

Ephesians Study: Session 6 - Be Strong in the Lord: Family, Work, and Spiritual Warfare

(Lori Wilhite – Ephesians: Head Held High)

Big Idea

Christian living is both practical (in our homes and jobs) and powerful (in spiritual warfare). We don't fight in our own strength; we stand in the victory Christ has already won.

Discussion Questions

1. Read Ephesians 6:1-4 (see also Deuteronomy 5): What promise is given to children who obey their parents? Do any of the other Ten Commandments contain a promise? If so, which ones?
2. Read Ephesians 6:5-9. How does Paul instruct both bondservants (employees) and masters (employers) to relate to one another? What common motivation does he give them both?
3. Read Ephesians 6:10-12. What does it mean to "be strong in the Lord," and why is it important to understand that our struggle is not against flesh and blood?
4. Read Ephesians 6:13-17. Briefly describe each piece of the armor of God and how it helps us stand firm.

5. Read Ephesians 6:18-24. Why is prayer so important in the midst of spiritual warfare, and what does Paul ask the Ephesians to pray for regarding him?

Memory Verse(s)

Ephesians 6:10 – “Finally, be strong in the Lord and in the strength of his might.” (ESV)

Closing Thoughts on the Book of Ephesians

Throughout Ephesians, Paul reminds us of who we truly are in Christ: chosen before the foundation of the world, adopted as God’s beloved children, redeemed by His blood, sealed with the Holy Spirit, and seated with Christ in the heavenly places. This identity is not based on our performance, but on God’s grace.

As we walk out our faith in our families, workplaces, and spiritual battles, let this truth anchor you:

- You are not defined by your past failures, your current struggles, or the accusations of the enemy (the devil is a LIAR).
- You are a new creation and empowered by the same resurrection power that raised Jesus from the dead.
- Live from this secure identity - loved, accepted, and victorious in Him.

Final Encouragement

My prayer for each of you: that you would be rooted and grounded in love, comprehend the surpassing love of Christ, and be filled with all the fullness of God (Paul’s prayer in Ephesians 3:17-19).