

“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.



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

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*

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?

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.

- 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?

★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?

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?

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.

- 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?

★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?

SAY IT | *Leader Teaching • ~3 minutes*

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 Personalization • ~30 minutes*

PART 1 — Group Mission Statement Finalization (12 minutes)

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.

Spend time working on "Session 7 Finalization" on your handout.

DO IT | *Mission Personalization • ~9 minutes*

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.

PRAY IT | *Closing Prayer • ~3 minutes*

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.