

Lesson One

Armor: Like It Or Not

Bottom Line: If we don't understand the invisible war, we'll misunderstand much of our life.

Key Scripture: Ephesians 6:10-12

A Note To Group Leaders:

Keep in mind the goal of every meeting is to create meaningful conversation and connection. Feel free to choose a few questions for discussion and adjust questions as needed.

Thought Starters

What were you most afraid of as a child? What are some of the dangers that concern you now?

What are some of your favorite movies or TV shows that involve a battle between good and evil? What about these movies or shows intrigue you the most?

Questions For Reflection

Invisible World | Read Ephesians 6:10-12 and 2 Corinthians 4:18

In his letter to the Ephesians, Paul closes with a warning about the spiritual war raging around believers in Christ. What comes to mind when you read the words “*spiritual forces of evil in the heavenly realms?*”

Do you ever think there might be something other than what you can see at work in your friendships? Marriage? Work? Why or why not?

If you are to stand against the Devil's unseen schemes, you need to be able to recognize them in your life. Where and how do you feel the devil comes against you? Read 1 John 2:15-16 and Colossians 3:5-10 for some guidance.

The Devil

Scripture refers to him as “the anointed cherub” (Eze. 28:14), “the prince of the power of air” (Eph. 2:2) and one who hinders God's servants and the gospel (1 Th. 2:18 & 2 Cor. 4:4).

Application In Your Life

Invisible Struggle | Reread Ephesians 6:12 and Read Revelation 12:7-12

In Ephesians 6:12, the word *struggle* means hand-to-hand combat, or to “wrestle.” In Revelations, we get a picture of the battle. But, as a human, how are we to wrestle against something unseen? See page 2 and the ‘Go A Little Further’ section for some ideas.

In warfare, the struggle is not won on the battlefield but in the planning and preparation for battle. This week, in what ways can you prepare yourself for battle against the devil's schemes?

Table Talk

This week, spend one meal together with your family or a trusted friend discussing the question and memory verse below. Through this time, you will learn how to integrate God's Word into your everyday life and closest relationships.


What is one thing you are afraid of and why?

Read the following verse aloud: "Be strong in the Lord and in the strength of His might."
Ephesians 6:10

What does it mean to you to "be strong in the Lord?" When you are afraid, what will it take for you to remember God's Word and His power to protect you, even against those dangers you cannot see?

Close your meal time in prayer, proclaiming God's victory over everything that is set against us and asking for His protection and strength through His Spirit for the week to come.

Go A Little Further

 Take a few minutes to pray through the following prayer^a as you start each day. Also, look up the accompanying scripture and use it to think through the schemes you feel the devil planning against you and God's promise to bring victory in your life.


My body is a temple for the Holy Spirit,¹ redeemed,² cleansed,³ sanctified by the blood of Jesus.⁴ My members, the parts of my body are instruments of righteousness,⁵ yielded to God for His service and for His glory.

The devil has no place in me, no power over me, no unsettled claims against me. All has been settled by the blood of Jesus.⁶

I overcome Satan by the blood of the lamb and by the word of my testimony, and I love not my life unto the death. I crucify my flesh, my self, my ego, my way.⁷


My body is for the Lord and the Lord is for my body.⁸ Amen.

¹1 Cor. 6:19 ²Eph. 1:7, *Psa.* 107:2 ³1 John 1:7 ⁴Heb. 13:12 ⁵Rom. 6:13 ⁶Rom. 8:33-34 ⁷Rev. 12:11 ⁸1 Cor. 6:13
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 Get together as a group or with friends and watch an epic battle, e.g., Star Wars, Gladiator, Rob Roy or Braveheart.

Think about the following as you watch and discuss as a group afterwards:

- Who is the "good guy" and the "bad guy?"
- What are the motives or desires of the "bad guy?" Are they clear? How do the actions of the "bad guy" remind you of Satan's schemes?
- Does good ultimately triumph over evil in this story? How? If not, why not? In what way does this story speak to you and your daily struggles?

 Read "The Bondage Breaker," by Neil T. Anderson. In this book, Anderson helps people break negative thought patterns, control irrational feelings, and break out of the bondage of sinful behavior. Those struggling will discover how to embrace the promise of Jesus to win the spiritual battles that confront them.