

## **Fitted For the Fight Small Group Guide**

### **Warm-up Questions:**

1. If you could choose any superhero's armor or powers for a day, whose would you pick and why?
2. If you could always leave the house with *one* item (besides your phone or wallet), what would it be?

### **Read the following passages:** Ephesians 6:10-18

In Ephesians 6, Paul reminds us that life's struggles are not just physical or circumstantial. Beneath the surface, there is a spiritual war that impacts our minds, our relationships, our faith, and our focus. But God has not left us uncovered. Through Jesus, we have been given armor; truth, righteousness, peace, faith, salvation, and the Word. That is not just symbolic but sourced in Christ Himself. In a world that pulls us toward distraction, division, and despair, God has already provided what we need to stand firm.

**Questions for Discussion** (Choose several that are relevant for your group):

### **THE FIGHT BENEATH THE SURFACE**

**Read Ephesians 6:10-12. Acts 19:23-31.**

*Paul reminds us that the real battle isn't against people. It's against spiritual forces. It's not just "life being life." There's more happening beneath the surface.*

1. Ephesus was a place where Gospel transformation collided with spiritual resistance. Where are you seeing that same collision in your own life right now; where God is building something in you, but resistance keeps showing up?
2. Where are you most tempted right now to fight people or yourself instead of fighting the real enemy? What would it cost you to be honest about that?
3. Ephesus wasn't neutral. It had systems built around spiritual darkness. Where have you been treating a spiritually charged environment like it's neutral? and how would seeing it clearly change the way you show up?

**DRESSED UP, BUT UNARMED: Read Acts 19:13-16 (The Sons of Sceva);**

**Read 1 Samuel 17:38-40 (David's armor)**

*Spiritual warfare exposes whether we're performing or truly positioned. David also shows us what it looks like to fight from God's covering, not someone else's.*

4. What stands out to you from the story of the Sons of Sceva? How do you think it's possible today to have proximity to God but lack His covering?

5. What “borrowed armor” (someone else's faith, words, practices) might you be leaning on instead of your own relationship with Jesus?
6. David knew what “fit” him when he faced Goliath. David trusted what God had shaped in him. What is God calling you to trust, even if it feels unfamiliar or uncomfortable?

## **JESUS, THE BUYER // THE COST OF THE ARMOR**

**Read Isaiah 59:17 and Colossians 2:13-15.**

***The armor isn't just gear. It is Jesus. It's sourced in His victory over sin and death.***

7. When you think about the armor of God, do you treat it more like an accessory you add when needed... or a victory you live from daily?
8. What parts of your life show that you *trust* Jesus' sacrifice... and what parts reveal you're still trying to earn protection on your own?
9. What piece of the armor (truth, righteousness, peace, faith, salvation, the Word) do you most need to intentionally “put on” right now?

## **THE WAR AT HOME**

**Read 2 Peter 1:3 and Ephesians 6:12.**

***The real war often shows up in daily struggles; communication breakdowns, anxiety, weariness. It's not “just life”. Sometimes it's spiritual resistance that needs to be addressed with spiritual weapons.***

10. What's one lie or distraction you've allowed to live in your mind, home, or relationships because you stopped guarding that ground spiritually?
11. How would your daily rhythms shift if you woke up each morning recognizing you are in a battle for your peace, your faith, and your purpose?

## **PUTTING IT ON – THE HOLY SPIRIT & COMMUNITY**

**Read Ephesians 6:18, Hebrews 10:24-25 and John 14:26.**

***The armor is personal, but it's also practiced in community.  
The Holy Spirit equips us personally and collectively.***

12. If someone watched your life for a week, would they say you're more shaped by culture, your emotions, or the Spirit? What does that reveal about what you're actually standing in?
13. How has community helped you stand stronger in your faith? Who in your life helps remind you what's true when you forget? Are you letting them in right now?
14. What would it look like this week to take one small but real step toward a deeper daily rhythm with the Holy Spirit?

**Pray Together.**