is the battlefield and must be renewed

Life Change: We must grow into who we already are in Christ(holy). This happens as certain holy habits become a lifestyle.

OPEN

There is a path that will lead us to live out of our identity in Christ and a path that will keep us stuck in our old identity. What are the things that have been most helpful for you to grow in your walk with Christ?

In this next section of Ephesians 4 we are going to follow along as Paul outlines 6 commands that help us grow in Christ and in our true identity in Him.

Video

Watch Session 3: **Walk by Putting off & Putting on (20 mins)**

DISCUSS

Read Ephesians 4:22-26

Briefly facilitate a discussion on each of the 6 commands by using some (not necessarily all) of the questions provided below.

#1 PUT OFF OLD SELF (v.22):

- What are the old practices, habits, or even self-deceptions that can keep believers stuck in their old life and identity?
- What was it for the Ephesians? What is it for you?

#2 BE RENEWED IN THE SPIRIT OF YOUR MINDS (v. 23):

Read Romans 12:2

- How is the mind like a Battlefield?
- How does what we feed our minds make a difference?
- How have you seen God change you by renewing your mind?

#3 PUT ON THE NEW SELF IN... HOLINESS (v.24):

Ted mentioned that Paul's personal goal was Christlikeness(Phil. 3:14) and his discipleship goal for those he led was Christlikeness(Col. 1:28-29).

- Why do you think pursuing Christlikeness/holiness is so important for us to walk in our identity in Christ? What does it mean to become who we are?
- How can we make the pursuit of holiness/Christlikeness more central to our life?

#4 REPLACE LIES WITH TRUTH (v.21, 25)

- What are some of the lies that you have believed or seen others believe that have kept them stuck from growing in their spiritual life?
- What are some of the ways we can renew our minds?

#5 SPEAK THE TRUTH WITH HIS NEIGHBOR, FOR WE ARE MEMBERS OF ONE ANOTHER (v. 25):

- Why do you think our speaking truth is connected to our relationships?
- What might it look like to be committed to one another and speak the truth to those around you?

#6 BE ANGRY AND DO NOT SIN, DO NOT LET THE SUN GO DOWN ON YOUR ANGER (v. 27):

- How can our negative emotions be similar to a check engine light in a car?
- How should we deal with our anger or other negative emotions?

Read Psalms 139:23-24

- What can we learn from David's example?

Many, if not all of us, have medicated negative emotions.

- What did you learn that gives you more insights about addictions?
- How can following the path that Paul lays out in these six commands enable someone like Brandon to overcome an addiction?

Review 6 Commands:

1. Put off old self (v. 22).
2. Put on new self in...holiness (v. 24).
3. Be renewed in... your mind (v. 23).
4. Replace lies with truth (v. 21, 25).
5. Speak the truth with neighbors (v. 25).
6. Do not let the sun go down on your anger (v. 27).

Which of these six commands do you think would help you the most in living out your identity in Christ? What is a practical application?

GO DEEPER

Read more about strongholds in the following verses:

2 Corinthians 10:3-5.

Strongholds are lies that we believe.

- How are strongholds described in v. 5?
- How do we destroy these strongholds?

LIVE IT OUT

Memorize: Over the course of this study, commit to memorizing key verses from each session. This week memorize Ephesians 4:24, reciting it to yourself throughout the day. Consider putting it in your phone and reviewing when you have some time to scroll.

Pray: Set aside some time to ask the Lord to reveal to you any ways in which you are not following these 6 commands or not walking in your true identity in Christ. As He does, seek His help to change and commit yourself to renewing your mind through Christ. Consider sharing your insights with a trusted friend who can encourage you in the days ahead.

Resolve: As you continue this study, resolve to walk deeper into your identity through obeying Paul's commands to us in Ephesians. Sit in your identity in Christ and now seek to become who you are.

Study Guide

Session 4

Session 4: Walk as Children of the Light (Ephesians 5:1-12)

Main Idea: We should walk as children of light and have nothing to do with sexual sin.

Head Change: My identity as a saint and child of God is incompatible with any form of immorality.

Heart Change: To believe that, through Christ, my actions can align with who I am in Him.

Life Change: Walk as children of light and take sexual sin and any sin in my life as seriously as God does by inviting others into my struggles.

OPEN

**How do you perceive the current attitudes of our secular culture as it relates to pornography?
What are the prevailing attitudes within the church?**

As Ted leads us through Ephesians 5, we will see that Paul takes sexual sin in the life of a Christ-follower very seriously. This sin does not fit who we are in Christ and keeps us stuck in our old identity of darkness. These principles about walking in the light can be applied regarding any sin.

READ

Ephesians 5:1-12.

VIDEO

Watch Session 4: **Walk as Children of light (18 mins)**

DISCUSS

Review Ephesians 5:1-2

Because of our identity as beloved children, we are called to be like Jesus. His example of sacrificial love for others out of an ultimate love for God, is to serve as the template for our own lives. Christ is the embodiment of living for an audience of one.

- **How did Jesus live for an audience of one?**
- **What are some of the challenges to following Jesus' example of living for an audience of one?**

Throughout Ephesians 5, Paul goes back and forth between words describing a person's **activity** as well as their **identity**.

- **What passages or words within the text (Ephesians 5:1-12) describe activity?**
- **What passages or words within the text use identity language?**
- **What is the difference in the words (impure, sexually immoral and covetous) describing a person's activities (5:3) versus describing a person's identity (5:5)? Why is this an important distinction?**

1 Peter 2:11 tells us that "fleshly lust wages war against the soul". The six-year study that Ted cited showed that pornography use wages war in the following four areas:

Porn wages war against:

1. Spiritual Growth:

Porn use lowers religious commitment & behavior, while increasing religious doubt.

- **What stuck out to you from the missionary's testimony?**

"I don't see any victory in the area of porn-I mean is my faith real? I'm reading my Bible about power over sin. Meanwhile, I cannot shake this thing, and I have no idea what in the world to do about it.' -Missionary to Africa

2. Marriages:

Porn use significantly raises the likelihood of divorce (2-3 times) as well as the likelihood of committing adultery (318%).

- **Why do you think that pornography is so destructive to marriages?**

3. Godly Parenting:

The more porn that a parent watches, the less likely they are to talk to their kids about spiritual things or feel close to them.

- **How often did the home you grew up in talk about spiritual things?**
- **What effect has the way you were raised had on your faith journey?**

4. Kingdom Service:

The more porn a person watches the less likely they are to serve in their congregation (more porn = less service).

- **Paul warns the Ephesian believers not to be deceived when it comes to sexual sin. How is the Church today being deceived regarding porn and sexual sin?**
- **What is it costing us?**

Read 2 Corinthians 12:9

- **What was Paul's attitude about His weaknesses? How is this different from our typical response to our weaknesses? Why did Paul adopt this mentality?**

Paul's command to walk as children of light (Ephesians 5:8) goes against our natural tendency to hide our vulnerability and true self from those around us in our efforts to gain their approval.

- **How does being an image manager limit relationships?**
- **How does living in the light make relationships better?**

GO DEEPER

Read 1 Timothy 1:5.

Paul hopes that the end result of his discipleship will be love (love of God & love of others).

- **What does Paul say is the foundation that a life of loving God & others must rest upon? When these qualities are absent because of porn use, how do you see that impacting someone's desire to serve God?**

Read Titus 2:11-12

- **How does this passage counter the wrong application of God's grace that results in the relaxed moral standards?**

WRAP UP

Paul appeals to the Ephesians identity to call them to walk in the light and not in sexual immorality. Following God's design and His ways will not only bring blessings in our lives but it will honor and glorify God's name. This is who we are.

LIVE IT OUT

Memorize: Over the course of this study, commit to memorizing one or two verses each week from our study in Ephesians. This week, memorize Ephesians 5:3, reciting to yourself throughout the day. Consider putting it in your phone and reviewing when you have some time to scroll.

Pray: Set aside some time to ask the Lord to reveal to you any ways in which you are not walking in the light. As He does, seek to turn away from darkness and ask Christ for the grace to walk in a manner worthy of His calling and the identity He has provided you.

Resolve: As you continue this study, consider who will be the person or persons with whom you will share the things in your life that you are otherwise tempted to hide. Embrace that God is your loving Father because He chose and adopted you.

Study Guide

Session 5

Session 5: Walk in the Power of the Spirit (Ephesians 5:15-20)

Main Idea: We must walk by the power of the Spirit to walk in a manner worthy of our calling.

Head Change: If Christ is my Savior, I have access to all that the Holy Spirit provides.

Heart Change: My posture of surrender invites the Spirit's leadership in my life.

Life Change: Learn how to be filled with the Spirit and walk in His power.

OPEN

There can often be mystery and, even, confusion about the role of the Holy Spirit in the life of a believer. Follow along as we look at how to walk in the power of the Holy Spirit.

Read Ephesians 5:15-20

Jesus, knowing we needed help to live the Christian life, sent us the Holy Spirit upon His departure from earth. However, it doesn't just happen; we must be filled by the Spirit.

Would you describe yourself as one "filled with the Holy Spirit"?

Video

Show Session 5: **Walk in the Power of the Spirit (19 mins)**

DISCUSS

Read John 15:5

How much confidence does Jesus have in our ability to live the Christian life on our own? Why might this be the case?

Is my inner circle helping me stay connected to Jesus and surrender to his leadership? How so?

Each of us has experienced a time in our lives when we needed power (for a phone, light, etc.) but the power we sought was unavailable. Just as a lamp, unplugged from its power source, is useless for the purpose for which it was created- so are we without the power of the Holy Spirit.

Essentials for living a life empowered by God:

1. **Understand the person & work of the Holy Spirit.**
Why does Ted describe the Trinity as a "mystery"?

Review the works of the Holy Spirit:

- Gives the believer a desire & ability to obey (Ezekiel 36:27).
- Produces the fruit of godliness in the believer's life (Galatians 5:22-23).
- Empowers us to witness (Acts 1:8).
- Guides into all truth (John 16:13) by helping us understand scripture.
- Convicts of sin (John 16:8).
- Leads believers (Galatians 5:18), often by using God's Word.

- Reminds us of our identity (Romans 8:16-17).

What roles of the Holy Spirit most resonate with you that you see in your own life? Which work of the Spirit do you most desire to see in your life?

2. **Understand the process of walking in the power of the Holy Spirit.**
Review Ephesians 5:18

Why does Paul compare being filled with the Spirit to being drunk with wine?

Why is it important to understand that being filled is an ongoing activity versus a one time event?

3 Practices that enable us to be filled with the Holy Spirit:

1. **Staying Connected to Jesus.**
Read [John 15:5 & 7](#).

What does *abiding in Christ* look like for you?

How can we make “speaking scripture” & “worshiping together” more of a day-to-day practice in our lives?

2. **Surrender control of your life to God.**

What does it look like for your “self” to oppose your abiding in Christ?
What does dying to yourself look like for you this week?

Jesus modeled for us a life filled with the Spirit and surrendered to the Father.
(John 5:30, John 8:28-29 & John 14:10)

[Review Ephesians 1:19-20](#)

Following the example that Jesus modeled, what does a life surrendered to the Father look like?

3. **Spiritual Breathing** (confession, repentance & asking to be filled).
As Ted shared, the Spirit never leaves a believer in Christ but there are ways the work of the Spirit can be lessened in our lives.

Which of the three practices that enable someone to be filled with the Spirit is most familiar and which is least familiar? Why are each critical to the process?

What might it look like to have the Spirit “quenched” in the life of a believer?

The Pursuit of holiness is both essential and ongoing in order to experience the fullness of the Spirit of God. We can develop moment-by-moment practices to assist the pursuit of walking in the Spirit.

What percentage of God's power is evident in your life?
What keeps us from walking in the power of the Spirit?
Why is the pursuit of holiness so important to being filled with the Holy Spirit?

GO DEEPER

Read each scripture associated with the "work" of the Holy Spirit as listed above under the list entitled **Review the works of the Holy Spirit**.

Read Galatians 5:16-18

- What are the results of walking by (and being led by) the Spirit?
- What can you do this week to walk more in step with the Spirit's leadership in your life?

WRAP UP

The Holy Spirit has been given to followers of Christ in order to empower them to walk in their identity in Christ. Our growth in holiness unleashes the full power of the Holy Spirit in our lives, while our disobedience quenches the Spirit's work and power in our lives.

LIVE IT OUT

Memorize: Over the course of this study, commit to memorizing one or two verses each week from our study in Ephesians. This week, memorize Ephesians 5:18, reciting to yourself throughout the day. Consider putting it in your phone and reviewing when you have some time to scroll.

Pray: Set aside some time to ask the Spirit to reveal to you any ways in which you are not pursuing holiness in your life. As He does, ask Christ for the grace to experience the Holy Spirit more within your life.

Resolve: To embrace the practices that will enable you to be filled with the Spirit.

Study Guide

Session 6

Session 6: Stand Against the Enemy (Ephesians 6:10-21)

Main Idea: We must be prepared for spiritual battle against the schemes of the Devil.

Head Change: Understand the nature of spiritual war as it relates to truth and the importance of each piece of armor.

Heart Change: Be sobered by the battle and yet confident as we fight from victory.

Life Change: In light of the spiritual battle, have a renewed commitment and plan to pursue God, His word, holiness and prayer.

OPEN

Soldier is the metaphor used most often in the Bible to describe the Christian life. In our last session, we will explore Paul's instructions on how to stand against the schemes of our enemy.

Do you think of your faith journey in terms of a battle? Why or why not?

Video

Show Session 6: **Stand Against the Enemy (19 mins)**

DISCUSS

Read Ephesians 6:10-21.

Once we learn to **sit** in our identity in Christ and **walk** worthy of that calling by the power of the Spirit, we must **stand**. Stand against the schemes of the enemy. Watchman Nee observed that Jesus wants us to fight **from** victory not **for** victory.

What do you think is the difference?

Why do you think Paul included the most detailed description in the Bible about spiritual warfare in a book about our identity in Christ?

4 Essentials to fighting **from** Victory in Christ:

1. **Rely on God's strength & His armor** (Eph. 6:10-11a).

The recognition that we do not have what it takes, places us into the blessed position of depending on the Lord.

Why must we remember Jesus's words, "blessed are the poor in spirit"?

2. **Know our enemy & his strategy** (Eph. 6:11b).

Satan's #1 weapon is deception, particularly casting doubt on God's Word.

Read Genesis 3:1

The first four words out of Satan's mouth were **Did God Really Say?**

What does this show us about his strategy? How do you see it manifested today?

3. **Put on all the armor of God** (Eph. 12-13).

We are typically most susceptible to the enemy's attacks when things are going really bad or really good.

What moments in your own life do you feel most vulnerable to attack?

4. **Prayer** (Eph 6:18-20).

Paul Commands us to Pray:

at all times...

with perseverance ...

for the bold preaching of the gospel

in the Spirit...

for all the saints...

Which of these commands about prayer stood out to you? Why?

The Full Armor of God:

- **The belt of Truth** (v. 14):

Because our enemy's weapon is deception, truth is a foundational element on which much of the rest of our armor relies.

Read 2 Cor. 10:3-5.

How are the weapons described?

Ted described **strongholds** as lies that we believe.

What are the three sources of these lies in verse 5?

Can you think of a lie in your life that you used to believe about God, your identity, salvation or life in general that God's truth destroyed?

- **The breastplate of righteousness** (v. 14):

We are righteous in our position, but we **put on** righteousness through our practices.

**If I had cherished iniquity in my heart,
the Lord would not have listened.** Psalm 66:19

The prayer of a righteous person has great power as it is working. James 5:16b

How does pursuing righteousness/holiness impact my prayer life?

- **Shod your feet with the readiness of the gospel of peace** (v. 15).

How would you describe "the gospel of peace" to someone who was unaware?

- **The Shield of faith** (v. 16).

The enemy hurls lies and accusations at us, often in the form of shame attacks.

What extinguishes these arrows of the enemy?

What example was given by Ted of a way that someone would practice taking up their shield?

As mentioned, Roman soldiers' shields interlocked with one another in order to fend off the attack of the enemy.

What might this application look like if applied to your life this week?

- **The helmet of salvation** (v. 17).
The helmet protects our minds and is most secure when we are saturated in the scriptural truth of who we are in Christ.
- **The sword of the spirit** (v. 17).
Jesus set us an example by wielding the sword in battle with the enemy.

Read Matthew 4:1-4.

What was the tactic employed by the enemy?

What was the response of Jesus?

How are your disciplines of reading, studying, memorizing, meditating and listening to the Word of God?

How do the sword, shield and helmet work in tandem? What are examples to make this practical?

GO DEEPER

Read Matthew 3:17- 4:3

- **What God affirms, Satan subtly casts doubt on.**
- **Why was identity so important to Jesus?**
- **What should our view of identity be?**

WRAP UP

We are not left alone on the battlefield of life. Our Savior has provided us with weapons and all that we need in Him. Though our position is secure in Christ, we must engage and use the weapons we have been provided in order to advance in the life God has for us.

LIVE IT OUT

Memorize: This week, memorize Ephesians 6:10-12, reciting to yourself throughout the day. Consider putting it in your phone and reviewing when you have some time to scroll.

Pray: Set aside some time to ask the Spirit to reveal which weapons you are under-utilizing in the battle. As He does, ask Christ for the grace to stand and see the kingdom of God advance in your and through your life.

Resolve: To believe by faith that you have been given all that you need in Christ to prevail.