

Word for word  
through the  
Word  
of God



**Living In Christ**

*A study of Ephesians 4-6*

**Deo Gloria**

Community Church Rockingham





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# Introduction

The book of Ephesians is an exploration of the riches of God's grace and the new life we have in Christ Jesus. We studied the previous term the first three chapters of this amazing letter from Paul to the Christians in Ephesus. Many of the members of this congregation were gentiles and worshipped the gods of the Greeks and Romans, and in Ephesus, the goddess Diana (Artemis).

In the first three chapters, Paul lays out the incredible spiritual blessings that are ours through faith in Christ - adoption as God's children, redemption through his blood, the guarantee of the Holy Spirit, and the mystery of the Gospel revealed that unites Jews and Gentiles into one body.

So if we know the depths of this spiritual wealth we have in Christ, Paul then turns in chapters 4-6 to explore what this new life should look like in practical terms. How does being "in Christ" transform our daily living, relationships, and core identity? These chapters are a powerful call to live in a manner worthy of our calling as children of God.

In Ephesians 4, Paul urges us to walk in unity, putting off our old self and putting on the new self in the likeness of Christ. He examines what this new life looks like in our speech, behaviour, and response to God's gifts of apostles, prophets, evangelists, pastors and teachers who equip us to maturity.

Chapter 5 continues unpacking the ethics of our new life, filled with light, wisdom, and the Spirit rather than darkness and foolishness. Paul gives straightforward instructions for Spirit-filled living in marriages, families, and workplaces.

In chapter 6, Paul uses the metaphor of the full armour of God to call us to resilience and strength in our spiritual battle. We cannot walk in this new life alone but must constantly draw protective power from God's mighty resources.

The themes of Ephesians 4-6 speak powerfully to us, about the radical implications of our new life in Christ. In this study, we will examine these rich teachings in depth, and discover their wisdom for living as new creations in Christ. We'll explore together what it means to "put on the new self" (Ephesians 4:24) in every sphere of our lives - our

mindset, our treatment of others, our words, our work, our family roles, our resistance to evil.

We pray that this study may open our eyes anew to the extraordinary privilege of our new life in Christ. And may it strengthen us to walk in a manner worthy of the calling we have received.

Deo Gloria!  
To God all the honour

# **Week 1 – The New Life in Christ**


**MEMORY VERSE** – *Ephesians 4:22-24* - *Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created after the likeness of God in true righteousness and holiness.*

## **Introduction to this week's study**

Paul provides a stark contrast between the old life apart from Christ and the new life that believers have in Him. He describes the futility, darkness, and insensitivity that characterizes the "old self." Paul says those in Christ must "put off" that former corrupt way of living fed by deceitful desires. Instead, we are called to continual renewal - being "made new in the attitude of our minds" so that we can "put on the new self, created to be like God in true righteousness and holiness." This passage powerfully depicts the radical transformation of identity, mindset, and behaviour that must take place as we leave behind our old ways to embrace authentically the new life we have been given in Christ.

## **DAY 1 – The Old Life versus The New Life**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Ephesians 4:17-19, Romans 6:6-7 and Romans 1:21-23*

In what ways does Paul characterize the "old life" before knowing Christ? How was your life before knowing Christ?

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Why is being consumed with sensual/impure desires and greed ultimately futile? What futile desires must you get rid of?

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**Prayer**



## DAY 2 – Putting Off the Old Self

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Ephesians 4:20-22 and Colossians 3:5-9*

What does it mean to "put off" the old self? What are some examples in your life?

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Why is facing the truth about our "former way of life" critical to embracing the new life? How can you proactively "put off" the corrupting desires that still entangle us?

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**Prayer**

### **DAY 3 – The Renewal of the Mind**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 4:23 and Romans 12:1-2*

What is the importance of being "renewed in the attitude of your mind"?

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How can we practically go about renewing our minds day by day?

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**Prayer**

## DAY 4 – Putting On the New Self

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 4:24a and Colossians 3:10-14*

What does it mean to "put on the new self" and how is it linked to righteousness and holiness?

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According to these verses and Colossians 3:10-14, what characterizes the "new self"? In what areas of your life do you need to put on the new self more fully?

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**Prayer**

## DAY 5 – Our New Identity in Christ

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Ephesians 4:24b, Ephesians 2:10 and 2 Corinthians 5:17*

According to these verses, what is our identity as new creations in Christ?

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How can embracing this new God-given identity help us walk in the newness of life?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 4:17-24, Colossians 3:5-9 and Romans 12:1-2*

### Discussion questions

In Ephesians 4:17-19 and Colossians 3:5-9, Paul describes the "old life" before knowing Christ. What words or images does he use to characterize this former way of living? What strikes you most about his description?

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Ephesians 4:20-22 teaches believers to "put off your old self" that is corrupted by deceitful desires. What are some practical ways we can actively "put off" the sinful patterns and mindsets of our past life? What role does owning the truth about our former way of living play?

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Read Ephesians 4:23-24. Paul says we must be "made new in the attitude of our minds" and "put on the new self." How would you describe what this "new self" looks like according to this passage? How can we intentionally put on and develop the characteristics of this new identity in Christ?

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Ultimately, the "new self" is about being recreated in the likeness of God in true righteousness and holiness. What thoughts or practices help you walk in alignment with this new Christ-centred identity daily?

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**Close in prayer**

## **Week 2 – The Christian Life in Christ**

**MEMORY VERSE** - *Ephesians 5:1-2* - *Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*

### **Introduction to this week's study**

To be a Christian is to be a follower of Christ, a follower of Christ's teaching, and a follower of Christ's character. Because our identity is in Christ, because we have a God-given purpose, and because we are loved by God and are His children, we now follow and live according to His rich abundant grace and appreciation for Christ's sacrifice. Being a Christian is about a deep, personal relationship with Jesus Christ that shapes every aspect of our lives. It's about dying to self and allowing Christ to live through us by the power of the Holy Spirit. This is an ongoing, lifelong journey of growth. In this week's study, we get practical advice on what this looks like daily.

## DAY 1 – Obedience

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 4:25-5:5 and Colossians 3:9*

Make a list of the things we must not do:

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Make a list of the imperatives, the things we must be doing:

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**Prayer**



## DAY 2 – Dealing with anger

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 4:25-26 and Psalm 4:4*

Is anger a sin, are there times when we may get angry?  
What are things that believers do to you which make you angry?

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How does Paul say we must respond, how does this compare to your usual response?

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**Prayer**

### **DAY 3 - Don't give satan an opportunity**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 4:20-21, 4:27, John 10:10 and 1 Peter 5:8*

Why is it important that we constantly focus on what we have been taught about Christ?

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In what ways do Christians give satan a strategic position or room to take hold of their lives?

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**Prayer**

## DAY 4 – The Holy Spirit

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 4:30-31, Isaiah 63:9-10, Acts 7:39 and 7:51, Isaiah 43:24 and 1 John 1:9*

What does it mean to grieve the Holy Spirit?

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In what ways are you grieving the Spirit? What must we do if we are grieving the Spirit?

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## Prayer

## **DAY 5 – Love and Forgiveness**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 5:1-2, 1 John 4:11, Ephesians 4:32  
and Luke 6:35-36*

Why and how does God's love motivate us?

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How do unforgiveness and hate affect us and relationships in the long-term vs the long-term effects of love?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 4:25-5:5, John 14:15-21, Ephesians 4:20-21, John 10:10 and 1 Peter 5:8*

### Discussion questions

Is obedience a “to-do” list of rules, why or why not? Why do Christians struggle with obedience?

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When and why does anger turn into sin? Give examples from the Bible and your own life.

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Read Ephesians 4:27 and 1 Peter 5:8. In what ways do Christians give satan a strategic position or room to take hold of their lives? How does it start, how does it take over?

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Read Ephesians 4:30-31 and Isaiah 63:9-10. When is the Holy Spirit grieved and how can we avoid losing intimacy with the Holy Spirit?

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**Close in prayer**

## **Week 3 – Spirit-filled in Christ**


**MEMORY VERSE** – *Ephesians 5:15* - *Be very careful, then, how you live—not as unwise but as wise.*

### **Introduction to this week's study**

Paul issues a warning against participating in the "fruitless deeds of darkness" and instead calls believers to walk as "children of light." He draws a stark contrast between the way of darkness, which is marked by immorality, impurity, greed, and foolish living, and the way of light, which produces goodness, righteousness, and truth. Paul urges Christians not to be deceived or entangled with the empty, unfruitful practices of this present darkness. Instead, we are to learn carefully and diligently "what is pleasing to the Lord" by exposing and reproving evil deeds while simultaneously walking with wisdom and intentionality. Paul depicts this wise walk as being continually filled with the Spirit, which overflows into Spirit-prompted worship, thankfulness, and mutual submission. Rather than drunken or sensual indulgence, we are to be so controlled by the Spirit that it shapes our speech, our corporate gatherings, our relationships, and our daily conduct.

## **DAY 1 – No Participation with Darkness**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 5:5-7 and 1 John 1:5-7*

Why will immoral, impure, or greedy people be unable to inherit the kingdom (Ephesians 6:3-7)? In what sense is an immoral, impure person an idolater?

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According to 1 John 1:5-7, how incompatible is walking in darkness with walking in Christ's light?

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**Prayer**



## DAY 2 – Walk as Children of Light

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 5:8-10 and 1 Thessalonians 5:4-8*

In these verses Paul contrasts light and darkness to say more about holy living. What does it mean to “live as children of the light?” In what ways do you struggle to live as a child of the light?

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From 1 Thessalonians 5:4-8, how should "children of light" be living differently?

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## Prayer

### **DAY 3 - Exposing Evil and Understanding God's Will**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 5:13-15 and John 3:19-21*

What does verse Ephesians 5:13 and verse 15 mean to you?

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Why is it important to not just avoid evil, but actively expose fruitless deeds of darkness?

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### **Prayer**

## DAY 4 - Walking with Wisdom

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 5:15-17 and Colossians 4:5*

In Ephesians 5:17, Paul contrasts two opposite frames of mind. What are they?

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We often equate wisdom with intelligence. What characterizes wise people according to Ephesians 5:15-17?

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**Prayer**

## **DAY 5 - Being Filled with the Spirit**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 5:18-20 and Galatians 5:16-26*

In your own words explain the characteristics of those who are filled with the Holy Spirit.

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In what area do you most need to be filled with the Holy Spirit?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 5:1-20*

### Discussion questions

What kind of words do deceivers use to make an evil thing seem good? (Ephesians 5:6)

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In Ephesians 5:7 and 11, Paul makes two similar statements. What are they? What does it mean for us practically?

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In Ephesians 5:8-10, Paul warns against being deceived into participating in the "fruitless deeds of

darkness." Why is it so important for believers to have absolutely no partnership with the ways of darkness?

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Read Ephesians 5:13-14. What does it mean to “wake up, O sleeper, rise from the dead, and Christ will shine on you.”

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Read Ephesians 5:18-20. What behaviours and qualities does Paul associate with being Spirit-filled? How can our group encourage one another to continually be filled and controlled by the Holy Spirit?

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**CLOSE IN PRAYER**

## **Week 4 – Husband and wife in Christ**

**MEMORY VERSE** - *Ephesians 5:21* - *Submit to one another out of reverence for Christ.*

### **Introduction to this week's study**

Lately, marriages and what marriages look like have become very controversial in the mainstream media. We see people 'up in arms' about what Christians have deemed a good marriage and appear to vilify Biblical perspectives of traditional roles within Christian marriages that have worked for centuries. Apostle Paul, who never married, had very strong views on the importance of marriage and likened it to Christ's sacrificial love for the Church. No matter what people say about the sanctity of marriage, the message is clear: God's love for us is as strong as an eternal marriage! This week's study is not an exhaustive workshop on marriage, but it intends to draw all believers toward God's love and generous nature. When we start with submitting ourselves and then giving generously to others, we are making great strides as effective children of God. May God's love and word be the foundation of relationships with each other.

## **DAY 1 – Submit versus capitulate**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 5:21-22 and Genesis 3:1-19*

Why is it not easy to submit to other people?

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When do you think was the first Biblical time someone did not submit? What was the consequence?

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Does Christ expect us to submit to everything and everyone? Why, why not?

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**Prayer**



## DAY 2 – Righteous Jewels!

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 5:22 and Isaiah 61:10-11*

Think about the image of righteousness and adornment of jewels, can you see yourself being chosen like this by God?

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Why is it safe to submit in the context of God's righteousness?

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Is it acceptable for Christians to rebel against righteousness? What are the short and long-term effects?

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**Prayer**

### **DAY 3 -Leading through sacrifice**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 5:23-25 and John 15:13*

Ephesians 5:23 states that husbands are to be as a saviour to their wives, what does this look like in a Christian context?

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How do you think husbands in churches can grow in their righteous leadership as figures that model sacrifice for others? Encourage someone today who exemplifies laying down their life for others.

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**Prayer**

## **DAY 4 - Everything? Everything ...**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 5:23-25 and 1 Corinthians 10:23-31*

How well do you think your church submits to God?  
Think about outside of the church building too...

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In your context, what does submitting in EVERYTHING look like? What were God's intentions with this Scripture and what can you do to pursue these values more closely?

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**Prayer**

## DAY 5 - Be a giver

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 5:23-25 and Acts 20:35*

Why do you think it was important to remind husbands to love their wives? What could take our attention away from our first love?

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Why is Christ's crucifixion being used as an image to motivate husbands to love their wives? What are the similarities; what are the outcomes?

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## Prayer



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 5:21-25 and Acts 20:35*

### Discussion questions

Why has marriage become such a controversial topic in today's society?

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Is it easy for wives to submit and husbands to love their spouses? Why, why not?

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Why do you think many relationships say: "*The woman is always right?*" Is this healthy and what does Scripture say about this?

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Is there such a thing as a perfect marriage? Is this what God expects of Christians in His Church?

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**Close in prayer**

## **Week 5 – A Family in Christ**


**MEMORY VERSE** - *Ephesians 6:2-3* - “Honour your father and mother,” which is the first commandment with a promise— “that it may go well with you and that you may enjoy long life on the earth.”

### **Introduction to this week’s study**

In the beginning... Everything God created in Genesis was deemed by God as ‘good’ or ‘very good’. When we recite Jesus’ prayer ‘Our Father...’ we are invoking the relating capacity of the Heavenly family dynamics that existed before time. The stability found in the trinity leads to a divine creation that was made to fill the earth with the fullness of His glory. Unfortunately, we now live in a fallen state due to sin. However, with the same measure of corruption we see on the face of the earth, God’s redemptive plan is well on its way- despite what the fallen world reports. Dive deeper into the concepts of family at creation, the fall of man, redemption through Noah’s ark, the crucifixion, and through to Revelation. Enjoy a new capacity to love God as a family through all the trials and victories, as you follow the Father of creation!

## **DAY 1 – Obedience is the precursor to a healthy family**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:1-2 and Exodus 20:1-17*

Although the above two Scriptures are separated by thousands of years, how are they similar? Why?

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Why does obedience carry such power in a family? Are you a good example of obedience?

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Which areas of disobedience in your family need to be submitted to God for His love to be revealed in a greater measure?

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**Prayer**



## **DAY 2 – Honour and assurance of God’s promises**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:1-2 and Exodus 20:12*

Fix a value on your parent/hood as a divine assurance of God’s promises. How can you express value to your family today?

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Ask God to show you areas of dishonour in your family. Bring this situation boldly before God’s throne in prayer and ask Him for guidance in this area.

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**Prayer**

**DAY 3 – “Makrochronios:” live long in God’s promises**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:3 and Matthew 5:1-12*

Jesus’ first sermon, when He started to build His family of believers, shows us divine promises gained despite tough times. Reflect on tough family times and trust God for His rewards.

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What does a long and fulfilled life look like for each of your family members? Pray for this.

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**Prayer**

## **DAY 4 – Maturity through cataclysm**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:4, Genesis 7:1-10 and Matthew 27:46*

‘Helicopter parents’ can frustrate children growing up because they overprotect without maturing. How do you balance caring with correction?

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How and why did God decide to intervene with Noah’s family? Why didn’t He intervene with Jesus’ crucifixion? Would you have done it this way, why/why not?

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**Prayer**

## **DAY 5 - Calling all to the family gathering!**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:5, Luke 10:25-37 and Revelation 22:17*

God's winning recipe of relationship is intended to flow out beyond natural family, and into other places we are involved in. What other people in your life are like 'family', why?

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Many times people do not deserve to be treated like family, and this is where God's promises and power kick in. Where can you treat others like family even though they do not deserve it? How would God react to this gesture of undeserved love?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 6:1-5, Exodus 20:1-17, John 19:25-27, 1 Timothy 1:1-2 and Matthew 3:17*

### Discussion questions

What are the forces currently attacking our families and why do you think this is happening?

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How important is it for children to hear that they are loved and pleasing to their parents? Discuss.

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How does God balance discipline and love when He commands us?

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Clean and unclean animals were led into the ark with Noah's family, who were also a mix of righteous and unrighteous people, to start a new phase in history. Why does God use a mixture of good and bad things in this world to shape our families? What hope does this bring?

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**Close in prayer**

## **Week 6 – A Worker in Christ**

**MEMORY VERSE** – *Ephesians 6:7* - *Serve wholeheartedly, as if you were serving the Lord, not people.*

### **Introduction to this week's study**


The apostle Paul wrote to show how Christian workers and bosses should treat each other. Granted, it is addressed to slaves and masters, not to employees and employers. Slavery was an accepted institution in the Roman world.

Paul, inspired by the Holy Spirit, addressed both slaves and masters directly and showed how their faith should radically change the way that they related to one another.

Although this instruction was originally written concerning the relationship between slaves and masters, it applies directly to how employees and employers should interact in the workplace. For those filled with the Holy Spirit, their work is ultimately service to the Lord himself.

## **DAY 1 – Working as Unto the Lord**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:5-8 and Colossians 3:22-24*

What is implied about the way slaves normally worked for their masters (Ephesians 6:5-8)?

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How and why were Christian slaves to be different?

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**Prayer**



## **DAY 2 – Serving God with the right attitude**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:5-8 and 1 Corinthians 10:31*

In Ephesians 6:5-8, What attitudes make a slave's life worth living? What attitude(s) should we have?

- Willing obedience
- Strong fear of doing wrong
- Sincerity in heart
- Doing service as to the Lord and not merely to please men
- Serving with goodwill
- Looking for a reward from Jesus

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Or - all of the above attitudes?

What did Paul say to encourage or persuade servants to do?

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**Prayer**

### **DAY 3 – Treat your “masters” with respect**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

#### **Ephesians 6:5-6**

Ephesians 6:5 says – *“Slaves, obey your earthly masters with deep respect and fear”* – How do you understand fear? – How ought you to treat your “masters?”

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Ephesians 6:6 says – *“Try to please them all the time, not just when they are watching you.”* Why, if they are not watching you?

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### **Prayer**

## **DAY 4 - Rewarded by the Lord**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:7-8 and 2 Corinthians 5:10*

Why would you work for the Lord rather than for people? What's in it for you?

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How can keeping an eternal perspective shape your effort at work (2 Corinthians 5:10)?

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**Prayer**

## **DAY 5 - Just Treatment by Employers**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:8-9 and James 5:1-6*

What does it mean to be slaves or free? Who does the Lord favour - The slave or the master?

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According to James 5:1-6, how will the Lord judge the unjust treatment of workers?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 6:5-9 and Colossians 3:22-*

*4:1*

### Discussion questions

What instruction does Paul give to Christian masters/employers? Read Ephesians 6:9 and Colossians 4:1

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Paul says masters should treat slaves the way he wants slaves to treat masters, because both have the same Master in heaven. Why should this make a difference in how employees (slaves) are treated?

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How could the principles Paul outlines in Ephesians 6:5-8 be lived out in your work situation?

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How does Ephesians 6:5-9 contribute to the theme of the church glorifying God through visible unity? What impacts or encourages you most from this passage?

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**Food for thought** - The Christian employer is exhorted to “treat them (i.e., his employees) in the same way.” Christian employers, treat your workers with the same spirit of sincerity and devotion that God requires them to exhibit towards you (verses 5-6). Furthermore, the Christian employer must remember that his present position has been assigned to him by Christ the Lord, just as Christ has seen fit to assign his employees’ position to them. You are to fulfill your role of employer to the glory of God and in service to Christ, bearing in mind that you are accountable to Christ.

**Close in prayer**

## **Week 7 – Power in Christ**


**MEMORY VERSE** – *Ephesians 6:10* - *Finally, be strong in the Lord and in his mighty power.*

### **Introduction to this week's study**

After instructing the Ephesians on how to walk worthily in their relationships and roles, Paul shifts in verses 10-12 to exhort them about the spiritual warfare believers inevitably face. He instructed them to be strengthened by God's power to stand firm against the schemes of the devil and evil forces and evil spirits in the heavenly realms. Paul makes it clear that the Christian life is a battleground against formidable spiritual enemies. We cannot fight this battle in our own strength but must rely on the mighty power and spiritual armour that comes from the Lord. These verses set the stage for Paul's description of the full armour of God in the following verses. He calls believers to a posture of strength, alertness, and reliance on God's protective resources as we engage in this supernatural conflict. Only by putting on the whole armour can we withstand the schemes of the devil and remain steadfast.

## **DAY 1 – Called to Be Strong in the Lord**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Ephesians 6:10 and Isaiah 40:28-31*

What does it mean to be "strong in the Lord"? How is this different from being strong in ourselves?

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According to Isaiah 40:28-31, how does God strengthen the weary and renew our might?

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**Prayer**



## DAY 2 – Putting on the Full Armour

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:11 and Romans 13:12*

What does it mean to "put on the whole armour of God" according to Ephesians 6:11?

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Why is it important to put on the "whole" or full armour of God? How does Romans 13:12 also urge believers to "put on" spiritual protection?

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**Prayer**

### **DAY 3 – Our Battle is Not Against Flesh and Blood**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:12 and 2 Corinthians 10:3-5*

According to these verses, what/who is our spiritual battle against? Why is this significant?

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How can we fight with spiritual rather than merely human/earthly weapons (2 Corinthians 10:3-5)?

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**Prayer**

## DAY 4 – Spiritual Forces of Evil

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:12 and Daniel 10:10-14*

What does this verse tell us about the nature and location of the spiritual forces we battle? Based on Daniel 10, how do spiritual forces influence activities on earth?

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In Ephesians 6:12, what are the "rulers," "authorities," "cosmic powers," and "spiritual forces of evil" that Paul mentions? How do these different terms help us understand the complexity and magnitude of spiritual warfare?

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**Prayer**

## **DAY 5 – Resisting the Enemy's Schemes**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:1-12 and 1 Peter 5:8-9*

What are some of the devil's "schemes" or strategies that believers must resist?

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How can we stay sober-minded and resist his attacks, according to 1 Peter 5:8-9?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 6:10-12, 2 Corinthians 10:3-5 and 1 Peter 5:8-9*

### Discussion questions

Paul instructs believers to "be strong in the Lord and in the strength of His might" (verse 10). What does it look like practically to find strength, not just in your own efforts, but in the Lord's power? How can we draw on God's might daily?

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Why do you think Paul describes our spiritual struggle as a "battle?" And a battle against the powers of this dark world (cosmic forces) rather than just human opponents? How does understanding the supernatural reality of this battle impact your perspective?

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Verse 11 tells us to put on the "full armour of God" to resist the devil's schemes. Why is having the complete armour so crucial, rather than just partial protection? What are some of satan's schemes or tactics we must guard against?

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This passage reveals there are spiritual forces of evil actively fighting against God's people. How can we fight this spiritual battle not just defensively, but take an offensive stance against the enemy and his work (see 2 Corinthians 10:3-5)? What spiritual tactics and weapons are available to us?

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**Close in prayer**

## **Week 8 – Protection in Christ: Part 1**

**MEMORY VERSE** – *Ephesians 6:13* - *Therefore put on the full armour 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.*


### **Introduction to this week's study**

After calling believers to recognize the reality of spiritual warfare they are engaged in, Paul begins unpacking what it means to put on the full armour of God. He starts laying out the various pieces of spiritual armour that allow us to withstand the enemy's attacks and remain steadfast. Paul uses battle imagery and metaphors to describe how we must outfit ourselves with truth, righteousness and other spiritual resources. He makes it clear that we cannot be half-hearted or complacent - we must take up the full armour if we desire to stand firm against the devil's schemes.

We cannot afford to neglect any part of the battle gear if we want to withstand and hinder the opposition's onslaught. With the full armour in place, we can be immovable and persevere against the evil's onslaught.

## DAY 1 – Taking Up the Full Armor

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*

 *Ephesians 6:13 and 1 Thessalonians 5:8*

Why is "taking up" and wearing the full armour so crucial according to these verses?

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How does Ephesians 6:13 describe the nature of the spiritual battle that believers face? In what ways do you see evidence of spiritual warfare in your own life or in the world around you?

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**Prayer**



## DAY 2 – Standing Firm with Truth

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:14a and John 14:6*

What does the "belt of truth" equip us with in spiritual warfare? Why is the truth so foundational?

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How does Jesus' statement in John 14:6 show He is the truth that girds us? How does truth serve as a foundational element in spiritual warfare and in the Christian life?

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**Prayer**

### **DAY 3 – The Breastplate of Righteousness**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:14b and 2 Corinthians 5:21*

Why is righteousness pictured as a breastplate? What does it protect? According to 2 Corinthians 5:21, how has Christ's work made us righteous?

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How does righteousness guard our hearts and protect us in spiritual battles?

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**Prayer**

## DAY 4 – Feet Fitted with the Gospel

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:15 and Romans 10:15*

How does the gospel give our feet "readiness"? What does this picture of shoes imply? Why does Romans 10:15 say feet that spread the gospel are "beautiful"?

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In what ways does the gospel equip believers to stand firm and bring peace amid spiritual warfare and conflict?

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**Prayer**

## DAY 5 – Standing Firm

*Read the following Scriptures several times, observe the circumstances, write down your thoughts, and apply the truths to your life:*



*Ephesians 6:13-15 and 1 Corinthians 16:13*

What posture and stance does Paul repeatedly call believers to have (Ephesians 6:13-14)?

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According to 1 Corinthians 16:13, what else are we to do along with standing firm?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 6:13-15 and 1 Corinthians*

*16:13*

### Discussion questions

Why do you think Paul emphasizes the need to put on the "full armour" of God (Ephesians 6:13)? What vulnerability do we have if we neglect even part of the spiritual armour?

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The "belt of truth" (Ephesians 6:14) is listed first. Why is the truth so foundational to the rest of our spiritual defence? How can we practically "gird" ourselves with God's truth daily?

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Paul instructs believers to have their "feet fitted with the readiness that comes from the gospel of peace" (Ephesians 6:15). What does this imagery convey about how the gospel should make us "ready"? How does knowing the gospel give you footing and stability?

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This passage is full of action verbs - take up, stand firm, fasten, put on. What does this intense language indicate about the intentionality required in spiritual warfare? How can our group encourage each other to persistently clothe ourselves in God's armour?

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**Close in prayer**

## **Week 9 – Protection in Christ – Part 2**


**MEMORY VERSE** - *Ephesians 6:16-17* - *In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.*

### **Introduction to this week's study**

We don't fight our battles alone - we have our Lord Jesus Christ fighting alongside us. He has not left us empty-handed but has equipped us with powerful spiritual weapons to defend ourselves and defeat the enemy. As we continue our study in Ephesians 6, we will learn to understand the significance of the shield of faith and the helmet of salvation. The shield of faith protects us from the flaming arrows of the evil one, while the helmet of salvation guards our minds and hearts. These are crucial pieces of spiritual armour that we must take up and use effectively. May you take up the weapons and use what God has given you to protect, your Identity (chapter 1), your purpose (chapter 2), your calling in the church (chapter 3), your Christian character (chapter 4) and your family (chapter 5).

## DAY 1 – Flaming arrows

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:16, John 8:44 and Matthew 4:1-11*

What are the flaming arrows that satan uses to attack our faith?

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What lies did satan tell Adam and Eve? In what ways did satan attack Jesus? Identify how satan has been attacking you in a similar fashion.

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**Prayer**



## DAY 2 – The shield of faith

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:16, Hebrews 11:1, Romans 16:25  
and 1 Corinthians 2:5*

Why is faith compared to a shield? Read Hebrews 11:1 and integrate the definition into the reason.

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What happens when faith is put into action?

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**Prayer**

### **DAY 3: Effective use of the shield**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Romans 10:17, Romans 4:18-25, Philippians 4:13*

How can we strengthen our faith to make it a more effective shield?

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Are there “attacks” of fear, lack of trusting God, or temptations currently in your life? Pray and make a list focusing on what you have learnt and taking up the shield of faith.

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**Prayer**

## **DAY 4 – The Helmet of Salvation**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:17, 1 John 5:10-12 and Romans 12:1-2*

Satan is the father of lies. What is the purpose of the helmet?

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How sure are you of your salvation? Identify the times in your life when you doubt. Read 1 John 5:10-12 prayerfully.

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## **Prayer**

## DAY 5 - The Sword

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:17, Hebrews 4:12-13, Jeremiah 23:29 and Isaiah 55:11*

Why is the sword the only attacking weapon?

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What do you need to commit to more, so that you know God's Word and take up the Sword?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer



**Read:** *Ephesians 6:16-17, Hebrews 11:1, Romans 10:17, Romans 4:18-25, Hebrews 4:12-13 and Isaiah 55:11*

### Discussion questions

Discuss the purpose of a shield in war and the similarities between the shield of faith and a shield in war.

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Read Romans 4:18-25. Describe how we can use the shield by looking at the life of Abraham:

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In what circumstances do Christians fail to wear their helmet of salvation? What is the impact of wearing the helmet of salvation?

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What methods are you using to attack the enemy? Why is the Word of God the attacking weapon and how should we be using the weapon daily?

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**Close in prayer**

## **Week 10 – Protection in Christ: Prayer**

**MEMORY VERSE** – *Ephesians 6:18* - *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.*


### **Introduction to this week's study**

To live a Christ-centred life, we need the protection and spiritual weapons that are available to us in Christ. The enemy is constantly trying to distract us, tempt us, and make us lose sight of the truth. But through our union with Christ, we have access to the full armour of God to stand firm against the schemes of the devil. The key to winning this spiritual battle is to be on our knees before God in prayer. We cannot fight this war in our own strength - we desperately need the help and power of the Holy Spirit. By seeking God's wisdom, guidance, and intervention, we acknowledge our dependence on Him and position ourselves to experience his victory.

This week's lesson, then, is a call to humility and intimacy with our Heavenly Father

## DAY 1 – Fight in Prayer

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:18, 1 Thessalonians 5:17, Colossians 4:2, Matthew 26:41 and Luke 18:1-8*

Why is prayer such a crucial part of a Christian's life?

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Is continuous prayer optional or only for certain types of Christians? Write down a strategy for yourself to spend more quality time in prayer.

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**Prayer**



## DAY 2 – Praying in the Spirit

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*



*Ephesians 6:18, Jude 1:20, Romans 8:26-27 and John 15:26*

What is a Biblical view of praying in the Spirit? How would you define this to someone?

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Why is it so important that praying in the Spirit is praying His will, His Word, His Work?

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**Prayer**

### **DAY 3: Prayer as a Priority**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Matthew 6:19-13, Romans 10:17, Romans 4:18-25 and Philippians 4:13*

What do you learn about prayer in these passages?

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Write down principles for praying like Jesus from Matthew 6:9-13.

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**Prayer**

## DAY 4 – Praying for the Church

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:18, 1 Timothy 2:1, James 5:16, 3 John 1:2, Romans 10:1 and Philippians 4:6-10*

What are the things we can pray for with and for other believers?

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Write the names of 3 people in the church who you will pray for, for whom you have never prayed for.

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**Prayer**

## **DAY 5 - Praying for your Leaders**

*Read the following Scriptures several times, observe the circumstances, write down your thoughts and apply the truths to your life:*

 *Ephesians 6:19, Colossians 4:3, 2 Thessalonians 3:1 and Hebrews 13:18*

What Biblical values are given for praying for church leaders?

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What will be the effect of praying for the leaders in your life and the church?

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**Prayer**



## SMALL GROUP DISCUSSION



### Prayer

 **Read:** *Ephesians 6:18-19, Matthew 26:41, Jude 1:20, Romans 8:26-27 and John 15:26*

### Discussion questions

Share with the group valuable principles of prayer that you have discovered in your walk with Jesus.

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Why is prayer so important in spiritual warfare, how must we be using prayer in our spiritual battles?

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What does it mean to pray in the Spirit and why is it so important?

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Make a list of prayers to pray for those in the group regarding the spiritual attack on their lives and make a list of things to pray for the leaders of the church.

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**Close in prayer**





DEO GLORIA



Glorify to God -  
Making God's glory known

COMMUNITY




Creating community -  
Serving the community

CHURCH




A loving family of God  
in Rockingham

WORD-BASED



The Bible is the  
foundation of truth

CHRIST-CENTRED



Jesus is the centre  
of our faith

SPIRIT INSPIRED



God's Spirit inspires us  
to live and proclaim  
His truth

DISCIPLE-MAKING



Journeyming together,  
following Jesus in obedience