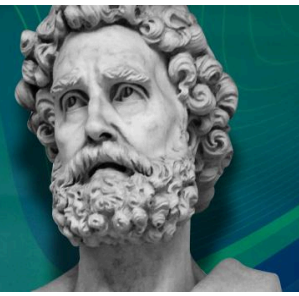




EPHESIANS

SIT, WALK, STAND



EPHESIANS | GROUP DISCUSSION QUESTIONS (Week #6)

GET STARTED

- This weekend Mike talked about sports, offense, defense and how we should have an offense and defense when it comes to our enemy. BUT before we get too serious; **What is your favorite sport and why? If you're not a sports person what is your favorite game to play and your favorite strategy when it comes to that game?**

TAKE IT IN

- **What encouraged and/or challenged you from the message this week? Why?**

TALK IT OVER

Read Ephesians 6:10-12

- This weekend we talked about wearing God's armor, like the belt of truth and the shield of faith, to resist the devil's schemes. **What does it mean to 'put on the armor of God' as described in Ephesians 6, and how can each piece of armor help you stand against temptation? Can you think of a specific situation in your life where you might need to apply one of these pieces of armor to stand firm?**
- Mike explained that understanding who our real enemy is helps us fight better against temptations and struggles. **Why is it important to recognize that our battle is not against people, but against spiritual forces, according to Ephesians 6:10-12? How can shifting this perspective help you respond differently when conflicts arise in your life?**
- This weekend it was emphasized that everyone wrestles with temptation and that it's a normal part of life. **What are some common temptations that we face today? How can you build a support system with friends or family to help resist these temptations?**

Read Philippians 4:8

- This passage shows that actively thinking about what is true and lovely can help combat negative thoughts. **How does focusing on positive thoughts, as suggested in Philippians 4:8, influence your ability to resist temptation and maintain peace? What are some specific positive thoughts or Scriptures you can focus on when you feel tempted or anxious?**
- This weekend Mike talked about REPLACING negative thoughts with positive thoughts. **What are the negative thoughts you need to replace? What thoughts will you replace them with?**

LIVE IT OUT

Satan is against us and will lie and scheme to tempt us. This week, think about your best battle plan and put it into action. We discussed having a good OFFENSE against our enemy. The below is the list of offense tactics you can use. **Which one is most applicable to you? Which one are you good at? Which one do you need to work on the most? Put that into action this week!**

1. Watch the Game Film: evaluate your life
2. Devour the Play Book: Root scripture in your heart
3. Lean on your Teammates: Lean on your group and friends in the Lord
4. Play with confidence: Don't be cocky, instead be confident with God

Memorize:

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” **Ephesians 6:10-12**