SO WHAT

- Read Ephesians 6:10-18. What is this passage say? How is this relevant for you today?
- Faith is defined in Hebrews 11:1. Where is your faith anchored on? Why can we put our faith in God?
- What lessons can you learn from James 5:13-18 about prayer?

NOW WHAT

- In your daily routine, can you say that you are always ready for battle? What is lacking or weak in your armor?
- What promises in God's Word help strengthen your faith in the situation you are facing? What lies are being contradicted? Ask a trusted friend to partner with you in prayer and help you discern God's truth over your situation.
- Who can you pray for and encourage this week?

PRAYER

- Thank Jesus for His finished work on the cross that enables us to live victoriously. Commit to always put on the full armor of God to live out this victory.
- Invite God to reveal Himself more to you and strengthen your faith.
- Pray that each one in your group will walk in the victory that Jesus won on the cross.

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WEEK 3

How?

NOTES

CONNECT

- What competition have you joined in the past? How did you prepare for it?
- How do you maintain your health and protect yourself from illness?
- What, for you, is the fastest and most efficient way of communication? How do you apply this?

WORD

10 Finally, be strong in the Lord and in his mighty power.
11 Put on the full armor of God, so that you can take your
stand against the devil's schemes. 12 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. . . . 18 And pray in the Spirit on all
occasions with all kinds of prayers and requests.
EPHESIANS 6:10-12,18

WHAT

Jesus won the victory for us through His finished work on the cross. We can now live a life of victory as we put our trust in Him. However, this does not mean that we are to be passive in our daily walk with Him. God's will is for us to live out this victory that Christ gave us. In this lesson, we would learn important biblical principles on how we can win the battles that we face.

1 Put on the full armor of God.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. EPHESIANS 6:13

The Bible urges us to put on the full armor of God and be prepared to stand our ground. It means that we need to be ready to fight at all times and anticipate the enemy's advances. What did Jesus promise us in John 16:33? How does this encourage you?

2 Take up the shield of faith.

In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one." EPHESIANS 6:16

Everyday, we are bombarded with doubts, ungodly thoughts, and lies that can derail us from the will of God in our lives. The shield of faith is God's protection upon us so we can persevere in the truth of His power and victory (1 Peter 1:5). What is faith? On whom do we base our faith?

3 Pray in the Spirit.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. EPHESIANS 6:18

Like any battle strategy, communication between the commander and his soldiers is crucial. Prayer is our connection to the Father who guides us into victory and provides for what we need. What can we pray for? Is there are a limit? Why do we need to pray for the Lord's people?