

Sermon Discussion Guide 10/7-10/13 VGroup Meetings

Sermon Title: Under Armor - Eph. 6:10-18

Distribute name tags as people enter. Take attendance / collect new guest information including address, phone & email, etc. Allow folks to mingle, fellowship, and settle in with each other.

Creating Comfort Tip: Check the temperature. If it's too warm, people might get "heavy eyes" and not be able to focus. If it's too cold, chattering teeth will distract from the discussion.

Open the session with prayer.

Discussion Starter/Ice Breaker: (15-20 mins)

Fun Insight: Take a few minutes to think about this. If you had a time machine and could go to any point in time (past or future), where would you go and why?

Discussion Questions: (30-45 mins)

1. Read Ephesians 6:10-18 together. Recap from the sermon: What are the keys to spiritual success?
2. In verse 11, Paul mentions the "devil's schemes". In the Sermon, Erik pointed out that Satan lies to us and uses partial truths to make the lies seem more appealing or less damaging. Explore the following verses together and identify some schemes or pitfalls the devil uses to attack us & cause us to stumble.
 - a. Gen 3:1-7
 - b. Eph 2:1-3
 - c. Eph 4:17-19; 25-31
 - d. Romans 13:13
3. Read Eph 6:12 & then read 2 Corinthians 10:3-5 (I encourage you to look at the King James version for this passage - the language used is amazing). What do these verses say about the battle that is taking place? How do these verses make you feel? Describe what you think of when you read these verses - what do you envision?
4. Read Eph 6:13-17. Identify the 6 elements of the "full armor of God". Discuss the importance or the job of each piece of the armor. Think about the military or even a sports team. The folks involved practice drills and prepare through various exercises so they are properly prepared to face and defeat the opponent. How can we strengthen each part of the armor through our Christian walk?
5. In verse 18, Paul calls us to action. This call is to pray in the Spirit for yourself and "the Saints". As a VGroup, lift each other up in prayer. Before you do, take a moment to review the elements of the armor. Do you feel that any element of your armor is weak? Share your thoughts openly with each other and then pray for these weaknesses. Focus on this prior to opening up the floor for final discussion and general prayer requests.

Closing: Open the floor for discussion / questions.

Prayer Requests:

Close in prayer.

