

GROUPS DISCUSSION GUIDE

Get Into The Word



Week of Sunday July 20, 2025

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Living out our God-given calling as we follow Jesus and make disciples every day.

Introduction

Life often feels like a battle—against temptation, discouragement, doubt, and the lies of the enemy. In Ephesians 6, Paul reminds us that we’re not fighting people but spiritual forces that seek to pull us away from God. The good news? We’re not left defenseless. God gives us spiritual armor so we can stand strong and stay grounded in truth. This conversation will help you think through what it looks like to “suit up” daily and rely on God’s strength in your everyday struggles.

Disciple Measure

Force for Good: How does the armor of God empower us to be a force for good to those around us?

Discussion Questions

HIGHLIGHT

Have someone read aloud...

Ephesians 6:11-18

EXPLAIN

Discuss the following questions...

Opening Question: Share a time in life you either felt well prepared (or unprepared). What difference did the preparation make?

1. What is one piece of armor mentioned in this passage that resonates with you, and why?
2. How does Paul illustrate the importance of standing firm against spiritual forces in this passage?
3. In what ways does this passage reveal God's character as a protector and supporter?
4. How does the description of spiritual warfare in Ephesians challenge or affirm your understanding of the Christian life?

Have someone read aloud 2 Corinthians 10:3-5.

5. Discuss how spiritual warfare often takes place in our minds and how God's truth equips us to respond.

Notes:

Discuss the following questions...

- ## RESPOND

Force for Good: What does it look like in your life to stand up for the Gospel of Christ against the spiritual forces of evil? How can we advance the Kingdom of God with the weapons God gives us?

Prayer:

Thank God for equipping us with everything we need to live for Him, and for winning the ultimate victory through Jesus Christ.

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Questions for Families

Here are some questions you can discuss with the whole family.

Ephesians 6:11-18

What do you think it means to “put on the armor of God”?

For young kids, talk about each piece of armor and how it helps us love and follow Jesus. For older kids, explain how God gives us strength to do what's right and stand strong in hard times.

Which piece of God’s armor do you think is the most important for you right now?

Encourage younger children to pick one that sounds helpful, like the “shield of faith” or “helmet of salvation.” Older kids might connect with something they're struggling with, like needing truth, peace, or courage.

How can we remember to wear God’s armor every day?

Young children can draw or act out, putting on the armor. Older kids might set reminders to pray through the armor or write it as a memory verse on their mirror.

NT 260

WEEK: 30

- Philippians 4
- Philemon
- Hebrews 1
- Hebrews 2
- Hebrews 3

MEMORY VERSE: Matthew 6:14-15

Resources

Resources to Listen to

BEMA Discipleship Podcast - Ephesians



Marty Solomon travels to the second-largest city in the Roman Empire and hears the words Paul wrote to the [Ephesians](#).
(29 min)

Resources to Watch

Bible Project Guide - The Book of Ephesians



See a collection of videos and articles to guide you through the book of [Ephesians](#).
(20 min)

Bible Project Guide - The Book of Philippians



See a collection of videos and articles to guide you through the book of [Philippians](#).
(20 min)

Life Group Resources

We have a variety of resources and are continually adding new ones. Some of our resources include group launch guides, on-demand training modules, and curriculum resources. To request a resource, reach out to us at groups@longhollow.com.

D-Group Resources

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



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Commentary

Notes:

What’s Going On?

Ephesians 6:11-18 comes at the very end of Paul’s letter to the church in Ephesus. Throughout this letter, Paul has been reminding believers of who they are in Christ and how they should live because of that identity. He talks about God’s grace, the unity of the church, and the new life Christians have through Jesus. After giving instructions on how to live in relationships—between spouses, parents and children, and even slaves and masters—Paul finishes with a strong reminder that Christians are in a spiritual battle.

This part of the letter is often called the “Armor of God” passage. Paul tells believers to be strong in the Lord and to put on spiritual armor so they can stand against the devil’s schemes. He describes six pieces of armor: the belt of truth, breastplate of righteousness, shoes of peace, shield of faith, helmet of salvation, and sword of the Spirit (which is God’s Word). These aren’t physical weapons—they are qualities and truths that help believers stay faithful and strong when life gets hard or when they are tempted to give up or do wrong. Paul also calls believers to pray at all times, showing that prayer is essential in the battle.

Biblical Timeline



Notes:

A Bit of Background

Paul wrote this letter while he was in prison, most likely in Rome. He had spent a lot of time in Ephesus during his missionary journeys, so he knew these people well and cared deeply for them. Ephesus was a large, busy city known for its wealth, pagan worship, and spiritual practices. The temple of Artemis, a famous goddess, was located there, and the city was filled with people who worshiped false gods and followed magical practices. For Christians living in Ephesus, their faith put them at odds with the culture around them.

When Paul talks about the “armor of God,” he likely had Roman soldiers in mind. He was probably guarded by one every day. The Ephesians would have been familiar with what a Roman soldier looked like—so Paul used that image to help them picture what it looks like to be spiritually prepared. The point wasn’t to fight people but to stand strong in a world where evil is real. Paul wanted believers to know that God gives them everything they need to live faithfully, no matter what they face.

Ephesians Approx. Written
60 AD

Today’s highlighted
passage and other
related passages

Birth of
Christ

Crucifixion
and Resurrection

Book of
Revelation

Sermon Notes

Ephesians 6:11-18 CSB
Put on the full armor of God so that you can stand against the schemes of the devil. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the cosmic powers of this darkness, against evil, spiritual forces in the heavens. For this reason take up the full armor of God, so that you may be able to resist in the evil day, and having prepared everything, to take your stand. Stand, therefore, with truth like a belt around your waist, righteousness like armor on your chest, and your feet sandaled with readiness for the gospel of peace. In every situation take up the shield of faith with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. Pray at all times in the Spirit with every prayer and request, and stay alert with all perseverance and intercession for all the saints.

(Get digital notes on your mobile device at notes.longhollow.com)

Living out our God-given calling as we follow Jesus and make disciples every day.

Spirit-Led Follower

A disciple who walks with Jesus daily, anchoring their lives to God's Word and obediently following the Holy Spirit where He leads.

Intentional Friend

A disciple who is always looking for ways to care for others and meet their needs. This is a practical way to be present in the lives of those around us.

Humble Guide

A disciple who is a humble guide takes every opportunity to help people take their next step closer to Jesus. This is someone who is constantly looking for opportunities to have Gospel conversations and speak truth into someone's life.

Force For Good

When a disciple lives out their God-given calling, they naturally become a force for good where they live, work, and play. This type of person is looking for opportunities to meet needs, heal brokenness, and bring tangible hope to the people in their life and in their community.



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