

# LIFEQUAKES

**MAIN IDEA: The unseen battle is real!**

**READ: EPHESIANS 6:10-18**

- 1. In what ways have you noticed the “unseen battle” show up in your life recently?**
- 2. Ephesians 6:10 tells us to “be strong in the Lord and in His mighty power.” What does it look like in practical terms for you to rely on God's strength instead of your own in your daily life?**
- 3. Paul mentions that our struggle is not against “flesh and blood.” How can we remind ourselves to avoid seeing people as the enemy, especially during conflicts or moments of disappointment?**
- 4. Among the pieces of God’s armor mentioned, which one do you feel you need to develop the most? Why? What steps can you take this week to intentionally “put on” that piece?**
- 5. How have you experienced the power of prayer in a spiritual battle? What changes could occur in your life if you made prayer your “first weapon” rather than your last resort?**
- 6. What does it look like to “stay alert” spiritually in today’s world? How can we support each other in staying spiritually awake and armored in our group?**
- 7. Group prayer**