



1. Why do you think it can be so hard to remember who God says we are?

📖 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world... (Ephesians 6:12).

- Paul reminds us that there is more happening beneath the surface of our everyday lives than we may realize. The Christian life is not only about believing in Jesus, but a spiritual fight to keep trusting, believing, and standing firm in what God says is true. The enemy is crafty and works through lies, shame, fear, and temptation to pull us away from our identity in Christ.
- **Follow-up:** What distractions, struggles, or lies most often pull your attention away from God? How do those things affect the way you think about yourself and your relationship with him?

2. What helps you stay grounded when life feels overwhelming or uncertain?

📖 Take the helmet of salvation and the sword of the Spirit, which is the word of God (Ephesians 6:17).

- Paul describes the armor of God as practical tools that help us stand firm in the middle of fear, temptation, confusion, and spiritual drift. God's truth protects our minds, shapes our identity, and reminds us that we are loved, forgiven, and secure in Christ. Rather than fighting from a place of fear or panic, Jesus invites us to stand confidently in what he has already done for us.
- **Follow-up:** What practices or rhythms help you stay connected to God and grounded in truth? Are there any habits you want to strengthen or begin in this season of your life?

3. Who or what do you see as "the enemy" when conflict happens in your life?

📖 Put on the full armor of God, so that you can take your stand against the devil's schemes (Ephesians 6:11).

- Paul makes an important distinction in Ephesians 6: people are not the enemy. While conflict, hurt, and disagreement are very real, Paul reminds us that our struggle is ultimately spiritual, not simply against one another. When we begin viewing people as the enemy, it becomes easy to lose sight of grace, compassion, truth, and reconciliation.

- **Follow-up:** Is there a relationship or conflict in your life where you may be focusing more on the person than on what is happening underneath the surface? What might it look like to approach that situation differently?