This study is designed to help your community group grow as disciples of Jesus Christ. There are three dimensions to following Jesus.



UP: growing in relationship with God

IN: growing in relationship with other followers of Jesus

OUT: growing in relationship with the world around us as we join God in God's mission

Get Started:

What was your view of the Church growing up? How has your view of the Church changed over the years?



UP: Connect with God through Spending Time in His Word

Read aloud the passage for the week: Ephesians 6:10-24. Allow a few moments to silently reflect on what you heard. Underline or note words or phrases that seem meaningful. Pray for your study of God's Word.

- 1. What does it mean to be strong in the Lord? Who do you know who models that?
- 2. In your own words, what does it mean to be in a spiritual battle?
- 3. Re-read verses 13-17. What do you notice about the armor of God that we have been given to wear? What stands out to you and seems significant?
- 4. Is there an area of your life that feels like a battle right now? As you feel comfortable, share with you group. Commit to standing with one another in prayer.
- 5. Have someone read Proverbs 21:31. What does it mean that the victory belongs to the Lord?
- 6. As we wrap up our study in the book of Ephesians, what has stood out to you the most? What do you think the Lord has been saying to you?



Spend some time praying for each other. Ask the simple question: how can we be praying for each other this week? Write down the prayer requests you hear named so that you can pray for each other during the week



Out: : Connect with the World Around Us (Join God in His Mission)

Try a simple practice this week: a prayer walk. Either on your own or in smaller groups, set aside some time to walk and pray through a particular area of town: perhaps your neighborhood, the neighborhood where your group meets or downtown around First Pres.