

Vs. 18 – Prayer is Essential to Victory

1. Why is regular prayer as important to spiritual victory as “putting on the armor of God” is?
2. Prayer isn't a piece of armor — it's how we learn where our armor is weak. Has prayer ever revealed a blind spot in your character to you? How do you respond when God reveals those character growth areas?
3. What tends to keep you from praying consistently? What practical change could help you develop a more regular prayer life?
4. "Praying at all times" versus praying only before meals or in a crisis — which is closer to your normal rhythm?
5. It was suggested to start small: schedule prayer, start with five minutes, use the Lord's Prayer or the Psalms as a starting point. What's one practical step you could take this week to make prayer more consistent?

Sermon Discussion Points for



Ephesians
6:10-18

Calvary Chapel Groups
Sunday, July 19, 2026

CALVARY
— O X N A R D —

First

Read Ephesians 6: 10-18 – Paul shared with the Ephesians the key to overcoming spiritual opposition and attacks. The key is walking and living in godly character. Paul uses pieces of armor to illustrate how godly character arms believers to prevail in times of spiritual battle.

Think of a time you had to do something (a game, a job, a trip) without the right gear. What happened? What did you learn about preparation?

Vs.10-13– The Armor of God Helps Us Stand Against Our Enemy

1. Read verses 11-14 again slowly. The word "stand" shows up four times, but "attack" never appears. Why do you think God calls us to stand rather than attack?
2. Why is it significant that Paul begins with, "Be strong in the Lord," instead of simply telling us to be stronger people?
3. Read Colossians 2:13-15. If Jesus has already triumphed over Satan and "disarmed the rulers and authorities," what does that change about how you face spiritual attacks day to day?
4. Satan's primary weapon is **lies**. What are some common lies Christians are tempted to believe today? What lies do you tend to find it hardest not to believe?

Vs. 14-17 – Each Piece of Armor Represents Godly Character

1. Read Ephesians 4:22-24. Paul says putting on the armor isn't a checklist — it's putting off the old self and putting on the new. Why do you think it's tempting to treat the armor like a magic ritual instead of a way of life?
2. How does growing in Christlike character provide protection against spiritual attacks?
3. Which piece of God's armor stood out to you the most, and why? Which piece has been most critical for you to "put on" during this current season of life?
4. Breastplate of Righteousness — Read 2 Corinthians 5:21. Why is self-righteousness described as dangerous rather than just insufficient? What does it look like to rest in Christ's righteousness instead of your own?
5. Helmet of Salvation — Read 2 Corinthians 5:17 and 1 John 5:13. Do you have confidence in your salvation, or does doubt creep in? What would it look like to grow in that confidence this week?
6. Sword of the Spirit — Read Hebrews 4:12. Jesus fought temptation with "It is written." How confident are you in your ability to do the same? Where could you grow in your knowledge and understanding of Scripture?

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