



Be Strong | Don't Fight without your Armor  
09.25.22

**START TALKING | (Find a conversation starter for your group)**

When you think of a uniform or equipment that you wear, what comes to mind? A job? A certain kind of responder? Military?

**START EXPLORING | (Read the Bible)**

Read Ephesians 6:16. We learned that the shield of faith extinguishes the enemy's flaming arrows. Let's look at several examples of flaming arrows.

- Read Genesis 3:1. What flaming arrow is the enemy shooting toward Eve?
- Read Nehemiah 4:1-2. What flaming arrow is the enemy shooting through Sanballat against the Israelites?
- Read Mark 8:31-33. What flaming arrow is the enemy shooting through Peter toward Jesus?
- Read 1Thessalonians 3:5. What flaming arrow does the enemy shoot toward believers?

**START SHARING | (Choose a question to create openness)**

- Can you name all the pieces of body armor listed in Ephesians 6?
- What is the one piece of armor that you need the most today?
- Where does the enemy attack you?
- What is an application for you from the message?
- How can this group support you?

More continued on back



**Start Praying. (Be bold and pray with power)**

*“God, there is a real battle with our enemy, but You have already won the war! Thank You for the body armor that you have equipped me with to fight in the battle. You know where the enemy attacks me, and you know what pieces of equipment I need most. Give me the will and desire to PUT ON the armor and BE STRONG in Jesus name, amen.”*

**Start Doing. (Commit to a step, and live it out this week)**

- Take time in your chair this week to review the qualities listed on the bookmark resource (09/25 handout) and answer the questions.