



STUDY GUIDE

Introduction

This week, we heard some raw stories from childhood—times of feeling cornered, attacked, and overwhelmed—and we were invited to reflect on how we respond when life presses hard on us. Do we crumble? Do we fight back? Or do we stand firm in a way that's shaped by God's power? To get us talking, let's start here:

- Share a moment—funny or serious—when you felt “ganged up on” or out of your depth. What did you do at that moment? Why did you respond the way you did?
- When you hear the word courage, what comes to mind? How is your picture of courage shaped by culture, and how is it shaped by faith?

Text: Ephesians 6:10-13

- Paul tells us to “be strong in the Lord and in his mighty power.” What stood out to you about the idea that this is a passive imperative—that we are told to receive strength, not just summon it from within?
- If Paul exhorts us to depend on God's power in us, what would you say are the other sources of “power” we tend to depend on instead of God's power?
- If prayer is the true lifeline connecting us to God, what other practices, habits, ideas, or attitudes do we turn to instead of prayer? What in our lives do we need to replace with prayer?
- Verse 13 says we are to stand so that we can “withstand on the evil day.” How does this change your view of prayer as something active and courageous, rather than passive or routine?

Your Move

- Where in your life do you feel like you're in a battle right now? What would it look like to stand firm there—not in your own strength, but with God's power?
- Are there specific “pieces of armor” (truth, righteousness, peace, faith, salvation, God's Word) that you feel you need to lean into more right now? What might that look like for you this week?
- Prayer is the powerline, the lifeline, the courage we need. How can you build a habit of prayer this week that keeps you connected to God's empowering presence?