

# THE Way



Jesus-centred, *Spirit-led*  
hope revealed



**DISCIPLESHIP  
BIBLE STUDY GUIDE**

*In this series, we will explore what it means to walk in **The Way** of Jesus. This week we are focusing on **discipleship**. We will look closely at John 15:1-12, where Jesus uses the picture of a vine to describe how we can be connected to and transformed by him.*



**Share**

What do you think of when you hear the word 'disciple'?

What do you think it means to follow Jesus in everyday life?

Who has helped you grow in your faith?

What did they do that helped?



**Pray**

Before we read today's Scripture, let's pray together.

*Pray that the Holy Spirit would speak  
to us through God's Word.*



## Read

*Read John 15:1-12. You might like to read it in a couple of different translations.*

<sup>1</sup> “I am the true grapevine, and my Father is the gardener.

<sup>2</sup> He cuts off every branch of mine that doesn’t produce fruit, and he prunes the branches that do bear fruit so they will produce even more.

<sup>3</sup> You have already been pruned and purified by the message I have given you.

<sup>4</sup> Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me.

<sup>5</sup> “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.

<sup>6</sup> Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned.

<sup>7</sup> But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted!

<sup>8</sup> When you produce much fruit, you are my true disciples. This brings great glory to my Father.

<sup>9</sup> “I have loved you even as the Father

has loved me. Remain in my love.

<sup>10</sup> When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love.

<sup>11</sup> I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!

<sup>12</sup> This is my commandment: Love each other in the same way I have loved you."

(New Living Translation)

<sup>1</sup> Jesus said to his disciples: "I am the true vine, and my Father is the gardener.

<sup>2</sup> He cuts away every branch of mine that doesn't produce fruit. But he trims clean every branch that does produce fruit, so that it will produce even more fruit.

<sup>3</sup> You are already clean because of what I have said to you.

<sup>4</sup> Stay joined to me, and I will stay joined to you. Just as a branch cannot produce fruit unless it stays joined to the vine, you cannot produce fruit unless you stay joined to me.

<sup>5</sup> I am the vine, and you are the branches. If you stay joined to me, and I stay joined to you, then you will produce lots of fruit. But you cannot do anything without me.

<sup>6</sup> If you don't stay joined to me, you will be thrown away. You will be like dry branches that are gathered up and burned in a fire.

<sup>7</sup> Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayer will be answered.

<sup>8</sup> When you become fruitful disciples of mine, my Father will be honored.

<sup>9</sup> I have loved you, just as my Father has loved me. So remain faithful to my love for you.

<sup>10</sup> If you obey me, I will keep loving you, just as my Father keeps loving me, because I have obeyed him.

<sup>11</sup> I have told you this to make you as completely happy as I am.

<sup>12</sup> Now I tell you to love each other, as I have loved you.”

(Contemporary English Version)



- In today's passage, Jesus tells his disciples what it will look like to stay connected to him after he is gone. He begins with the words, "I am the true grapevine." When you picture a grapevine, what comes to mind?
- The grapevine was a familiar symbol in ancient Israel. The disciples were accustomed to thinking of Israel as the 'vine' – to follow God they had to be connected to Israel. Now Jesus tells them if they want to know God they must be connected to him.

What does the picture of the grapevine and branches tell you about following Jesus?

- Jesus says his Father is the Gardener (Verse 1). In Verse 2 we see that the Father "cuts away" the branches that don't produce fruit. Does anyone know what happens to a tree or plant when it is pruned (cut back/away)?
- Have you ever felt like God was 'pruning' something in your life? What was that like for you? How did it help you grow?
- The great Bible teacher John Stott once said, "The serious Christian prays to be pruned."<sup>1</sup> What do you think this means? Why do you think he would say this?
- The phrase "cuts away" can also be understood as "lifts up". God doesn't just prune back what's unhealthy, at times he stretches and raises the branches, lifting them toward the light so they can thrive and bear more fruit. Have you ever sensed God stretching you – not to harm you, but to help you grow?



- Read Verse 3 again. What are some ways that God prunes, purifies and grows us?
- Being connected to Jesus, as a branch to a vine, represents complete dependence on him. Jesus is not an added extra – he’s our life source. How do we know when we are living in connection with Jesus?
- In the passage, the word ‘abide’ occurs 11 times. Sometimes it is translated as ‘remain in’ or ‘cling to’. Why do you think Jesus repeats this word so many times?
- Verse 5 talks about producing “fruit”. What do you think “fruit” looks like in our lives? Can you give some real-life examples?
- Sometimes we try to work in our own strength to do things for God. We get busy trying to “produce fruit” through our own efforts. Have you ever done this? What draws us to try and do it ourselves? What does Verse 5 teach us about this?
- Verse 6 says, “Anyone who does not remain in me is thrown away like a useless branch and withers” (NLT). Has there been a time when you lived without Jesus? What is different about your life now that you are staying close to him?
- Verse 7 talks about asking for anything in prayer. How does staying close to Jesus help shape what we pray for?

- Verse 8 says producing fruit shows we are Jesus' disciples. Have you ever known someone was a Christian before they told you? What fruit did they show? What kind of fruit would you like to grow more of?
- Have a look at Verses 9 and 10. How do you think obeying Jesus relates to staying in his love?
- In Verse 12 Jesus tells us to love others in the same way he has loved us. What would that kind of love look like in your school, family or community?



**Pray**

In pairs, share one way you would like to grow as a disciple. Pray for each other.

Pray to close.





# THE Way



Jesus-centred, *Spirit-led*  
hope revealed



**EVANGELISM**  
**BIBLE STUDY GUIDE**

*In this series, we focus on **The Way of Jesus**. This week we seek to learn more about evangelism. We will look at how we are made right with God and how we can share the Good News with others.*



**Share**

What do you think of when you hear the word 'evangelism'?

If you feel comfortable, share about a time when you felt confident to share your faith, or a time when you weren't sure what to say when sharing your faith.

What reactions have you gotten from people when you have spoken to them about Jesus or offered to pray for them?



**Pray**

Before we read today's Scripture, let's pray together.

*Pray that the Holy Spirit would speak to us through God's Word.*



## Read

*Read Romans 10:9-17. You might like to read it in a couple of different translations.*

<sup>9</sup> If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. <sup>10</sup> For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. <sup>11</sup> As the Scriptures tell us, “Anyone who trusts in him will never be disgraced.”

<sup>12</sup> Jew and Gentile are the same in this respect. They have the same Lord, who gives generously to all who call on him. <sup>13</sup> For “Everyone who calls on the name of the Lord will be saved.”

<sup>14</sup> But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them? <sup>15</sup> And how will anyone go and tell them without being sent? That is why the Scriptures say, “How beautiful are the feet of messengers who bring good news!”

<sup>16</sup> But not everyone welcomes the Good News, for Isaiah the prophet said, “Lord, who has believed our message?” <sup>17</sup> So faith comes from hearing, that is, hearing the Good News about Christ.

(Contemporary English Version)



- The apostle Paul wrote the book of Romans at a time when some Jews (people from Israel) were trying to be made right with God through their own good works. They were trying to obey the Law of Moses in their own strength. But this failed.

What are some things people do today to try to be made right with God?

Where do they go and who/what do they look to for salvation?

- In Verses 9 and 10 Paul says we are made right with God by believing in our hearts that God raised Jesus from the dead and by openly confessing our faith in Jesus. What do these verses mean to you?
- The phrase “believe in your heart” means ‘to depend on’. We must depend on the risen Jesus for our salvation. When we fully trust in Jesus’ power to save us, how does that effect how we live?
- Verse 12 shows us that all people everywhere have the same opportunity to know God. Jews and Gentiles (non-Jews) have been put on the same level. God is generous: he welcomes and includes everyone who comes to him in faith. Can you think of a time you have been included, and felt welcome? What was that like?
- Can you think of a time you have been excluded, or felt unwelcome in church? What could be done within a church/Christian environment to break down barriers and show people they are important to Jesus?

- Verse 15 says, “How beautiful are the feet of messengers who bring good news!” Share a time when you have heard some good news. Whose ‘feet’ brought you that good news?
- How did you hear about the Good News of Jesus? What did it mean to you to find out you could be made right with God and know him personally?
- Paul was sent by God to tell Gentiles (non-Jews) that they could know God and be made right with him through faith in Jesus. What would you say to someone who expressed they didn’t feel good enough for God?
- Verse 14 shows us the importance of telling people the Good News. People need to hear about Jesus to be able to believe in him and respond to him. We can all be God’s messengers, sent by God to show and tell people about his love for them. Have you ever experienced feeling a tug at your heart to tell someone about Jesus’ love for them? What was that like?
- Verses 16 and 17 show us that perhaps not everyone will believe – everyone has a choice. But Paul encourages us that people still need to hear the Good News, and God wants us to share it with them.

Who are the people in your world you would like to share the love of Jesus with? What can you do to make a start?

- Read John 14:6-7. Jesus explains to his disciples that he is the only way to the Father. How does this shape how we think about or approach evangelism?



Spend some time encouraging and praying for each other. Pray for family members and friends who need to know the love of Jesus. [Optional: each person could write down the names of the people they are praying for to know Jesus.]

*Thank you, Lord Jesus, that when we believe in our hearts and confess with our mouths that you are our Lord, we can be made right with you. We can't earn salvation, only Jesus has made a way for us to know God.*

*We pray you will help us share this amazing Good News with the people in our world. May we show people your love through our actions, and, Holy Spirit, we ask you to show us what to say.*

*Thank you for the gift it is to know you and to be able to share your love with others.*

*In Jesus' name, Amen.*





# THE Way



Jesus-centred, *Spirit-led*  
hope revealed



**MISSION**  
**BIBLE STUDY GUIDE**

*In this series, we are exploring what it looks like to walk in **The Way** of Jesus. Today's passages help us to understand God's mission and our part in it. In Luke 4:16-21, Jesus announces what his mission is about - bringing good news, freedom, healing and hope. Then in John 20, just before ascending to Heaven, Jesus passes this mission on to his disciples, sending them out just as he was first sent by the Father.*



**Share**

Can you think of a book, movie or real-life character who had a mission? What was their mission?

When someone is on a mission, how does this shape their behaviour or thinking?



Before we read today's Scripture, let's pray together.

*Lord, as we open your Word now, please speak to us.*

*May your Holy Spirit reveal truth to us.*

*Lead us to a deeper understanding of your mission  
and our part in it. In Jesus' name, Amen.*



*Read Luke 4:16-21 and John 20:21. You might like to  
read the passages in a couple of different translations*

<sup>16</sup> "He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, <sup>17</sup> and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

<sup>18</sup> 'The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor.

He has sent me to proclaim freedom for the prisoners  
and recovery of sight for the blind,

to set the oppressed free,

<sup>19</sup> to proclaim the year of the Lord's favor.'

<sup>20</sup> Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. <sup>21</sup> He began by saying to them, 'Today this scripture is fulfilled in your hearing.'

Luke 4:16-21 (New International Version)

<sup>16</sup> "Jesus went back to Nazareth, where he had been brought up, and as usual he went to the synagogue on the Sabbath. When he stood up to read from the Scriptures, <sup>17</sup> he was given the book of Isaiah the prophet. He opened it and read,

<sup>18</sup> 'The Lord's Spirit  
has come to me,  
because he has chosen me  
to tell the good news  
to the poor.

The Lord has sent me  
to announce freedom  
for prisoners,  
to give sight to the blind,  
to free everyone  
who suffers,

<sup>19</sup> and to say, 'This is the year  
the Lord has chosen.'

<sup>20</sup> Jesus closed the book, then handed it back to the man in charge and sat down. Everyone in the synagogue looked straight at Jesus.

<sup>21</sup> Then Jesus said to them, ‘What you have just heard me read has come true today.’”

Luke 4:16-21 (Contemporary English Version)

<sup>21</sup> “Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’”

John 20:21 (New International Version)

<sup>21</sup> “After Jesus had greeted them again, he said, ‘I am sending you, just as the Father has sent me.’”

John 20:21 (Contemporary English Version)



**Share**

- In Luke Chapter 4, Jesus reads the words of the prophet Isaiah, written hundreds of years earlier. Why do you think Jesus chose to begin his public ministry by reading this passage and sharing that he was the fulfilment of this prophesy?
- Read Verse 18 again, slowly. What stands out for you? Share about a time when Jesus did one of those things in Verse 18 for you or someone you know.

- What do these verses tell us about God's heart for the poor, the captive, the blind and the oppressed?
- Where do you see God's mission being fulfilled today? Can you give any specific examples?
- In practical terms, what do you think it looks like to "proclaim good news to the poor?"
- When Jesus talks about "freedom for prisoners" he is referring to releasing people from whatever binds them – whether that is injustice, oppression, sin, fear or shame. In what ways do people need freedom in our world today?
- In Verse 18, Jesus mentions "recovery of sight for the blind". Do you think he was referring to physical healing, spiritual healing or both?
- In Verse 19 Jesus says that he has been sent "to proclaim the year of the Lord's favor", a reference to the Old Testament concept of the 'Year of Jubilee' – a year when slaves were set free, debts were cancelled, and things reset for a new start. What do you think Jesus means when he declares that this time has come through him?
- In John 20:21 Jesus says, "As the Father has sent me, I am sending you." How do you think these two Scriptures – Luke 4:16-21 and John 20:21 – relate to each other?
- Christian teacher, Philip Yancey, compares Jesus sending his disciples to blowing on a dandelion. It seems to disappear, but, in reality, it spreads seeds far and wide. How does this deepen your understanding of our part in God's mission?



- What difference would it make to see ourselves as 'sent' people, on mission in every area of our lives? How do you think we can embrace this mindset?
- If God is already at work in the world, and we just need to join in, how does this shape how we think about ministry and mission?
- When Jesus says, "Peace be with you!" do you think it is simply a greeting, or is he offering something deeper? How might his peace equip us for the mission?
- As we've discussed these passages today, what has stood out to you or challenged you?



Spend some time encouraging and praying for each other about the things you shared

*[Optional] Take a prayer walk around your community. Watch, listen and pray for wisdom to know how you can be part of God's mission in your community.*



# THE Way



Jesus-centred, *Spirit-led*  
hope revealed



**PRAYER**  
**BIBLE STUDY GUIDE**

*In this series, we focus on **The Way of Jesus**. In this week's Scripture passage, Jesus gives us some detailed instructions on how not to pray and how to pray.*



**Share**

In what situations do you find yourself praying unprompted? e.g. times of trouble or times of praise?

Who is someone you consider to be a prayerful person?

What do you notice about how they live, speak and behave?



**Pray**

Before we read the Scripture, let's pray together.

*Lord, as we open your Word now, please speak to us.  
May your Holy Spirit reveal your truth to us. We pray  
that our prayer lives would grow richer and stronger.*

*In Jesus' name, Amen.*



## Read

*Read Matthew 6:5-13. You might like to read it in a couple of different translations.*

<sup>5</sup> “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. <sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. <sup>7</sup> And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him. <sup>9</sup> “This, then, is how you should pray:

“Our Father in heaven,  
hallowed be your name,  
<sup>10</sup> your kingdom come,  
your will be done,  
on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> And forgive us our debts,  
as we also have forgiven our debtors.

<sup>13</sup> And lead us not into temptation,  
but deliver us from the evil one.’

(New International Version)

<sup>5</sup> When you pray, don't be like those show-offs who love to stand up and pray in the synagogues and on the street corners. They do this just to look good. I can assure you that they already have their reward. <sup>6</sup> When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private and will reward you. <sup>7</sup> When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers. <sup>8</sup> Don't be like them. Your Father knows what you need even before you ask.

<sup>9</sup> You should pray like this:

Our Father in heaven,  
help us to honor  
your name.

<sup>10</sup> Come and set up  
your kingdom,  
so that everyone on earth  
will obey you,  
as you are obeyed  
in heaven.

<sup>11</sup> Give us our food for today.

<sup>12</sup> Forgive us for doing wrong,  
as we forgive others.

<sup>13</sup> Keep us from being tempted  
and protect us from evil.

(Contemporary English Version)



- In Verses 5-6, Jesus draws a contrast between praying to impress others and praying privately. What do you think motivates us to try to impress others with our prayers?
- Read Verse 6 again. Why do you think Jesus encourages us to pray on our own? Do you have a private place of prayer or a special time of the day that works for you? What do you find helpful or challenging about praying on your own?
- In Verse 7 Jesus says, “When you pray, don’t talk on and on as people do who don’t know God.” One translation of the Bible puts it: “do not use vain repetitions”.<sup>1</sup> Jesus isn’t saying that long prayers are bad, but he is teaching us to focus more on the heart and meaning of our prayers than on the words we use.<sup>2</sup> What do you think this looks like?
- Verse 8 says, “Your Father knows what you need even before you ask.” If God already knows our needs, why do you think he wants us to bring them to him in prayer?
- Jesus is reminding us that prayer is a way for us to draw close to our Father and strengthen our relationship with him. How have you experienced this in your life?
- What are some things that have helped you deepen your intimacy with God, or spend quality time with him?

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1 New King James Version (NKJV)

2 Enduring Word Bible Commentary Matthew Chapter 6



- After telling us how not to pray, Jesus gives us a model for prayer. Many of us will know these words as ‘The Lord’s Prayer’. The Lord’s Prayer shows us how to pray in a way that fosters a deep, strong relationship with our Father. Let’s read that prayer (vs 9-13) out loud again now.

What is one thing that jumps out to you from these words?

- Verse 9 begins with the words, “Our Father in heaven.” Jesus is teaching us to begin prayer by acknowledging and focusing on who God is – the all-powerful, heavenly creator and ruler who is also our Father. Why do you think Jesus tells us to begin in this way?
- The next words say, “Hallowed be your name”. Or some translations say, “May your name be kept holy”. What do you think this means? Why do you think it is a helpful way to start our prayers?
- Jesus continues: ‘Your kingdom come, your will be done, on earth as it is in heaven.’ Here, Jesus is teaching us to pray that God’s agenda would be fulfilled. How often do you pray this kind of prayer? What kind of prayers would fall into this category?
- Verse 11 says, “Give us today our daily bread” or “Give us the food we need for the coming day.” When we have needs, Jesus encourages us to bring them to him and trust him to provide. How naturally does this part of prayer come for you?
- Verse 12 says, “Forgive us for doing wrong, as we forgive others”. Does it surprise you that forgiveness is an essential ingredient in prayer? Why/why not?

- Verse 13 says, “Keep us from being tempted and protect us from evil”, or you may be more familiar with the translation that says, “Lead us not into temptation, but deliver us from evil.” Jesus encourages us to pray that God would keep us from situations where we would be vulnerable to sin. Why do you think Jesus wants us to pray this kind of prayer regularly? What happens in our hearts and minds when we pray like this?
- Looking at the overall framework Jesus provides for prayer, is there anything that surprises or stands out to you?
- What is one aspect of Jesus’ teaching here that you would like to apply in your life?



Spend some time encouraging and praying for each other about the things you shared.



# THE Way



Jesus-centred, *Spirit-led*  
hope revealed



**SPIRITUAL WARFARE  
BIBLE STUDY GUIDE**

*In this series, we are exploring how we can live more deeply in **The Way** of Jesus.*

*This week we seek to increase our understanding of spiritual warfare. Today's Scripture passage gives us advice on how to fight against darkness with the weapons and armour that the Holy Spirit provides.*



**Share**

When you hear the words  
'spiritual warfare', what comes to mind?

Can you think of a time when you felt like something more was going on beneath the surface – a spiritual battle you couldn't see but could sense?



**Pray**

Before we read the Scripture, let's pray together.

*Pray that the Holy Spirit would speak through God's Word.*



## Read

*Read Ephesians 6:10-18. You might like to read it in a couple of different translations.*

A final word: Be strong in the Lord and in his mighty power.

<sup>11</sup> Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. <sup>12</sup> For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. <sup>13</sup> Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm.

<sup>14</sup> Stand your ground, putting on the belt of truth and the body armor of God's righteousness. <sup>15</sup>

For shoes, put on the peace that comes from the Good News so that you will be fully prepared. <sup>16</sup> In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. <sup>17</sup> Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. <sup>18</sup> Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

(New Living Translation)

Finally, let the mighty strength of the Lord make you strong. <sup>11</sup> Put on all the armor that God gives, so you can defend yourself against the devil's tricks. <sup>12</sup> We are not fighting against humans. We are fighting against forces and authorities and against rulers of darkness and powers in the spiritual world. <sup>13</sup> So put on all the armor that God gives. Then when that evil day comes, you will be able to defend yourself. And when the battle is over, you will still be standing firm. <sup>14</sup> Be ready! Let the truth be like a belt around your waist, and let God's justice protect you like armor. <sup>15</sup> Your desire to tell the good news about peace should be like shoes on your feet. <sup>16</sup> Let your faith be like a shield, and you will be able to stop all the flaming arrows of the evil one. <sup>17</sup> Let God's saving power be like a helmet, and for a sword use God's message that comes from the Spirit. <sup>18</sup> Never stop praying, especially for others. Always pray by the power of the Spirit. Stay alert and keep praying for God's people.

(Contemporary English Version)





- Paul begins by telling us to let the Lord's mighty strength make us strong. How can we do this? What kind of strength can we draw from God?
- He tells us to put on the full 'armour of God' – to use all the defences and tools that God has provided us with. Why do people usually put on armour or special protective clothing? What does this tell us about the challenges we can expect to face as Christians?
- What do you think Paul means when he tells us to "stand firm" against the devil? What are some of the ways that the devil tries to persuade, distract, weaken or tempt you?
- In Verse 12, Paul says we are "not fighting against humans". Why do you think he reminds us of this?
- If you feel comfortable, share about a time when you felt like you were under significant spiritual attack. How did you know you were under spiritual attack? What helped you to remain standing firm at the end of the battle?
- The belt is the foundation garment for the armour. When we are confident of God's truths, they become a basis for us to fight lies and deception. What is one truth that helps you to fight doubt? Can anyone share about a time when "the belt of truth" helped them?
- The righteousness of God is described as the "breastplate" in some translations<sup>1</sup>. A soldier's

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1 New King James Version (NKJV) and New International Version (NIV)

breastplate protects his heart and vital organs in battle. How do you think the righteousness of God (secured only through Jesus' sacrifice) protects our heart and soul?

- A soldier's shoes provide stability, mobility and readiness in battle. In the same way, the Gospel of Peace gives us the firm footing we need to stand strong in spiritual battles. This peace doesn't depend on circumstances – it comes from knowing and trusting the Good News of Jesus. When have you experienced that kind of peace in a spiritual struggle?
- The Roman shield was large enough to cover the whole body. When dipped in water it could extinguish flaming arrows. Faith is the shield that protects us in spiritual warfare. Can anyone share about a time when their faith helped them during a time of opposition, trials or attack?
- The helmet of salvation protects us against discouragement and doubt. Through the sacrifice of Jesus, we are assured of salvation. We find hope in the knowledge that God is triumphant. How does this impact the way that you fight against discouragement?
- The first doctrine (i.e. core belief) of The Salvation Army declares that the words in the Bible were inspired by God and help us to understand how to live as Christians.<sup>2</sup> Here, Paul calls the Bible "the sword of the Spirit". In what ways can the Bible be like a sword? Share about a time when the Holy Spirit helped you use Scripture like a sword.

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<sup>2</sup> We believe that the Scriptures of the Old and New Testaments were given by inspiration of God, and that they only constitute the Divine rule of Christian faith and practice."

- As we step into battle, Paul says we should pray and never stop praying! How easy do you find it to pray throughout your day? What helps you pray regularly? Are there types of prayer you find especially helpful? (For example, praying with others, meditation, journalling, walking, silent prayer, etc.)
- Paul emphasises that we should put on every piece of the armour God provides. Is there a piece you feel is lacking in your life? How could you make better use of that piece of armour?
- Read Verse 11 again. What is this verse speaking into your personal situation today? How have you felt challenged to apply this passage in your life?



**Pray**

Spend some time listening to the Holy Spirit in silence and then spend some time encouraging and praying for each other about the things you have shared.

