



Discussion Questions: Ephesians

Chapter 6:10-24

1. Strength in the Right Place (6:10)

Paul says, "Be strong in the Lord and in the strength of His might." We are strengthened by the Lord, not by what we manufacture ourselves. A man can be physically strong, financially successful, and highly respected, and still be spiritually weak. Where are you currently relying on your own strength, willpower, or reputation instead of depending on the Lord?

2. Armor On Before the Battle (6:11)

Paul commands us to "put on the whole armor of God," not just part of it, and to do it before the attack comes, not after. Where have you been slow to prepare spiritually, waiting until you are already under pressure before turning to God?

3. Know Your Enemy (6:12)

Paul makes clear our struggle is "not against flesh and blood." Satan often gets us fighting the wrong battle: husband against wife, parent against child, believer against believer. What person or circumstance have you been treating as the real enemy, when the actual battle underneath it is spiritual?

4. Ready for the Struggle (6:13)

Paul assumes an "evil day" will come and tells us to take up the full armor so we can "stand firm." What season of testing are you currently in, and what would it look like for you to keep standing rather than retreat or take it out on someone else?

5. The Belt of Truth (6:14a)

The belt held every other piece of a soldier's armor together. Truth means knowing God's word, rejecting deception, and being honest with others, but it also means being honest with yourself rather than maintaining a good spiritual image while hiding private sin. Where has a lack of honesty left you feeling exposed or unstable lately?

6. The Breastplate of Righteousness (6:14b)

The breastplate protects the vital organs. When guilt or accusations come after you, are you resting in Christ's righteousness given to you, or do you find yourself defending your own actions, decisions, and performance instead?

7. Firm Footing (6:15)

The gospel gives us stable footing and also prepares us to carry the message to others. Your mission field is right in front of you: your home, your workplace, your neighborhood, your everyday relationships. Where have you been outsourcing that responsibility to others or to the church instead of carrying it yourself?

8. The Shield of Faith (6:16)

Faith is described as a shield that quenches the "fiery darts of the wicked one": doubt, fear, temptation, discouragement, anger, distraction, or lies about God or about yourself. Faith does not mean pretending an attack is not real. It means trusting God when it is. What was the last dart that caught you off guard, and how did you respond?

9. The Helmet of Salvation (6:17a)

The helmet protects the mind, where our battles often begin, with lies like: you are not really forgiven, you cannot change, God does not love you, or you can compromise here and He will understand. What lie about your identity or your standing with God do you need to reject this week?

10. The Sword of the Spirit (6:17b)

The word of God is the only offensive weapon we are given, but you cannot effectively use a weapon you do not know how to handle. Jesus modeled this by answering temptation with Scripture, and Psalm 119:11 says, "Your word I have hidden in my heart." How much of God's word do you actually have hidden in your heart, ready to use before temptation comes?

11. Praying Always (6:18)

Paul tells us to pray "at all times, with all perseverance." Prayer is not one more piece of armor; it is the atmosphere we live and walk in while wearing it. A spiritually equipped man who does not pray is like a soldier carrying his gear but refusing to communicate with his commanding officer. Is prayer that constant in your life, or more of an occasional afterthought?

12. Boldness in Mission (6:19-20)

Paul, writing from prison, did not ask for comfort or release. He asked for boldness to keep proclaiming the gospel, because his circumstances did not change his calling. Who in your life do you need courage to speak the truth to right now, even if it costs you something?

13. The Danger of Isolation (6:21-22)

Paul surrounded himself with men like Tychicus rather than isolating himself, even at the height of his ministry. Who are the men in your life who ask you the hard questions, pray for you, encourage you, correct you, and walk with you? If that list is short, what is one step you can take this week to close that gap?

Closing Challenge

Paul does not end this letter fixated on Satan or the battle. He ends with grace and peace, his eyes fixed on Jesus. The armor is not something we manufacture ourselves; it's Christ's own truth, righteousness, peace, faith, and salvation that we put on. This week, ask yourself:

Am I trying to fight this battle in my own strength, or am I standing dressed in what Christ has already provided, with my gaze fixed on Him?