

# Discussion Guide

*Discussion Guides accompany the [weekly message](#).*

## **Opening Activity:**

Ask each person to name one item they never leave the house without (e.g., keys, phone, glasses). Then ask, “which piece of spiritual armor do you most need to remember to ‘put on’ daily—and why?” Connecting physical readiness to spiritual preparedness.

## **Read:**

Ephesians 6:10-13, 18-20

## **Discussion Questions:**

1. What does Ephesians 6:12 teach us about the nature of our true enemies? How does that perspective shift the way we pray and engage the world?
2. The sermon stated, “Without prayer, go ahead and hang the armor in a museum.” How does prayer activate our spiritual armor?
3. What’s the difference between “room service prayers” and “wartime prayers”? Which do you tend to pray more often and why?
4. Jesus prayed, “Not my will but yours be done” (Luke 22:42). How can we adopt that attitude in our everyday spiritual battles?
5. Psalms 51-54 outline confession, awareness, rescue and trust. Which of those feels most urgent for you right now and why?
6. Read Ephesians 6:18-20. Paul asks for boldness in preaching even while imprisoned. Who in your life needs that same kind of prayer support today?
7. How does the story of Chaminda and Janani inspire or challenge your own spiritual walk?
8. What practical ways can your group become a “war room” for each other?
9. How can you train yourself to pray more spontaneously (like in the Starbucks parking lot)?
10. What does Psalm 23 look like when prayed as a personal mission debrief? Try rephrasing one verse in your own words.

## **Challenge for the Week:**

Choose one person in your life who is spiritually struggling or facing persecution. Commit to praying Ephesians 6:18-20 over them each day this week. Consider writing them a note of encouragement to let them know you’re in the battle with them.