

DISCIPLESHIP WORKSHEET

Ephesians 10 • Walking in Victory

The Spiritual Armor • Ephesians 6:10–20 Part 2

Read Ephesians 6:10–20, focusing on verses 14–20. Keep your Bible open. Use the verses beside each question to find your answers. Discuss anything unclear with your discipleship partner.

PART 1 – KNOWLEDGE

1. Stand firm in God's armor • Read verses 10–15

Where does our strength come from (v. 10)? _____

Why do we need God's whole armor (vv. 11–13)? _____

What is our struggle against? What is it not against (v. 12)? _____

2. Truth, righteousness, and peace • Read verses 14–15

What does Paul connect with the belt and the breastplate (v. 14)? _____

What should make our feet ready (v. 15)? How does Paul describe this gospel?

Read verses 13–15 together. What are believers preparing to do with this armor?

3. Faith, salvation, and God's word • Read verses 16–17

What does the shield of faith enable believers to do (v. 16)? _____

What is connected with the helmet? What is the sword of the Spirit (v. 17)?

How does the command to take all these pieces relate to "the full armor" in verse 13?

4. Pray for believers and the gospel • Read verses 18–20

How and when should believers pray? For whom should they keep praying (v. 18)?

What does Paul ask them to pray that he will be given (v. 19)? _____

What does he want to do while he is in chains (vv. 19–20)? _____

PART 2 – CONVICTIONS

1. How do I respond when I am under pressure?

☐ I blame people. ☐ I react in anger. ☐ I become afraid. ☐ I seek the Lord's strength.

Read verses 10–13. What needs to change in how you respond to a current struggle?

2. Where do I need to stand firm?

Read verses 14–17. Which part of this armor do you most need to take seriously? Why?

What would relying on what God provides look like in one situation you face?

3. What does my prayer life show?

Compare your prayers with verses 18–20. What needs more attention, and why?

PART 3 – PRACTICES

1. Read and remember

Reread Ephesians 6:10–20 this week.

Choose one verse that helped you and explain it to your partner.

Memorize Ephesians 6:11.

My chosen verse: _____ What it tells me about God: _____

2. Take one practical step

- ☐ Replace a dishonest response with truth, remembering verse 14.
- ☐ Learn a verse that helps me respond faithfully to a temptation (v. 17).
- ☐ Encourage someone sharing the gospel and ask how I can support them (vv. 19–20).

What I will do and when: _____

PART 4 – UNPREPARED OR WEARING GOD’S ARMOR?

Look back over verses 14–17. List the six pieces and what Paul connects with each.

How do verses 18–20 show that standing firm involves concern for other believers?

Which attitude do I recognize this week?

- ☐ I neglect what God provides and rely on my own strength.
- ☐ I am learning to use God’s provision and persevere with His people.

What will you do differently this week? Name one action, when you will do it, and a verse.
