



WEEK 5

The Long Battle

Ephesians 6

Check-in: *Last week's Next Step: Did you find that moment to be the light? What happened?*

When you hear "spiritual warfare," what comes to mind? Be honest about where that image came from.

Read Ephesians 6:1–9: read aloud together

Paul addresses children, fathers, workers, and employers directly, each one given their own instruction. What does it tell you that Paul speaks to everyone in the household, not just the person at the top?

Read Ephesians 6:10–18: read aloud together

Paul says the real battle is not against flesh and blood. Think about a conflict, a struggle, or a pattern you keep falling into. How does seeing it that way change how you respond to it?

Walk through each piece of armor together. Paul names what each one is for. Which piece do you think you're most likely to leave at home, and what does that vulnerability look like in your actual life?

Leader Note: *Each piece of armor connects directly back to something Paul has already described in the letter. The belt of truth connects to 1:13. The breastplate of righteousness to 4:24. The gospel of peace to 2:14–17. The shield of faith to 2:8. The armor isn't a new topic — it's the equipment for living out everything they've already been told. When they put it on, they're putting on the letter.*

Paul ends by asking for prayer, not for his release from prison, but for boldness to keep preaching. What does it tell you about his priorities that that's what he asks for?

Paul opened the letter with grace and closes with it. Look back at the first verse and the last verse of Ephesians side by side.

Read Ephesians 1:2 and 6:24



After five weeks in this letter, what does grace mean to you now compared to what it meant before we started?

Next Step: To close out the series: go around the room and have each person share one thing from Ephesians they are taking with them. One word, one verse, one idea. Then read Ephesians 6:23–24 together as a group as a benediction over each other.

"Peace be with you, dear brothers and sisters, and may God the Father and the Lord Jesus Christ give you love with faithfulness. May God's grace be eternally upon all who love our Lord Jesus Christ."

— *Ephesians 6:23–24 (NLT)*

