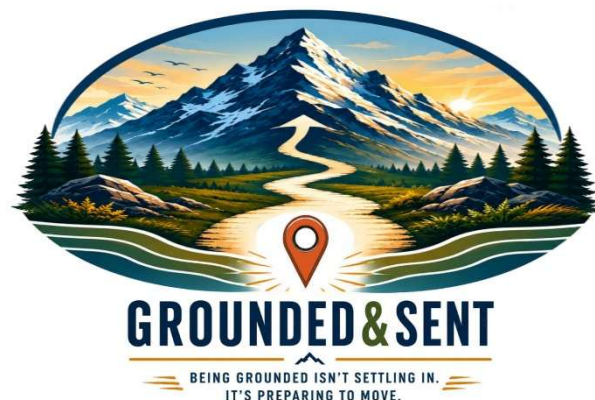


“Stand”

Session 7: Ephesians 6:10-24

Movement: Going

Theme: Calling requires courage. You were built for this, and you were never meant to stand alone.



Leader's Notes:

Goal: 100% participation – everyone talks.

Prioritize ★ questions. These make up the central theological themes. In time constraints unstarred questions can be skipped. A great conversation on two or three questions is better than a rushed one on five.

This is the final session of Grounded & Sent, and Paul ends the letter the way a commander sends troops into the field: put on your armor, know who you're fighting, stand firm. The armor of God passage is one of the most familiar in all of Scripture — which means it's also one of the most domesticated. People know the list. What they often miss is the urgency behind it. Paul isn't describing a spiritual wardrobe. He's describing a posture for people who have been grounded, grown, and are now being sent into a world that will push back.

This session ends differently from all the others. After the discussion and teaching, your group will finalize its mission statement together and then each person will personalize the mission — naming their own contribution to it. Both are built into the Do It section below. Read through the entire Do It section before your group meets. For the closing time you will need: paper and pens for each person. No purchases required.

TIMING NOTE: To protect time for the mission and Personalize the Mission section, skip Q5 if Explore It Block 1 runs long. Do not skip Q6, Q7, the mission statement finalization, Personalize the Mission, or the Pray It—these are the intended ending of the whole series.

Check-In | DO IT follow-up from Session 6 • ~3 minutes

Leader note: Keep this brief. If anyone chose “Tell Someone They’re Sent” last week, that’s a story worth hearing in thirty seconds. One or two responses, then move on. Remind your group this is the final session — and that tonight ends differently.

1. Last week you chose a Do It option. Did anyone try theirs? What happened . . . or what got in the way?

OPEN IT | Icebreaker • ~5 minutes

Leader note: This question tends to generate strong, specific answers quickly. Keep it to two or three responses. What you’re listening for is the experience of being equipped and sent by someone who believed in you — which is exactly what the closing time tonight is meant to do for each person.

2. Think of a time someone sent you into something hard and said “I believe you can do this.” It could be a coach, a parent, a mentor, a friend. What did it feel like to be sent by someone who believed in you? And did it change how you faced what was ahead?

Let two or three people share. The stories will range from sports to career to family moments. What you’re listening for is the weight that someone’s belief in you carries — how being sent by a person you trust changes your posture going in. That’s the emotional setup for the armor passage and for the closing experience.

READ IT | Scripture • ~3 minutes

Say it:

Paul ends this letter the way a commander sends people into the field. He’s not wishing them well. He’s equipping them.

Leaders Note: Ask a volunteer to read 6:10-17 slowly and clearly. The armor list deserves to be read deliberately — not rushed through.

Context Note: Paul is writing this from chains, surrounded by Roman soldiers. The armor he describes isn’t invented imagery — he’s looking at the soldier guarding him and describing each piece with a spiritual counterpart. Belt of truth. Breastplate of righteousness. Feet fitted with the readiness that comes from the gospel of peace.

Shield of faith. Helmet of salvation. Sword of the Spirit. Notice also that Paul says “stand” four times in verses 11–14. This isn’t primarily an offensive posture. It’s a posture of holding ground that has already been won. You’re not taking new territory. You’re standing in territory Christ already secured.

- Ephesians 6:10-17

EXPLORE IT | Discussion • ~12 minutes

★3. Verse 12 says our struggle is not against flesh and blood but against spiritual forces. Most of us spend our energy fighting the visible things — the difficult person, the hard circumstance, the frustrating situation. What would change about how you approach your hardest challenges if you actually believed the real battle was happening at a different level?

This question is meant to reframe the nature of the struggle before the armor makes sense. Most people, when they feel attacked, identify the attack as coming from a person or situation. Paul says the person or situation is rarely the real thing. That doesn’t mean the person or situation isn’t real or isn’t hard — it means the response required is different from what we’d naturally reach for. A useful follow-up: “Think about your hardest relationship or your hardest season right now. What would it look like to address it at the level Paul is describing?”

Sticky phrase: (Use these to help your group remember what they learn) **“The hardest battles in your life are rarely about what they appear to be about.”**

★4. Verse 10 says “be strong in the Lord and in his mighty power” — not in your own strength, not in your own resolve, not in your own discipline. Where have you been trying to fight something in your own strength that actually requires a completely different kind of power? What would it look like to stop trying to win that battle alone?

This question is about misidentifying the source of strength, which is different from simply naming a hard situation. Most people have something in their life they’ve been white-knuckling — a habit they keep trying to break, a relationship they keep trying to fix, a fear they keep trying to overcome — entirely in their own power. Paul’s instruction isn’t to try harder. It’s to draw on a different resource entirely. Help people feel the difference between effort and dependence. The follow-up question — what would it look like to stop trying to win it alone — is where the real conversation lives. Some

people will immediately know the answer. Others will realize they've never actually tried anything other than their own strength.

Sticky phrase: **"The strength you need isn't something you produce. It's something you access."**

5. Look at the armor piece by piece: truth, righteousness, the gospel of peace, faith, salvation, the Word of God. These aren't things you manufacture — they're things you put on. Which piece of armor feels most accessible to you right now . . . and which one feels like it's been sitting unused?

This question moves from posture to practical inventory. Most people will have an instinctive answer about which piece feels strong and which feels weak. The belt of truth tends to be weak for people living with hidden things. The shield of faith tends to be weak for people in a season of doubt. The sword of the Spirit tends to be weak for people who have drifted from Scripture. Let people name it without shame — the question isn't an accusation, it's an inventory.

Sticky phrase: **"The armor doesn't work if you don't put it on. Every piece matters."**

READ IT | Scripture • ~2 minutes

Say it:

Paul adds one more thing to the armor — and it's not a piece of equipment. It's a practice.

Leaders Note: Ask a volunteer to read 6:18-24. This final section is shorter but carries significant weight — Paul ends not with a command but with a request for prayer and a benediction of peace.

- Ephesians 6:18-24

EXPLORE IT | Discussion • ~8 minutes

★ **6. Verse 18 says to "pray in the Spirit on all occasions with all kinds of prayers and requests." Then Paul immediately asks them to pray for him — a man in chains who has spent**

this entire letter telling them how strong they are in Christ. What does it tell you about the nature of this life that even Paul, in prison, still needed other people to pray for him?

This question lands humility in the best possible way at the close of the series. Paul is not a man who has arrived. He's a man in chains asking his friends to pray for his courage. That's the model: not independence, but interdependence. The grounded and sent life is never a solo endeavor. This connects directly to the closing time tonight — a community personalizing the mission together and sending each other out.

Sticky phrase: **"The armor of God was never meant to be worn alone."**

★7. Paul closes with "Grace and peace to you." The same words he opened with in chapter 1. Seven sessions later, after everything he's described — who you are, what God did, how you belong, what you're called to, how you live, where you're sent — it still comes back to grace and peace. What does grace and peace mean to you now that you've spent seven sessions in this letter . . . compared to what it might have meant before this series?

This is the series-closing discussion question and it deserves time. Let people answer slowly. What you're listening for is whether the seven sessions have actually moved something in people — whether "grace and peace" lands differently now than it did at the beginning. Some people will have a clear answer. Others will say they're still processing. Both are honest and right. Don't rush toward the Personalize the Mission time too quickly. This question is a threshold — let the group cross it together before you move them into the closing experience.

Sticky phrase: **"Grace and peace aren't just how Paul signs off. They're what he spent the whole letter describing."**

SAY IT | Leader Teaching • ~3 minutes

Leaders Note: Read the following aloud. This is the final Say It of the series — don't skip it. It bridges the discussion into the mission statement and Mission Personalization time.

Paul ends this letter standing in chains, writing to people he loves, asking them to pray for his courage. That's the picture he leaves us with. Not a triumphant commander. Not a polished teacher. A man in prison who knows that what he's been given is worth standing for . . . and who knows he can't stand alone.

That's what seven sessions of Grounded & Sent have been about. Not a curriculum. Not a set of ideas to agree with. An invitation to become people who know who they are in Christ — so deeply, so thoroughly, so immovably — that they can be sent into the ordinary, difficult, beautiful mess of their lives and actually stand.

You've been grounded. You've been grown. Tonight, you go. Not because you have it all figured out. Not because you feel ready. But because the same God who chose you before the world began, made you alive when you were dead, demolished the wall that kept you out, and gave you a piece of his own mission to carry . . . is the same God who is sending you. And that's enough.

DO IT | *Mission Statement Finalization & Mission • ~30 minutes*

Leaders Note: This replaces the standard individual Do It choices for this final session. It moves in two parts: 1) the group finalizes their mission statement together, then 2) individuals are asked to personalize the mission and determine how they can support and contribute to the cause of Christ.

PART 1 — Group Mission Statement Finalization (12 minutes)

Ask everyone to take out the [“Mission Statement Framework”](#)

Say it:

Over the last few weeks we've been asking ourselves some questions. Who are we? What has God been doing in us this quarter? Who are we being sent to? Tonight we land on something together.

We're going to take about ten minutes to develop a short group mission statement — one or two sentences that capture what this group exists to do and who we're being sent to together. It doesn't have to be perfect. It has to be ours.

Leaders Note: Work through the prompts on the document with your group to refresh everyone's mind and ask if there are any additional thoughts to add to the four questions.

Spend time working on “Session 7 Finalization” on your handout.

DO IT | Mission Personalization • ~9 minutes

Leaders Note: The group now has their mission statement written on their paper. Read the following transition aloud, then give people 2-3 minutes to write privately before sharing around the group.

Say it:

I'd like you to take a moment to think and pray. Ask God to show you a specific way that you can personally contribute to our group mission—an intentional decision—something you can commit to do or a direction you can walk in as you seek to satisfy what God is doing in you. Tonight, with a mission statement in hand, I'd like each of us to share this conviction, to identify this personal step. This is the one thing you sense God is asking you to do (or be) as a result of this quarter together.

It doesn't have to be dramatic. It doesn't have to be something you feel fully ready for. Follow where God is leading, not where you think you should go. Write it on the paper below your mission statement — one sentence. Then those who choose to do so, will have the opportunity to share it the group.

If you struggle to know where to start, take a moment to look over the “Personal Mission” categories list on the handout.

Leaders Note: After people have written, go around the group and ask each person to share their personal decision in one sentence. Don't force anyone to share, but a little positive peer pressure can be productive. Don't discuss or debrief each one — just let them be named before the community. That act of saying it out loud makes it real. Then move directly into Pray It.

PRAY IT | Closing Prayer • ~3 minutes

Leaders Note: Read this prayer aloud as the closing of the closing of the session.

NOTICE: There is a line that you should **MAKE PERSONAL**. When you reach this line in the prayer, insert your group's actual mission statement. If you prefer to pray in your own words, use this as a guide.

Father, we came into this series carrying a lot of ideas about who we are — some true, many not. You spent seven sessions telling us the truth.
Chosen.

Alive.
Belonging.
Gifted.
Growing.
And now . . . sent.
Not because we have it figured out.
Not because we feel ready.
But because you are the one doing the sending — and you’ve never sent anyone you haven’t also equipped.

We ask tonight for the courage to actually go. Into our marriages and our families. Into our workplaces and our neighborhoods. Into the relationships that are hard and the ones that are easy and the ones we’ve been avoiding. And we go together — as a community with a mission we’ve named: your group mission statement and each of us has a personal mission that we’ve committed to.

May the people closest to us be the first to see the difference that our time in your Word has made. And may we never forget that:

Being grounded isn’t settling in. It’s preparing to move.

So move us, Lord. Send us. And keep us standing in the territory you’ve already won. In Jesus’ name, Amen.