Same Demons, Different Day
Pastor John Jenkins
October 18th, 2026

// **Bible References:** Ephesians 6:10-13

// **Community Question:** What's something that has been draining your energy or weighing on you lately, and how have you been navigating it?

// **Discussion Questions**

1. Pastor John Jenkins emphasized from Ephesians 6:12 that our struggles in relationships, marriages, and daily life are not ultimately against flesh and blood, but against spiritual powers and principalities. How often do you find yourself blaming people around you, like a spouse, boss, or family member, instead of recognizing the spiritual forces attempting to bring division? Reflect on a recent conflict and discuss how shifting your perspective to see it as a spiritual battle could change your approach and response.

2. The sermon points out that the enemy takes joy in darkness and secret habits, relationships, or activities, using guilt and shame to keep believers in bondage. Why is it so tempting to keep personal struggles hidden, and what steps can you take to build safe relationships where you can expose these things to the light?

3. Sharing his own testimony of overcoming suicidal thoughts, Pastor John explained that taking up the helmet of salvation means actively learning to think the way God wants you to think rather than listening to the lies of the flesh or the enemy. What negative thought patterns or deceptions do you struggle with most often, and how can you practically 'put on' God's truth to replace despair with His love and purpose?

4. Drawing from the example of the human statue and Jesus enduring the cross, Pastor John urges us to take a rock-solid posture of faith and stand no matter the circumstances or opposition. What does it look like for you to 'stand, withstand, and stand some more' in your current season of life, and how does relying on Christ's strength rather than your own empower you to persevere?

// **Challenge:**
Putting on the full armor of God is a daily choice. What does it look like for you in your everyday life to "put it on"? Is there a specific piece of the armor you feel God is calling you to focus on in this season, and what is one intentional step you can take this week to put it into practice?

// **Prayer:**
Heavenly Father, remind us that our battle is not against people, but against the spiritual forces of darkness. Help us extend grace to others, bring our struggles into the light, and stand firm in Your truth. Protect our minds from the enemy's lies and remind us who we are in You. Give us the strength and courage to stand firm in faith, trusting Your power and not our own. In Jesus ' name, Amen.