

WEEKLY GROUP DISCUSSION GUIDE

Week of Sunday August 2, 2026

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INTRODUCTION

In **Ephesians 6:10–18**, Paul reminds believers that following Jesus does not remove life's battles—it prepares us to stand firm through them. God is not inviting us to rely on our own strength or simply try harder; He is inviting us to depend on His strength and His truth. Every person experiences the tension of wondering what to believe when fear, hardship, disappointment, or anxiety begin to speak louder than God's Word. As we open Scripture together, let's ask God to reveal any lies we've been believing and help us stand firmly in the truth that leads to freedom.

Main Passage:

Ephesians 6:10–18

DISCUSSION QUESTIONS

Stand Firm In The Truth

READ ALOUD

Ephesians 6:10–18

Opening Question: What is something you've had to learn that became much easier once someone showed you the right way?

- What words or phrases stand out to you most in this passage?
- What do you notice about what God asks believers to do during spiritual battles?
- Why do you think Paul begins the armor of God by talking about being strong in the Lord and standing firm?
- Where do you think people today are most tempted to believe something other than God's truth?

APPLY

- What challenge or hardship are you facing right now that is testing your faith?
- Is there a lie, fear, or unhealthy belief you've been tempted to accept instead of God's truth?
- What would trusting God's truth instead of your feelings look like this week?

RESPOND

- What is one practical step you can take this week to stay rooted in God's truth?
- Who could you encourage or pray for this week who may be struggling to stand firm?

DIGGING DEEPER *(optional)*

Ephesians 6:10–20

- How does each piece of God's armor help believers stand against spiritual attacks?
- Why do you think Paul finishes by encouraging believers to pray continually?
- How do the different pieces of armor work together instead of independently?

PRAY

Invite everyone to spend a few moments quietly asking God to reveal any lies, fears, or false beliefs they have been trusting. Pray together for courage to stand firm in Christ, wisdom to recognize His truth, and strength to obey Him even when it is difficult. Thank Jesus that His truth brings freedom and that His grace is greater than our failures.

QUESTIONS FOR FAMILIES

Ephesians 6:10–18

- What do you think it means to be "strong in the Lord" instead of just being strong by yourself?
- What is one way the enemy tries to distract people from following Jesus?
- Why do you think God wants us to know His truth?
- What is one Bible truth our family can remember this week when life feels hard?

For younger children: Remind your child that Jesus is always with them. Encourage them to talk to Him whenever they feel scared, worried, or alone because Jesus is stronger than anything they face.

For older kids or students: What is one lie or pressure you regularly face at school, online, or with friends, and what truth from God's Word helps you respond to it?

BIBLE READING PLAN (OPTIONAL)

Scripture to read as you pray this week:

- **Day 1:** Acts 15:1–5
- **Day 2:** Acts 15:6–11
- **Day 3:** Acts 15:12–21
- **Day 4:** Acts 15:22–35
- **Day 5:** Acts 15:36–41

What's Going On?

Ephesians is Paul's letter reminding believers who they are because of Jesus and how they are called to live. After spending much of the letter explaining God's grace and the new life believers have in Christ, Paul closes with a picture of the Christian life as a spiritual battle.

The command is not to fight in our own strength but to stand firm in God's strength. The enemy works to deceive, discourage, tempt, and distract believers, so God provides spiritual armor that enables His people to remain faithful. The first piece Paul mentions is the belt of truth, reminding us that everything else depends on knowing and holding onto what is true.

This matters because every believer will face hardship, temptation, fear, and lies. Victory doesn't come from avoiding difficult circumstances but from remaining anchored in Jesus and His Word through them.

A Bit of Background

Roman soldiers wore a sturdy belt that held much of their armor together. Without it, the rest of their equipment became loose and ineffective. In the same way, truth supports every other part of the Christian life.

When believers lose sight of God's truth, they become far more vulnerable to the enemy's lies. Standing firm begins with knowing what God has said and choosing to trust Him, even when feelings or circumstances suggest otherwise.