

[MESSAGE](#)[STUDY GUIDE](#)[GROUP MATERIAL](#)[SONGS](#)

Community Group Material:

Ask one person to pray at the beginning of your meeting.

Check-in

Check in with each other about how everyone is doing.

Bible Reading: Ephesians 6:17–20

Sermon Summary:

Paul draws his thoughts and counsel on God's armor to the believers in Ephesus to a close. In doing so he advises them to pray! He is making a vital and definite connection between the two. If you want to experience God's armor more and more try putting more emphasis onto your prayer times each day.

Paul is not too important to ask for prayer and support from the believers. Do you have some who you are willing to open up to about what you are struggling with? Some who can support you in prayer? Paul encourages us through his example to fight through prayer, to stand through prayer, to take God's armor through prayer. Make it a critical part of your Christian walk.

Discussion:

1. Some see prayer as a 7th item of God's armor, others disagree. Whether it is or not, it is abundantly clear that prayer is critical to the armor. How has prayer empowered you?
2. How would you explain praying in the Spirit? Is it an ecstatic experience we need to have each time we pray, or is it to be sensitive to the Spirit as we pray and to be directed by him? Talk about your

experiences.

3. Macrina Wiederkehr says: “*So **how do I pray?** I listen. I talk. I weep. I am silent. I gaze with reverence. I wonder and adore. I share my needs. I have tea with God. I give thanks and say I’m sorry. I scream. I get angry. I show God all my life, including my very divided heart. I relax. I’m at home. Sometimes I read a poem or tell God a story. Sometimes I dance. Sometimes I get a bit dramatic with God.*” Does her experience clarify things for you about what prayer might look like?
4. Ephesians 6:18 –20 speaks of different forms of prayer: prayer, request (supplication), & intercession. Talk about the differences between these and your experience of each.
5. Phil. 4:6 –7 encourage us to make our requests to God and we will experience his peace (sandals). How do these verses help you see the link between God`s armor & prayer?

End with Prayer.

- Pray for one another.