

Be Well Suited

Ephesians 6

Week of October 13 - 19

This chapter continues the section began in chapter 5 by providing examples of how relationships should function among those who are children of God. It then concludes with Paul's famous depiction of "the armor of God".

Objective: Further understand how Christians should relate in their relationships. Examine the "armor of God" and discover practical ways to wear and use this "armor" in our lives.

1. **Opening Discussion: What did you learn about God and yourself through your experience this week?** (The commitment you made last week.)

Read Ephesians 6:1-9

2. **This entire section was introduced with Ephesians 5:21. "Submit to one another..." In what ways are children to submit to their parents? In what ways are parents to submit to their children?**
3. **We no longer have "slaves" and "masters" in our society today as they did in Paul's day. However, we still have plenty of situations where there is a hierarchy – people in positions of authority over others. With that in mind, how would you apply these verses about proper behavior for slaves and masters to your own life? Your job? Organizations you are involved with?**
4. **Based on everything you have studied in Ephesians 5:21-6:9, how would you define Christian submission? How is this similar and/or different from the way society commonly thinks of submission?**

Read Ephesians 6:10-24

The table below lists the pieces of equipment motioned here and the role they would play in protecting a Roman soldier. Use this chart to aid in your discussion of “the Armor of God”.

Armor/Equipment	Protecting Role
Belt	Protect the waist region, support/carry other armor and equipment
Breastplate	Protect chest area – vital organs such as lungs and heart
Shoes/Sandals	Protect feet from injury, aid in providing firm footing
Shield	Stop arrows, especially help to put out arrows that had been set on fire
Helmet	Protect the head, face and brain
Sword	A short sword designed to be used in close combat. Since it is used in close range it must be used with precision. This is primarily a defensive weapon.

5. What is the source of “strength”, “might”, “power” and “armor” here? What does that communicate about our role?

6. Who/what are Christians in a “battle” against? Describe who this is or what these terms mean. (It may be helpful to look at different Bible translations.)

7. The table below lists the six pieces mentioned here that make up the “armor of God”. Fill in the table by describing what each piece of armor means and how it functions to protect us in real-life situations. I’ve included an example to get you started.

Armor/Equipment	Explanation and Real-Life Application
Belt of truth	God’s truth – all that he has revealed to us. Knowing what is really true provides a solid foundation for our lives and protection from evil’s lies and subtle deceptions.
Breastplate of righteousness	
Shoes/Sandals readiness from the gospel of peace	
Shield of faith	
Helmet of salvation	
Sword – the word of God	

8. Choose two pieces of the “armor of God” and describe a real-life situation where you might use that piece of “battle gear”.

9. How well do you think a soldier would do if we supplied him with all the greatest equipment and sent him into battle - but he had never actually put on or used any of it before? How much practice with the “armor of God” are you doing on a regular basis? Which bit of gear do you need the most practice with?

10. What role does prayer play in the “battle” we are engaged in? How does this fit in with the armor of God?

Apply

11. Decide on ONE thing you would like to do based on what you have studied here. Share it with your group and commit to doing it for the upcoming week. Be prepared to share your experience with the group.

This week I commit to:

****See notes on question #13 in week one for tips on this exercise.****

Ideas for this week include:

- Clearly define Christian submission. (Study other bible passages as well.) Think and pray about two situations in your life where you need to better practice Christian submission. Focus on doing so this week.
- Read Ephesians 6:5-9 each day before you leave for work. Pray that God will help you to work as if you were “serving the Lord, not men.”
- Choose one piece of “gear” mentioned as part of the armor of God. Think about what it would mean to use this piece of gear in your daily life this week. Focus on practicing using it!
- ****Remember – these are only ideas! Feel free to come up with your own commitment.****