



## PREPARE AND PRACTICE

### Ice Breakers

- Share something you felt prepared for.
- Share something you felt unprepared for.
- What's something you are good at? Did you have to practice to become good at it?
- How important is preparation & practice to our spiritual well-being?

**NOTE:** As you sit here, you are a target of Satan!



He hates you! He wants to destroy you!  
So it is vital that we prepare for his attacks  
and practice spiritual disciplines in order  
to defend ourselves.

We are in a spiritual battle!

### How do I prepare for battle?

### Read Ephesians 6:10-13

#### 1. Be Strong (vs. 10)

- What does it mean to be strong?
- What does this statement mean... "when we are weak, He is strong"?
- Does God want us operating on our own strength?



- How can I be strong?

1. Admit I am weak.
2. Confess He is strong.
3. Ask Him for strength.

### Read Philippians 4:13

- What does this say about strength?

I  
can do  
all things  
through  
Christ  
who  
strengthens  
me.  
Philippians 4:13

### Read Ephesians 6:13

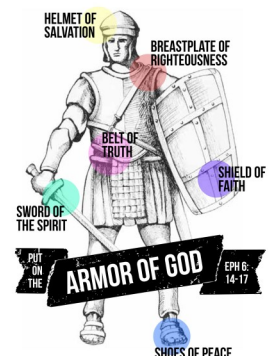
#### 2. Stand!

- What does it mean to stand?
- How can we stand against Satan?
- Read **Ephesians 6:12** again. Who are we to stand against? Do we spend a lot of time wrestling with people, what they say or what they do? Why?

### Again, read Ephesians 6:13

#### 3. Armor Up!

- Read verses 13-18.  
Identify the pieces of armor.
- Now, let's start from the head & move to our toes.



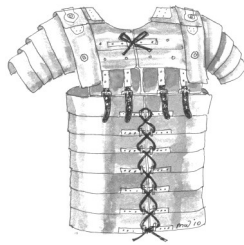
## Helmet of Salvation (verse 17)

- What does it protect?
- How does Satan attack the head region?
- What defense does Salvation bring to our lives?



## Breastplate of Righteousness (verse 14)

- What does a breastplate protect?
- How is the breastplate likened to sanctification?
- Is there more protection that comes with sanctification? (Infilling of God's Spirit)?



## Belt of Truth (verse 14)


- Why is truth important in combating Satan?
- What's our best defense against lies?



NOTE: Satan and the World would have us believe there is no absolute truth! "What's true to you may not be true to me!" But there is absolute truth...God's Word!

- Why do we need God's truth when combating Satan?
- How will God's truth become a part of us?

## Shield of Faith (verse 16)

- What does it say faith will extinguish?
  - Who is firing the arrows?
  - How many arrows can faith extinguish?
  - What can weaken our faith?
  - How is your faith today?
  - Take time to pray for one another to have strong faith!
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- Ever been hit by any of these arrows?



## Confusion



Complacency “comfortable where I am”



Charges (blame game) We blame God and others for where we are in life.



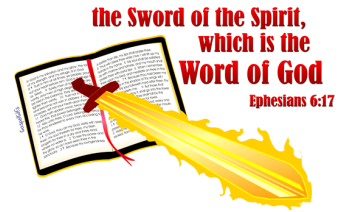
Come-Ons (turn ons/temptations)



Contumely (insults)

## Sword of the Spirit (verse 17)

- What does the sword represent?
- How important is God's word to you? Why?
- Is your sword sharp or dull? How do you sharpen it?



## Feet of Readiness (verse 15)

- What are we to be ready to do?
- Ever missed an opportunity to share Jesus?



## Knife of Prayer (verse 18)

- Why would I call prayer a knife?
- Is prayer offensive or defensive?
- Can we pray without ceasing?  
What does that look like?



## Wrap Up/Application

- Spend some time praying for each other!
  - Pray protection from the enemy over each person and family.
  - Share some specific needs and ask God to meet the needs!
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- An illustration of several stylized, colorful human figures (red, orange, yellow, green, blue, purple, pink) holding hands in a circle, symbolizing unity and community.

