

# UNSHAKEABLE

March 8<sup>th</sup>, 2026

## >> How Do I Fight in a Spiritual War?

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**Icebreaker:** When you feel pressure in life, what is usually your first reaction? Try harder, worry more, talk to someone, or pray?

**Overview:** (Ephesians 5:1-18)

Life often feels filled with pressure, relational pressure, financial pressure, emotional pressure, and spiritual pressure. Scripture teaches that these pressures are not merely circumstantial but part of a deeper spiritual reality. In Ephesians 6, Paul reminds believers that the real battle is not against flesh and blood but against spiritual forces. The good news is that God has not left His people powerless. Through the Holy Spirit, believers are invited to access spiritual strength that cannot be produced through human effort alone. Throughout his letter to the Ephesians, Paul continually returns to one practice as the activator of God's power in the midst of spiritual warfare: prayer. Prayer is not simply a religious routine or a last resort in difficult moments. It is the way believers access the power of God. When pressure is real and the battle is spiritual, prayer becomes the pathway through which God moves in heaven to impact what happens on earth. The invitation is simple but profound: in every pressure, turn to God in prayer. When believers rely on the Holy Spirit rather than their own strength, they experience the sustaining power needed to stand firm and continue advancing the kingdom of Jesus.

### Key Scripture | Ephesians 6:18-20

“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. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.”

### Key Thoughts and Reflections:

#### I. Recognize the Reality of Spiritual Pressure

Q: What kinds of pressure are most present in your life right now (relationships, work, finances, expectations, temptation, etc.)?

Q: How does remembering that our battle is spiritual, not just physical or emotional, change how you respond to those pressures?

#### II. Turn to the Power of the Holy Spirit

Q: What does it practically look like for you to rely on the Holy Spirit during stressful moments?

Q: How might your response to pressure change if prayer became your first reaction rather than your last?

#### III. Activate Power Through Prayer

Q: How does the truth that “prayer moves things in heaven to move things on earth” reshape your understanding of prayer?

Q: Name 1-2 situations in your life right now that need to become consistent points of prayer?

## ➤➤ Get Practical

Begin practicing the habit of turning to prayer immediately when pressure appears. Each time you feel stress, frustration, temptation, or anxiety this week, pause and pray, even if it is only a brief moment asking the Holy Spirit for wisdom, strength, and peace. As a simple reminder, let everyday moments trigger prayer. When you turn on a faucet, remember the “living water” of the Holy Spirit and take a moment to talk with God about what you are facing. Use these moments throughout the day to invite God’s power into your circumstances, trusting that prayer moves things in heaven to move things on earth. If you’d like someone to join you in prayer, text “prayer” to 37748.