

# UNSHAKEABLE

## >> Week 1: Group Discussion Guide

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*Icebreaker: If you could have dinner with any historical figure, who would it be and why?*

**Overview:** (Ephesians 6:10-20)

Our struggle is not against flesh and blood, but against the spiritual darkness that serves as the real root of the issues we face in our everyday lives. Though putting on spiritual armor can feel "weighty" and difficult at times, it *is* a gift from God that anchors us and prepares us to walk with purpose, freedom, and victory. We should not fear or obsess over this spiritual reality but instead find confidence in the fact that our strength comes from the Lord rather than ourselves. Once we are armed for battle, our primary job is simply to stand firm, trusting that God will fight for us. Knowing we have the armor of God should motivate us to step onto the battlefield. Ultimately, when we put our armor to use, we position ourselves for God's gifts to fulfill their purpose in our lives and allow us to move through our journey with greater confidence.

### **Discussion Questions:**

What spoke to you most from Sunday's Unshakeable teaching?

#### **I. Putting on the Full Armor of God**

**Q:** What does "putting on the armor" practically look like in your life?

**Q:** If you felt completely "armored up" tomorrow morning, what is one thing you would do differently or with more courage?

#### **II. The War**

**Q:** What does "standing firm" look like when you feel like you're losing a battle or things aren't going your way?

**Q:** Why is it often easier to "forget the war we are in" than it is to acknowledge it?

#### **III. Our Reaction**

**Q:** How can we stay aware of the spiritual world without letting it become a source of fear or a constant obsession?

**Q:** What are some "physical" solutions we often try to use to fix what is in reality a "spiritual" problem?

## >> Get Practical

Each day this week, begin by arming yourself, through prayer with the Belt of Truth, the Breastplate of Righteousness, the Readiness onto your feet that comes from the Gospel of Peace, the Shield of Faith, the Helmet of Salvation, and the Sword of the Spirit. Come back next week prepared to tell the group about your experience.