

November 19 - Ephesians 6:10-24

Opening

What is one low (negative thing) that happened to you this past week? What is one high (positive thing)? Write them down, or, if you're meeting with a group, take turns sharing them with one another.

Where have you seen the Holy Spirit at work in your life over the past week?

What is your biggest takeaway from Paul's letter to the Ephesians?

Prepare

Spend a minute in silence to center yourself and prepare to hear God's Word.

Read

Read Ephesians 6:10-24 twice. If you are in a group, have two people read it, one after the other, with some silence in between. As you read and/or listen, look for a word or a phrase that catches your eye or moves your heart. Circle it or jot it down. Linger over it and give it your attention. If you are in a group, take turns sharing your word or phrase and what it means to you, and how God might be speaking to you through it.

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for him, as I should. To bring you up to date, Tychicus will give you a full report about what I am doing and how I am getting along. He is a beloved brother and faithful helper in the Lord's work. I have sent him to you for this very purpose-- to let you know how we are doing and to encourage you. Peace be with you, dear brothers and sisters, and may God the Father and the Lord Jesus Christ give you love with faithfulness. May God's grace be eternally upon all who love our Lord Jesus Christ.

Reflect

Why do you think this is Paul's final word?

What does it look (or feel) like to be "strong in the Lord and in his mighty power?"

How have you experienced "spiritual warfare" in your life?

What piece of "spiritual armor" seems most necessary in your life right now?

Pray

Spend time in prayer for yourself and others. If you are meeting in a group, share prayer requests and pray for one another.

Practice

Each morning before you get out of bed this week, visualize putting on the "spiritual armor."

Think about someone in your life who doesn't know Jesus. Ask God to give you the right words to speak boldly to them about the gospel, and then speak to them.

Keep track for a day or a week of times when you have overcome something using truth, righteousness, peace, faith, the hope of salvation, and/or the word of God.

Closing blessing

Peace be with you, dear brothers and sisters, and may God the Father and the Lord Jesus Christ give you love with faithfulness. May God's grace be eternally upon all who love our Lord Jesus Christ.