

Point Group Notes

Message from 2/18/24

Beaten Up-But Not Beaten *Down*

Getting to know you...

1. What was something you were nervous about as a kid? Did you ever conquer your fear?

2. Have you ever been nervous to do the right thing? What was that like? How did you do?

Digging Deeper

Acts 5:17-42 shows the apostles being *beaten down* but not *beaten*. Despite the difficulty, uncertainty, and promise of certain punishment, the apostles **obeyed** God and continued the battle to share HIS gospel no matter the consequences. This week, we will look at a text that will tell us exactly how we can prepare for the battle around us.

Ephesians 6:10-18 (ESV)

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. 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. 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. ¹⁴ Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵ and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷ and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸ praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

1. What is the “Whole Armor of God”? List the items below.



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2. How does Paul's analogy of the armor of God in Ephesians 6:10-18 emphasize the importance of readiness in our spiritual lives? What practical steps can we take to ensure we are constantly prepared and equipped with this armor?
3. Take a moment to consider your daily routines and interactions. How does the awareness that every day is a spiritual battle change your perspective on seemingly mundane tasks and encounters?

Taking it Home...

1. What does putting on the “Full Armor” look like for you? How could you do better?
2. What are some specific challenges or temptations in your life that require a constant state of readiness to resist? How can you apply the principles of spiritual armor outlined by Paul to effectively combat these challenges and remain steadfast in your faith? Make sure you specifically mention a piece of armor from the passage and how it would help in the battle you face.
3. We might understand that every moment has the potential for a spiritual battle, but what would it look like if we *lived* that way? What would be different for you?
4. What battle are you fighting right now? Are you “Armoring Up”? How can we, as your group, keep you accountable?
5. Based on the above question, how can your group pray for you this week?

