

SERMON STUDY GUIDE

FUTURE *in* FOCUS

Future in Focus | Week 8 | October 26, 2025

READ

Read the Scripture of the week: Ephesians 6:10–18 (and glance at Colossians 2:15).

DISCUSS

- Share a time you realized **afterward** that a conflict had a spiritual dimension you hadn't noticed in the moment.
- From Sunday's message, what one truth or image (uniform/tools, "standing not striving," radio/prayer, etc.) most stuck with you—and why?

COME AND SEE

Paul closes Ephesians by moving us from **identity** (who we are in Christ) to **conflict** (where we live for Christ). He names the real enemy, commands a stance, and hands us God's equipment.

1. Fight the right enemy (vv.11–12).

"Our struggle is not against flesh and blood." The word for "schemes" (*methodeías*) hints at crafted strategies, not random attacks.

- Where are you tempted to treat **people** as the enemy? How would naming the true enemy change your approach? (See 2 Cor. 10:3–5; 1 Pet. 5:8–9.)

2. Stand in God's strength (vv.10, 13).

Three times Paul says "**stand**" (*histēmi*). We don't fight for victory; we fight **from** Christ's victory.

- What would "standing" look like in your current pressure point—patience? boundaries? confession? steadfast prayer? (See Ex. 14:13; Jas. 4:7; Col. 2:15.)

3. Wear the uniform (vv.14–15).

Truth (belt), righteousness (breastplate), gospel-peace (shoes) picture our **settled identity** in Christ (cf. Isa. 59:17).

- Which piece of the "uniform" do you most neglect? How does the gospel supply it every day? (See Rom. 5:1; 1 Thess. 5:8–9.)

4. Take up the tools (vv.16–18).

Faith (shield) extinguishes lies; salvation (helmet) guards the mind; the Spirit's **word** (*rhēma*—spoken/activated Scripture) is your short sword; prayer is ongoing radio contact.

- Name one recurring lie/temptation. Which **specific verse** counters it, and how will you speak/pray it this week? (See Matt. 4:1–11; Ps. 91; Heb. 4:12.)

FOLLOW ME

Practice fighting the *right* war with the **right** weapons this week.

1) Map the battlefield (10 minutes).

- Write the top **three arenas** you're battling (home, work, inner life). Under each, answer: What is flesh-and-blood? What is spiritual? What lie is operating? What's the likely "scheme" (deception, division, despair)?

2) Armor on—daily liturgy (3–5 minutes).

Pray through Ephesians 6 as you dress or before you leave:

- "Belt of **Truth**: Today I fasten my life to what is real in Christ."
- "Breastplate of **Righteousness**: My standing is Christ's, not my record."
- "Shoes of **Peace**: I will be ready to reconcile and advance the gospel."
- "Shield of **Faith**: I will trust You when arrows fly."
- "Helmet of **Salvation**: Guard my thoughts—no condemnation."
- "Sword of the Spirit—Your **word**: Put a verse on my tongue."
- "**Prayer**: Keep me on the radio—alert, interceding for Your people."

3) Truth-for-lies sheet.

- List the lie... write a **counter-verse** you will **say out loud** (e.g., "I am alone" ✕ Heb. 13:5; "I'll never change" ✕ Phil. 1:6; "God is holding out on me" ✕ Rom. 8:32; "This person is my enemy" ✕ Eph. 6:12; Matt. 5:44).

4) Lock shields (community).

- Choose **one** person to text when you sense attack. Share the lie + the verse you're wielding. Pray **in the moment** for each other (v.18).

5) Situational drills (pick one):

- **Marriage tension**: Speak Eph. 4:32 before you speak your opinion.
- **Anxious student/worker**: Breathe prayer + say Isa. 41:10; then do the next faithful task.
- **Political outrage**: Read 1 Tim. 2:1–4, pray for leaders by name, and ask, "How can I be salt/light today?"

GO AND BE

- **Morning**: "Lord, today I work, serve, suffer, and love from Your victory (Col 2:15). Help me stand."
- **Midday check-in**: 60 seconds of "radio" prayer—alert, thankful, interceding (v.18).
- **Evening**: Review one skirmish. Where did you stand? Where did you strive? Thank Jesus for wins; confess misses; reset for tomorrow.

Sticky statement: *The battle is real, but the victory is already won—so stand your ground in Christ.*