



PUT IT ON
Ephesians 6:14-17
January 29, 2023

1. Sunday Summary: Our sermon this week covered what it means to actually put the armour of God on. We went through a number of the pieces of armour, including the breastplate of righteousness and the helmet of salvation, among others, and we asked ourselves how do we actually put this armour on in practical terms. We came to the understanding that one real practical way to armour up is to speak the truths of scripture out loud over our circumstances. Not to effect something that hasn't already happened, but to publicly acknowledge the reality: God has already won the battle!

2. Connecting Questions: (Interactive, life sharing, thought & feeling type stuff)

- Begin once again by talking generally about this topic – spiritual warfare and the armour of God. It's not necessarily something that we talk about a lot in Reformed circles. Why? Are you comfortable talking and thinking about spiritual realities like this? Talk about how often you think of these spiritual realities?

- Pastor Erik mentioned that spiritual realities can manifest in physical ways? What are some of the ways you see the devil at work in our world? How might the Gospel of Jesus Christ combat and triumph over those injustices?

- Pastor Erik gave an example about how being down on yourself and beating yourself up may be an encounter with spiritual realities. How can understanding it as a spiritual battle help you overcome it? (Hint: remember who the true overcomer is)

3. Truth Questions: (What does the Bible say?)

- Read Revelation 12:11 – What does it mean to you to overcome by the blood of the lamb and the word of our testimony? Give some examples where this might have happened in your life. Where do you see evidence of this in the world? How might you begin sharing your testimony?

- Read Isaiah 59:15-21 – Where do you see a lack of truth and justice in the world today? What comfort do you have from that fact that God himself is on mission against lies and injustice? How would you like to join him in that mission?

4. Formation Questions: (Taking it further, How does the Truth change the way I live?)

- How will what you've learned help you to live out the gospel in your life? What will you do this week to rest in God's victory, won for you in Jesus Christ on the Cross.

