

WHAT ARE WE WEARING? Ps Nu Telea

Life Group Notes



CONNECT QUESTIONS

What is your favourite piece of clothing and why?

If you got to wear a superhero outfit for a day – which one would you choose?

Ephesians 6:10-18. Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. 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. Therefore put on the full armor 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. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. 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. 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.

Paul in this letter to the Ephesians, was reminding them that we have an enemy, and that we are in a battle. Our enemy the devil, has evil schemes and seeks to kill, steal and destroy. Our job is to battle against these schemes and to stand firm in God's word. What do you think are some keys to standing firm in your faith?

The end of this passage of scripture talks about the importance of prayer. Did you know that revival is birthed out of prayer – we need to keep praying and not lose our heart for prayer. How would you describe your prayer life? What works for you? What areas of prayer do you struggle with? How could you strengthen your prayer life?

If we were to rock up to a building site in our jandals and t-shirt do you think we would be given access? NO – we wouldn't be allowed onsite as we would not be prepared for the health and safety aspects of a building site. In the same way, we need to dress appropriately for our spiritual life. What do you think this means?

Check out **John 8:32**. The Armour of God starts with the belt of truth. The belt in a soldier's attire gathered their tunics close to their bodies, removing excess material to allow them the freedom needed to fight! In the same way, all we do needs to begin with truth – check out **John 8:32**. Why do you think truth sets us free?

Check out **Hebrews 14:12**. The word of God is the sword of the spirit – and it rests against the belt of truth. We need to read God's word through the lens of truth – ensuring we don't believe partial ideas or wrong teaching. How well are you able to recall God's word at times when you need encouragement or strength, or to encourage another? What strategies do you use to read God's word? What could you do this week to strengthen your knowledge of the Word?

There are three defensive pieces of the Armour of God which are designed to protect us. This is because the enemy will often attack us in three key areas:

1. Our identity – we are the righteousness of God through Jesus (Breastplate of righteousness to guard our hearts)
2. Our ability – we are empowered to do mighty acts (Shield of Faith to help us to keep advancing in spite of attack)
3. Our destiny – we have a plan and a purpose (Helmet of Salvation to keep our minds fixed on eternity)

Which of these three areas do you feel the most vulnerable? What are some practical steps you could take to be able to stand in faith despite your circumstances? Share any testimonies you have of breakthrough in any of these areas that may encourage others in your group.

Finally, we put on the Sandals of the Gospel of Peace. This is a picture of being able to stand your ground regardless of the terrain you are in - whatever the situation you face, you can draw on the peace of God. How do you think we can do this practically when we are having a stressful or tough day?

PRAYER

Pray together and ask God to clothe you in the FULL Armour of God – make this a daily habit ☺
Pray for one another to be able to stand, regardless of the circumstances we face!