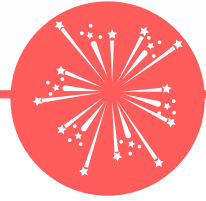


"ARMED AND READY"

SERIES

"SPIRITUAL WARFARE 101"

WEEK 1



SPARKS

- How do you usually react when life gets tough or overwhelming?
- Have you ever noticed yourself repeatedly falling into the same mistakes or struggles?
- Who do you usually turn to for help, and how has getting advice or support from them changed the way you deal with tough situations?



WORD

"13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

Ephesians 6:13

Every day, whether we realize it or not, we are part of a spiritual battle. It's not fought with weapons or fists but in our minds, hearts, and choices. The enemy seeks to deceive, discourage, and destroy, but God has already given us the victory through Jesus. In this lesson, we'll uncover what spiritual warfare really is, why it matters, and how we can stand firm, armed and ready with God's strength and truth.

1. THERE IS A BATTLE TO FIGHT.

Ephesians 6:11-12

11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”

Before we can walk in victory, we must first recognize that there is a real battle taking place. The Bible reminds us that our struggle is not against people but against spiritual forces of evil that seek to weaken our faith and distract us from God’s purpose. As followers of Christ, we are called to be like soldiers who are focused, disciplined, and aware of the enemy’s tactics. Ignoring the battle leaves us unprepared, but acknowledging it helps us depend on God’s power and armor to stand firm. Are you living with the awareness that you are in a spiritual battle, or are you going through life unaware of the fight around you?

1

2. THERE IS AN ENEMY TO FIGHT.

Ephesians 6:11-12

*‘11 Put on the whole armor of God, that you may be able to stand against the **schemes of the devil**. 12 For **we do not wrestle against flesh and blood**, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.”*

Satan is real, and he is our enemy in the spiritual battle. His schemes are aimed at killing, stealing, and destroying, and he hates God and His children. He uses every tactic to shift our focus from the Lord to ourselves, employing deception to trap us, temptation to entice us, and lust to open the door to sin.

Signs that he is attacking include sudden or extreme troubles, losses, and trials, threats to our physical safety or health, and an increased pull toward sin or wrong choices. Are you aware of how the enemy may be targeting you today?

2

3.FIGHT GOD'S WAY.

Ephesians 6:10-11, 13

*'10 Finally, **be strong in the Lord and in the strength of his might.** 11 **Put on the whole armor of God**, that you may be able to stand against the schemes of the devil.*

*'13 **Therefore take up the whole armor of God**, that you may be able to withstand in the evil day, and having done all, to stand firm."*

Our strength must come from the Lord because every other source of strength is only an imitation and cannot stand against the enemy. God calls us to put on His full armor so that we can resist and stand firm when the battle comes. When we rely on our own wisdom or effort, we leave ourselves open to the enemy's attacks. True victory is found only when we fight with God's power, clothed in His truth and righteousness. How many days, months, or even years have you been living exposed and unprotected from the enemy's works and plans?

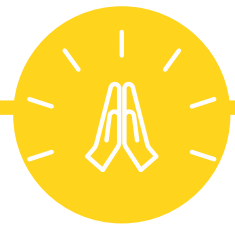
LIVE IT!

- Share with a trusted friend or small group about areas where you feel under attack and pray together.
- Identify areas in your life where temptation, deception, or sin is most likely to attack and take intentional steps to guard them.
- Rely on God's strength through prayer, Scripture, and worship instead of leaning on your own abilities.



PRAYER

- Thank God for equipping you with His armor to face every battle.
- Ask God for spiritual discernment to recognize the battles around you. Ask Him for strength to resist the enemy's schemes and temptations.
- Seek His wisdom to apply His truth, righteousness, and faith in every situation.



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