

The Armor of God (Ephesians 6:10-20)

Getting started:

Allow each person to introduce themselves (if needed) and share “high, low, buffalo.” (**High**= something good from the week, **Low**=something not good from the week, **Buffalo**=something surprising from the week, or something random). *Note: Anyone can choose to pass and not participate.*

Expect to experience God in prayer:

Pray together, asking God to open hearts to see his holiness and mercy in making atonement for sin.

Expect to experience God in fellowship:

Choose either the ice breaker activity or the Conversation Starter:

Icebreaker: Small Group Battleship

Divide the group into two teams. Team 1 is the offense, Team 2 is the defense. Team 2 secretly chooses 3-5 coordinates, using this simple grid:

A1-A5
B1-B5
C1-C5
D1-D5

(e.g., choice may be: A4, B3, B5, C2, D1).

Team 1 then begins calling out coordinates until all the targets have been hit. With each attempt, Team 2 calls out “Miss!” or “Hit!”

Record the number of guesses needed to successfully hit all the targets. If time allows, you can switch the two teams.

After each hit, you (activity leader) ask one of the following questions, to be answered by any or all in the group:

- When you get hit by adversity in your day-to-day life, what is your knee-jerk instinct: duck, defend, freeze, or overreact?
- If your reaction to taking a hit of adversity were a sound effect, what would it be?
- Think of a recent adversity: Did you see it coming? If you did, could you have avoided it or deflect it?
- What tiny adjustment would make you more resilient to adversity?
- If your week was a round of Battleship, which area of your life took the most shots?
- What emotion leaks out first when adversity hits-frustration, fear, sarcasm, impatience, or something else?
- When adversity hits, what takes on the most damage: your thoughts, your feelings, your physical health, or your spiritual being?
- What shapes your response to adversity more: pressure, expectations, truth, needs, or something else?

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- Does your recent adversity reveal a blind spot you've been ignoring? If so, what is it?

Conversation Starter (2 options):

If you had to wear one piece of real armor every day for the next month, which one would you choose and why?

(note: attached at the end of the study is a graphic of the full armor listed, to aid the discussion)

Or

What is something in your everyday life (it doesn't have to be spiritual) that makes you feel more prepared or grounded to handle your day – an object, a habit, a routine, or something else – and why does it help you?

Expect to experience God by reading and discussing God's Word together:

Background:

The Apostle Paul wrote this letter to the Christians in Ephesus to instill good doctrine in them. This letter first explained the Christian's identity: what God has done for you. Then, he explained the Christian responsibility: how to walk out your faith in daily living. He taught concepts that the Christian is chosen, redeemed, sealed, and blessed – once dead in sin, but now made alive in the Spirit; that new life in Christ gives new family, new purpose, and a new way of living. Then, he offered the sober reminder that this different way of living would be met with real opposition that required being equipped, steady and intentional.

Read Ephesians 6:10-20 Together

Discussion Questions (choose from these questions to discuss as a group):

1. What word or phrase in this passage stood out or hit you differently than you expected?

Paul was blunt: *You're already in a spiritual conflict whether you recognize it or not. Standing firm requires strength and protection you don't naturally have.*

2. What does it look in your life to find yourself in spiritual battle without your armor?

Since each piece will be covered later, discuss the *overview* now.

The armor is comprehensive.

3. What does it say to you about God? What does it say about you? What does it say about the enemy?
4. How have you seen the armor protect: your identity, stability, character, thinking, and defense?

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You don't "accidentally" suit up. You choose to.

5. How do you do this? Do you tend to think intentionally about "suiting up"? Why/not?

The armor reveals your vulnerabilities.

6. How does spiritual armor reveal which parts of your life face the most pressure?

Additional Optional Discussion Questions:

- What does the overall image of armor tell you about how Paul sees the Christian life?
- Where do you feel most exposed—not naming a specific armor piece, but a pattern (fear, distraction, anger, temptation, insecurity, exhaustion, etc.)?
- Why do believers often admire the metaphor but avoid the action?
- What part of your life feels like it's been unprotected for too long?

Paul doesn't treat prayer as an "extra." It's the operating system for the whole battle.

7. What role does prayer contribute in your spiritual warfare: proactive or reactive? Offensive or defensive?

Readiness Check (a simple way to add intentionality to your daily spiritual preparation):

- Name one battle you expect to face today.
- Ask God for strength beyond your own.
- Pray for one person you know is struggling.

Expect to experience God by closing in prayer together:

Pray for awareness of real battles, courage to stand firm, and openness to let God reshape how each person prepares.

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Roman Armor Reference Chart (Historical)

Armor Piece	Material	Weight	What It Felt Like	Common Inconveniences
Helmet (Galea)	Bronze or iron	5–8 lbs	Hot, tight, limited vision; cheek guards rubbed skin	Heavy for long marches; noisy; poor airflow
Breastplate (Lorica Segmentata)	Iron strips, leather straps	20–25 lbs	Rigid, protective, restricted bending	Hard to put on alone; traps heat; straps broke often
Breastplate (Lorica Hamata — chainmail)	Iron rings	15–20 lbs	Heavy on shoulders; flexible but sweaty	Absorbed heat, dirt, and smell; time-intensive repairs
Belt (Cingulum/Balteus)	Leather with metal plates/studs	2–3 lbs	Supportive; slapped thighs when moving	Metal heated under sun; shifted gear if worn loosely
Footgear (Caligae)	Leather with hobnail soles	1–2 lbs each	Comfortable; breathable; stable traction	Hobnails slippery on smooth floors; wore quickly
Shield (Scutum)	Layered wood, leather/linen cover, metal rim	15–20 lbs	Great coverage; tiring to hold up	Limited visibility; warped in rain; bulky in formation
Sword (Gladius)	Iron blade, wood grip	1.5–2.5 lbs	Fast and light; ideal for close combat	Needed constant sharpening; awkward draw position
Spear (Pilum)	Wood shaft, iron shank	4–7 lbs	Balanced but long; meant to bend on impact	Awkward to carry with shield; snagged on gear
Greaves	Bronze or iron	1–2 lbs each	Tight, hot, rubbed skin	Pinching; chafing; uncomfortable for distance
