

SMALL GROUP BIBLE STUDY

EPHESIANS 6 (KJV) · AUGUST 27, 2026

1. STUDY TITLE

Standing in Grace: Ordinary Life and Spiritual Warfare in Christ

2. FOCUS PASSAGE

Ephesians 6:10–20

Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints; And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, For which I am an ambassador in bonds: that therein I may speak boldly, as I ought to speak.
(Ephesians 6:10–20)

3. BIG IDEA / MAIN POINT

Because believers are engaged in a real spiritual conflict against unseen powers, our strength and victory come not from self-reliance, but from continually putting on the spiritual armor provided by God in Christ.

4. SESSION OVERVIEW (FOR THE LEADER)

- Suggested time: 60–90 minutes
- Goal of the study: To help group members recognize the reality of spiritual warfare in everyday life, move away from self-dependence, and consciously rely on Christ's strength and redemptive provision to stand firm.

- Special notes: This passage connects directly to the practical relational duties (family, work) mentioned just prior in Ephesians (Ephesians 5:21–6:9). Remind the group that spiritual warfare is not just about dramatic supernatural events, but about faithfulness in our daily callings.

5. OPENING (10–12 MIN)

- Welcome: "Welcome, everyone! It's great to be together around God's Word tonight as we look at what it means to stand firm in our faith."
- Icebreaker: "Think of a time when you had to prepare thoroughly for a major event, test, or physically demanding task. What did preparation look like for you?"
- Opening Prayer: "Father, thank You for bringing us together. As we open Your Word tonight, open our hearts to understand the reality of Your grace and the strength You provide for our daily lives. In Jesus' name, amen."

6. CONTEXT & SETTING THE SCENE (3–5 MIN)

Toward the end of his letter to the Ephesians, the Apostle Paul pivots from explaining our glorious identity in Christ to explaining how we live out that identity in a hostile world. He has just addressed everyday relationships—husbands and wives, parents and children, masters and servants—showing that the gospel transforms our ordinary, earthly duties. Now, Paul reveals the invisible backdrop behind all of human life: there is an active spiritual adversary seeking to undermine God's people. To face this unseen enemy, believers cannot rely on human cleverness or willpower; we must rely entirely on the strength and armor supplied by God. Let's read the passage together.

7. READ THE PASSAGE

(Invite one person to read Ephesians 6:10–20 aloud. Then, have the group read it silently or have a second person read verses 10–13 again for emphasis.)

8. OBSERVATION QUESTIONS ("WHAT DOES THE TEXT SAY?")

1. Where does Paul tell the believers to find their strength, and whose might are they relying on (v. 10)?
2. According to verse 12, what are we *not* wrestling against, and what *are* we wrestling against?
3. How many times does the word "stand" or "withstand" appear in verses 11 through 14? What does this repetition suggest is the primary posture of the believer?
4. List the pieces of the "armour of God" mentioned in verses 14 through 17.
5. What twin activities does Paul couple with the wearing of the armor in verses 18 through 20 (regarding prayer and gospel proclamation)?

9. INTERPRETATION QUESTIONS (“WHAT DOES THE TEXT MEAN?”)

1. What does it mean to be “strong in the Lord, and in the power of his might” as opposed to relying on our own moral resolve (v. 10)? How does this reflect the broader Reformed soteriological truth that salvation and sanctification are entirely dependent on God's grace?
2. Why is it vital to remember that our struggle is “not against flesh and blood” (v. 12)? How does forgetting this truth change the way we respond to difficult people or earthly opposition?
3. Look closely at the specific pieces of armor (truth, righteousness, the gospel of peace, faith, salvation, the Word of God). How do these attributes reflect the character and work of Jesus Christ? (Hint: Who is the ultimate truth, righteousness, and peace?)
4. Paul describes the sword of the Spirit as “the word of God” (v. 17). How did Jesus model the use of this weapon during His temptation in the wilderness (Matthew 4:1–11)?
5. Why is prayer described in verse 18 as being “in the Spirit” with “all perseverance”? How does this emphasize our daily dependence upon God rather than a one-time spiritual effort?

10. APPLICATION QUESTIONS (“HOW SHOULD THIS CHANGE US?”)

1. **Personal/Real-Life:** In what specific area of your life (work, family, personal thought life, or temptation) do you feel the most vulnerable to spiritual discouragement or weariness right now?
2. **Personal/Real-Life:** When facing trials or temptations, what is your default tendency? Do you tend to rely on self-reliance (trying harder in your own strength), or do you turn immediately to “the power of his might”?
3. **Gospel Reminder:** Because our standing before God is secured by Christ's finished work on the cross, we do not fight to *earn* God's love, but from the secure position of being deeply loved children. How does knowing your salvation is secure (Ephesians 2:8–9) change how you approach spiritual warfare?
4. **Group/Community:** Notice how verse 18 calls for supplication “for all saints” and Paul asks for prayer for his own bold witness (v. 19). Why is it dangerous to try to fight the Christian life in isolation, and how can our small group better support one another in spiritual battle?
5. **Action:** Looking at the list of armor, which piece feels most neglected in your daily routine right now (e.g., spending time in the Word, anchoring in the gospel of peace, or consistent prayer)?
 - *This week I will...* Take one specific step to put on that piece of armor daily, such as spending five minutes each morning anchoring my mind in the gospel before checking my phone or facing the day's demands.

11. RESPONSE & CLOSING (10–15 MIN)

- **Reflection / Silence:** Take 60 seconds of quiet reflection to ask the Holy Spirit to reveal any area of life where you have been relying on your own strength rather than the power of God.
- **Prayer Requests:** Invite group members to share brief, specific prayer requests, particularly regarding areas where they need God's strength to stand firm.
- **Closing Prayer:**

"Heavenly Father, thank You that we do not fight our battles alone or in our own weak strength. Thank You for clothing us in the righteousness and salvation won for us by Jesus Christ. Forgive us for the times we rely on our own efforts instead of Your mighty power. Help this group to stand firm together, covered in Your armor, anchored in Your truth, and bold in sharing the mystery of the gospel. In Jesus' name, amen."
- **Memory Verse (Take Home):**

Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.
(Ephesians 6:11)