

## WEEKLY GROUP GUIDE



**Scripture:** Ephesians 6:10–13



**Week of:** July 28, 2025



**Message Title:** Be Strong in the Lord



**Speaker:** Pastor Lenard Tavernelli

### ***1. ICEBREAKER (5–10 MINS)***

What's one thing you've trained for (sports, a job, a skill)? How did that preparation help you face pressure or difficulty?

### ***2. READ TOGETHER***

Read **Ephesians 6:10–20** aloud as a group.

Ask: "What stands out to you about Paul's description of the Christian life and spiritual battle?"

### ***3. GROUP DISCUSSION (30–40 MINS)***

#### ***DISCUSSION QUESTIONS:***

1. Verse 10 says, "Be strong in the Lord and in the strength of his might." What's the difference between being strong in yourself versus being strong in the Lord?
2. Pastor Lenard reminded us of Ephesians 1:19–21 and 2:5–6. What do those passages reveal about the power available to believers?
3. Paul says to "stand against the schemes of the devil." What are some of Satan's schemes that you've experienced or seen in others?
4. How does Satan deceive, tempt, and accuse (see Revelation 12:9–10, Genesis 3:6, James 1:14–15)? Which of these tactics have you felt most vulnerable to?

5. Why is it important to recognize that our enemy is not just people, but a spiritual force (v.12)? How might this reshape the way we deal with conflict or hardship?
6. The sermon pointed out that the enemy is united, spiritual, but also temporary. How do Romans 8:1, Colossians 2:14–15, and 1 Corinthians 10:13 encourage us in this battle?
7. What does it mean to “put on the full armor of God”? Why must we prepare before the day of evil, not just during it?
8. As a church, we’re called to grow mature disciples for the glory of God. How does standing firm in truth and resisting temptation help us grow in spiritual maturity—individually and as a group?
9. The sermon shared a contrast from Ephesians: what we once were versus who we are now in Christ. Which of those contrasts (e.g. darkness → light, old self → new self) stands out to you most right now?
10. How does resisting the enemy and drawing near to God (James 4:7–8, 1 Peter 5:9) help us proclaim the truth of Jesus to those watching our lives?

#### **4. PRAYER (10–15 MINS)**

Encourage the group to pray honestly and boldly.

***Prompt:***

**Ask God to help you rely on His strength, not your own. Pray for protection against temptation, for growth in truth, and for boldness in your mission.**