

studies from  
**EPHESIANS**

~Life Group Questions~  
**Walking in Truth**  
Ephesians 6:10-20

1. Share a life experience in which you were affected by a lie or deceitful situation.
2. Is there anything that particularly caught your attention, confused or challenged you as a result of hearing Sunday's sermon?
3. As a point of review, look up the following verses and record below what each verse states regarding how we are to walk (live) out our lives as followers of Jesus Christ.
  - a. Eph. 4:1 \_\_\_\_\_
  - b. Eph. 4:17 \_\_\_\_\_
  - c. Eph. 5:1-2 \_\_\_\_\_
  - d. Eph. 5:7-8 \_\_\_\_\_
  - e. Eph. 5:15-16 \_\_\_\_\_
4. According to Ephesians 1:3 (which is the summary statement for the first three chapters of Ephesians), what ought our motivation be in living our lives according to the ways indicated above?

**Ephesians 1:3**

Blessed *be* (or *is*) the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ...

5. Why do you think verse ten's "final" command to "be strong in the Lord and the strength of His might" is important for Christians today?
6. Based on 1 Peter 5:8 (see below), Pastor Kurt used the synonymous words pernicious (aggressively evil) and insidious (going out of one's way to inflict harm) to describe satan. How should the knowledge that our adversary is a pernicious and insidious roaring lion further motivate a Christian to take up the full armor of God?

**1 Peter 5:8**

Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

7. What does Eph. 6:12 add to the description of our adversary?
8. According to verse 13, other than the fact that we have a formidable enemy, what reason is given to take up the full armor of God?

9. Discuss the different ways we can understand the phrase “the evil day” found in verse 13.

10. Read Ephesians 6:13-18 and list each piece of our spiritual armor below.

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11. Which piece of armor do you most often rely on in your spiritual battles or when you face an “evil day?”

12. Discuss how and why a Roman soldier would gird his loins for battle?

13. What does the reference to truth in verse 14 refer to, God’s truth, our truthfulness, or both?

14. In light of what we learn about the devil in the verse below, why is girding our lives with God’s truth and our truthfulness so important?

**John 8:44**

“You are of your father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature, for he is a liar and the father of lies.

15. Read Ephesians 6:10, Colossians 2:15 and Ephesians 1:19-21. In light of these verses and the statement below, what lie does Satan try and deceive us with regarding our daily spiritual battles?

*Yes, we are in a battle, but it is a battle that has already been won. Remember: you are not fighting for victory, but from victory, for Jesus Christ has already defeated Satan!*

16. The primary spiritual battle ground is our minds; the primary weapons are lies. According to Philippians 4:8 and 1 Peter 1:13 how can we effectively “gird our loins” and our minds with truth?