

When You are Under Attack

Word

Scripture Reference

Ephesians 6:10-20

Discussion Questions

1. What safety measures do you take to defend yourself against danger?
2. Spiritual warfare is real. Unfortunately, most Christians are losing more battles than they are winning, unless they learn to fight biblically. According to 1 Peter 5:8 and 1 John 4:4, how can we have victory in this spiritual warfare?
3. In battle, it is wise to know who your enemies are. As followers of Christ, we have very specific enemies that solicit sin from us, which the Bible pinpoints:
 - a. *The world* externally solicits you to sin (1 John 2:15-16; James 4:4). Discuss how the world is a source of temptation to sin. What should you do in order to avoid falling into these temptations?
 - b. *The flesh* internally solicits you to sin (Romans 7:15-25; Galatians 5:17). Discuss how Christians struggle to do what is right according to the Word of God. How does lust of the flesh keep a Christian away from God?
 - c. *The devil* supernaturally solicits you to sin (James 4:7-10; 1 Peter 5:8-9). Discuss some of the manifestations of how the devil either attracts or pushes a Christian to sin. How can you protect yourself from these attacks according to James 4:7-8?
4. The Enemy uses bitterness, anger, unforgiveness, sex, pornography, addictions to drugs, games, gambling, worry, depression, alcohol, spiritual counterfeit experiences like idolatry, spiritism, etc. to enslave us to sin. Based on #3, which enemy do these examples fall under? According to John 8:31-32, how can a person be freed from these bondages of sin?
5. The Christian life is not a playground but a battleground, and it is a battle we cannot win on our own. We must fight in God's strength, and we need the full armor of God. Read Ephesians 6:10-20. What equipment has the Lord provided for you to win the battle and be a victor? Share how you have used this full armor of God in facing your enemies, whether it is the world, the flesh or the devil.

Walk

There is no child of God who is immune to spiritual warfare. Everyone faces challenges in different ways and forms, but our faithful God has provided a complete armor that will surely protect you and defeat the Enemy:

- a. *Belt of truth* (v. 14). As you put on Jesus (who is Truth), you can stand against Satan. Once you begin living a lie, everything falls apart. Are you living a lie?
- b. *Breastplate of righteousness* is the righteousness of Christ that was given to you (v. 14). If you put on Jesus, your righteousness, and don't live in sin, you can stand against Satan and succeed. But once you choose to live in sin, you become vulnerable. Are you living in sin?
- c. *Shoes of the gospel of peace* is knowing the gospel, believing it and sharing it (v. 15). If you put on Jesus, who is your peace, believe in His death, burial and resurrection as your only hope for peace with God, then you can stand against Satan and succeed. Are you sharing the gospel to others?
- d. Your *shield of faith* (v. 16) is when you trust God and His Word. Fiery darts are Satan's attacks on you in the form of doubts, lies, bad thoughts, burning desires and accusations. If you put on Jesus, trusting and obeying Him, and not leaning on your own understanding and ways, then you can stand against Satan and succeed. Do you recognize when you fail to trust and obey the Lord and open yourself to Satan's darts? What should you do about it?
- e. *Helmet of salvation* (v. 17). Salvation is when you believe that God saved you through Christ's death and resurrection. If you put on Jesus, who is your Salvation, and refuse to believe Satan's lies that you are unloved or worthless, you can stand against Satan and succeed. Once you believe Satan's lies, you become discouraged, depressed and ineffective. Do you doubt God's love for you?
- f. The *sword of the Spirit* (v.17) is God's written Word. If you put on Jesus, who is the Word of God, you can slash through lies that would otherwise deceive you, and thus you can stand against Satan and succeed. Once you choose to leave God's Word out of your lives, you become easily deceived. Are you spending time reading, memorizing and studying God's Word?
- g. *Prayer* (v. 18-20) is a worshipful approach to God and is the source of your energy. Do you pray regularly and constantly? Have you learned to listen to the Spirit's prompting? Do you continue praying and do not stop until it's answered, or do you quit easily?

Worship & Prayer

"Deliver me from my enemies, O my God; Defend me from those who rise up against me. Deliver me from the workers of iniquity, And save me from bloodthirsty men. For look, they lie in wait for my life; The mighty gather against me...But You, O Lord, shall laugh at them; You shall have all the nations in derision. I will wait for You, O You his Strength; For God is my defense. My God of mercy shall come to meet me; God shall let me see my desire on my enemies...But I will sing of Your power; Yes, I will sing aloud of Your mercy in the morning; For You have been my defense And refuge in the day of my trouble. To You, O my Strength, I will sing praises; For God is my defense, My God of mercy." These words from Psalm 59 is my heart's prayer, Father. I am weak, Lord, but You are strong. Be my defense and protection in a world full of enemies outside and within. I pray this in Jesus' name. Amen.