

UNITED

A STUDY IN EPHESIANS

Week 7 “Protected” – How Do We Become Strong in the Lord?

Pastor Jeff Little, October 24-25

TABLE TALK

- Select one or two “Table Talk” cards to discuss with your group.

WARM UP

- How do you typically respond when you're “hit with the ball?”—when something goes wrong, or you face a trial or a relational struggle. What is your typical response?

INTRODUCTION

There is a biblical way to respond to life's challenges. It begins with understanding the importance of spiritual warfare. The Bible's perspective on spiritual warfare is straightforward: **we are in a fight, and that fight is spiritual.** Today, we are going to talk about how to become strong in the Lord in order to fight our spiritual battles.

DISCUSSION

1. Read Ephesians 6:10-12. What do you think it means to be strong *in the Lord*? How is that different from other types of strength you might have?
2. When Paul says that “our struggle is not against flesh and blood,” what do you think that means?
3. Have you ever considered the possibility that you are in a spiritual battle before? How could that perspective change how you see your circumstances?
4. Your battles often hinge on your **attitude**. If you had to rate your attitude when facing trials on a scale of 1-10, how would you rate yourself? Why?
5. Think about your **thoughts**. Read Romans 8:5. What is the difference between the person who lives according to the flesh and the one who lives according to the Spirit? What does that mean?
6. Consider your **words**. How often do your words line up with the Word of God? How could you grow in this area?
7. Your **relationships** are important. When you're in a spiritual battle, the devil's strategy is to isolate you. Why? What is God's solution?

APPLICATION

What is a current challenge you are facing in your life today? How does Ephesians 6 shape how you see that challenge, and what will you do about it?

PRAYER

- Pray for anyone who responds to the application question above. Also, pray for everyone to find strength in God this week and to support each other through life's challenges.
- **SERVE PROJECT – This is it! Pray and ask God to help you as you step out and serve someone this week. Please take pictures and send them to missions@milestonechurch.com.**
- Take prayer requests and pray for any needs in the group.

Ephesians 6:10-12 (NIV)

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.