

RESISTANCE

GROUP GUIDE

This guide is designed to help you grow in your relationship with God and develop meaningful, lasting relationships with others. Get together with friends, or visit brookwoodchurch.org/groups to find a group that's already meeting. *Let's do life together!*

Message Series: Resistance

Topic: Spiritual Warfare

Message 3: There Is an Unseen Realm

February 9, 2025

There is no neutral ground in the universe. Every square inch, every split second is claimed by God, and counterclaimed by Satan.

C.S. Lewis

Connect

Suggestion: Give people a minute to think about this question before sharing it with the group.

What's something you didn't see coming? What was your reaction?

Pray

Spend a couple minutes quieting your heart and focusing on God.

Consider these prayer points, changing the me/my to us/our if you're praying in a group.

- God, help me grow in my understanding of spiritual warfare.
- Help me understand who Satan is and how he attacks me.
- Teach how to put on the *Armor of God*.
- I pray you strengthen my faith and give me courage to fight the enemy.
- Please help me identify at least one specific takeaway from this week's message.
- God, thank You for ways You work in my life.

Read

Ephesians 6:10-12 (NIV)

¹⁰ Finally, be strong in the Lord and in His mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Explore and Discuss

1. As you read this passage, what words or phrases catch your attention? Why do those particular words or phrases stand out?
2. The apostle Paul makes it clear that Satan has power in our world and also in our lives as individuals. He leads *the powers of this dark world* (vs. 12).
 - a. How often do you think about the unseen war we live in?
 - b. Where have you seen Satan at work in the world?
 - c. What spiritual battles have you been facing?
3. What does it look like to stand in God's mighty power?

Put on the Full Armor of God

Read this out loud together:

¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Ephesians 6:13-18 (NIV)

The following is a list of the pieces of armor we are told to *put on*. Each has a description, related passages and a question or two for reflection and discussion.

BELT OF TRUTH

...with the belt of truth buckled around your waist...

Soldiers wore a belt, usually made of leather, to secure their armor and hold their entire outfit together. This provided freedom of movement and prepared them for action.

Read these related passages: John 8:31b-32; 3 John 1:4

- How does knowing and walking in the truth protect us from the enemy's attacks?

BREASTPLATE OF RIGHTEOUSNESS

...with the breastplate of righteousness in place...

In ancient armor, the breastplate protected the most vital organs, especially the heart.

Read these related passages: Proverbs 15:9; Isaiah 59:15-17

- What is righteousness, and how does pursuing righteousness protect our hearts?

GOSPEL OF PEACE

...with your feet fitted with the readiness that comes from the gospel of peace.

Read these related passages: Isaiah 52:7; Romans 10:15

Soldiers' shoes were often fitted with nails or spikes to hold their feet firm to the ground and prevent them from slipping.

- How does the gospel of peace make us ready for battle?
- Why do you think the gospel of peace is connected with our feet?

SHIELD OF FAITH

...take up the shield of faith, which can extinguish all the flaming arrows of the evil one.

Read these related passages: Psalm 18:2; Jeremiah 46:3-4

- What do you think are the flaming arrows of the evil one?
- How is faith like a shield?
- Shields were designed to interlock with shields of other soldiers for group protection. Who is someone you'd take with you into battle? Why?

HELMET OF SALVATION

Take on the helmet of salvation...

Often made of metal, helmets obviously protected soldiers from blows to the head. They were vital for survival, protecting the brain. If the head was badly damaged, the rest of the armor would be of little use.

Read these related passages: Isaiah 59:17; 1 Thessalonians 5:8

- How does salvation protect us in our battle against the enemy?

SWORD OF THE SPIRIT

Take on... the sword of the Spirit, which is the Word of God.

The sword is the only offensive weapon in this entire list. Simply put, we are to use the truths of Scripture to battle against the enemy.

Read these related passages: Hebrews 4:12; 2 Timothy 2:15; 3:14-17

- What are ways you're getting better at wielding your sword?
- What's something you've learned in the Bible, and what impact has that had on how you live?

PRAYER

...pray in the Spirit on all occasions with all kinds of prayers and requests.

Prayer is often overlooked as part of the armor of God. Paul, however, urges us to make prayer an ongoing practice in the battles of life.

Read these related passages: Mark 9:29; Colossians 4:2

- What do you think it means to *pray in the Spirit*?
- How does prayer help us be alert and fearless (see vs. 19-20)?

The one concern of the devil is to keep the saints from praying. He fears nothing from prayerless studies, prayerless work, and prayerless religion. He laughs at our toil, mocks at our wisdom, but trembles when we pray.

Samuel Chadwick

Make a Move

Reflect on this for personal application and also discuss as a group if there's time.

Imagine putting on each piece of armor. With each one, pause and reflect on its spiritual meaning. Then ask God to reveal to you a practical way to wear that piece of armor.

Memorize

One of the best ways to hear God throughout the day is to store His words in your heart and mind.

Based on this week's theme, commit these words of Scripture to memory:

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.

Ephesians 6:12 (NLT)