

**JOURNEY GROUP DISCUSSION GUIDE**  
**ARE YOU READY TO RUMBLE—PART 5**  
*“JESUS’ FACEBOOK MESSAGE TO THE CHURCH!”*

**Icebreaker:** What comes to mind when you think about Father’s Day (good or bad)?

- What’s something that stood out to you or impacted you from the message on Sunday?

1) Read **Ephesians 6:10-18**.

How can you be strong in the Lord & take your stand against the devil’s schemes & stand your ground when you feel like you’re getting knocked down & beat up all the time? In other words, what are some practical ways we can stand firm against the enemy so we can be victorious?

What’s the *“belt of truth”* & *“breastplate of righteousness”* Paul refers to in **verse 14**? How does it help us in our everyday battles? Why is it so important? Explain.

What are the **spiritual boots of readiness** Paul’s talking about in **verse 15**? What’s he trying to get us to see & why is that so important (read **Philippians 4:6-7** and talk about it)?

What are some specific ways we can use the *“shield of faith”* in our struggles?

What is the **helmet of salvation** & how does it protect our head & mind? Give a specific example of how that’s helped you or can help you.

What is the “*sword of the Spirit*” in verse 17. Why is it a weapon of authority (read **Hebrews 4:12** and talk about it)?

Why is prayer necessary in the daily battles of life? What does that look like in your personal life? Discuss.

2) Read **II Chronicles 20:15-17**.

What’s the hope of these verses? How does it instruct us to deal with our battles?

What’s **one step** you can take this week to put this stuff into practice so you can live in victory?

How can this group pray for you to help you walk in victory?

**Close in prayer.**

***Invite someone to next week’s group!***