

DISCIPLESHIP. LESSON 42

1	PRAYER
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Group leader. Pray for God’s guidance through his Spirit, for awareness of his presence and for listening to his voice. Dedicate this lesson about disciple making to the Lord.

2	SHARING (20 minutes) <i>[QUIET TIMES]</i> NEHEMIAH 4, 8, 9 and 10
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Take turns and share (or read from your notes) in short what you have learned from one of your quiet times out of the assigned Bible passages (Nehemiah 4,8,9 and 10). Listen to the person sharing, take him serious and accept him. Do not discuss what he shares.

3	MEMORISATION (20 minutes) <i>[DISCIPLESHIP]</i> (3) MARK 10:45
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A. MEDITATION

Read Mark 10:42-45. “Jesus called them together and said, “You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

(3)

Write the following memorisation verse on a white or blackboard as follows:

Service Mark 10:45
For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.
Mark 10:45

Write the Bible reference on the back of your card.

1. The rulers of the Gentiles lord it over people.

How do many leaders in the world rule? Jesus says that the leaders in the world regard themselves as leaders and are regarded by people as leaders, but in God’s eyes they are not really leaders. They are supposed to be leaders, but fail to be real leaders. Jesus is saying this with a tinge of irony. If these leaders had been real leaders, then their leadership style would have been completely different.

The leaders in the world spend all their energies to get to the top, and once they have reached the top, they cause all people to feel the weight of their authority. They only think of themselves and not of the people they lead. They cause their subjects to squirm under their oppressive rule. They often assume absolute authority over every aspect of the lives of their subjects. They enforce what their people should think, believe, speak and do. They often behave as if they are “god” and that nobody has a higher authority than they. Or they claim that God had given their authority to them and that therefore people who disobey them disobey God. Such people will squash every form of opposition. Then they give themselves titles as “prophet”, “apostle” or “bishop” just to impress people. This kind of leadership Jesus calls “lording it over” people. Jesus Christ rejects this kind of leadership!

2. The disciples of Jesus Christ should be servants of people.

How should Christian leaders lead? Jesus clearly teaches that Christian leaders should not lead like the leaders of the world! “Not so with you!” he says. In the world leaders stand at the top of the pyramid and lord it over people with power and authority. But in the Christian Church leaders stand at the bottom of the inverted pyramid and serve the people entrusted to them. Jesus teaches that whoever wants to become great among Christians must be their servant and whoever wants to be first must be slave of all of them. Jesus says that in the kingdom of God, greatness is measured by service. Whoever wants to become a leader, must become everyone’s servant! Greatness consists of unselfish giving instead of grasping power. It consists of developing others instead of using others for attaining your own goals.

The word *slave* usually has a negative meaning, because it is associated with lack of freedom, unwilling service and cruel treatment. But in Mark 10:45 the word “slave” has the same meaning as the word “servant” and should be translated with “humble attendant”.

3. The example of the Lord Jesus Christ.

(1) Jesus led by serving.

Jesus Christ is the King of kings and Lord of lords (Revelation 19:16) and yet at his first coming, he came to earth not to be served, but to serve! Jesus Christ led people by serving them. His service consisted of giving his life as a ransom for many.

(2) The ransom.

What is a ransom? A ransom was originally the price paid for the release of a slave. The ransom price Jesus paid was his own life. It was his substitutionary atonement for the sins of people. It was the only sacrifice that God would accept.

To whom did Jesus pay the ransom? He did not pay this ransom to Satan, as if people were the rightful slaves of Satan that needed to be ransomed. This ransom was a sacrifice of atonement and was paid to God, the Creator and Rightful Owner of people. This ransom was brought to God in order to put God in the right mood, that is, to pacify¹ or satisfy his just indignation against the sin of very many people and thus make peace with God, that is, to cancel his condemnation and punishment (damnation) of sin, to remove the separation between God and people and to reconcile people to God. To put this in another way: the one and only God (of the Bible) has taken on the human nature in Jesus Christ, entered his creation and human history and took upon himself the punishment which the sins of Christians deserve!

Who in the world benefit from this ransom? Although his ransom was sufficient for all the people in the world, not all the people in the world benefit from this ransom. His ransom is not effective for all the people in the world. That is why Jesus did not say in Mark 10:45, “a ransom for all people”, but “a ransom for many people”. That is why Jesus says in John 10:11, “I am the Good Shepherd” The Good Shepherd lays down his life for the sheep (“my sheep” in verse 14).”

Who are these many people? Who are these sheep?

- Isaiah 53:8 says, “For the transgression of my people he was stricken.”
- Matthew 1:21 says, “You are to give him the name “Jesus”, because he will save his people from their sins.”
- In John 6:39 Jesus says “I shall lose none of all that God has given me.”
- Acts 20:28 says, “Christ bought the Church with his own blood”.
- Romans 8:32-33 says, “God gave Jesus up for us all”, that is, for those God has chosen and justified.
- Although Jesus Christ did not give his life as a ransom for everyone in history², he also did not give it to only a few people, but to very many. In Revelation 7:9 we read that John saw a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne of God and Jesus Christ.

4. Service in the Bible.

See manual 12, supplement 17 about a summary of “service” in the Bible.

B. MEMORISATION AND REVIEW

1. Write. Write the Bible verse on a blank card or on one page of your small notebook.
2. Memorise. Memorise the Bible verse in the right way. (3) Service. Mark 10:45.
3. Review. Divide into twos and check one another’s last memorised Bible verse.

4	BIBLE STUDY (70 minutes) <i>[LIVING IN THE WORLD]</i> (3) SPIRITUAL WARFARE IN THE WORLD: EPHESIANS 6:10-20
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Make use of the five steps method of Bible study and study Ephesians 6:10-20 together.

STEP 1. READ.

GOD’S WORD

Read. LET US READ Ephesians 6:10-20 together.

Let us take turns to read one verse each until we have completed the reading.

¹ To pacify: to propitiate, to appease an offended God

² 1 John 2:2 says, “Jesus Christ is the atoning sacrifice for our sins, and not only for our sins, but also for the sins of the whole world.” Sin is universal – every human being sinned (1 John 1:8,10). There is also a universal provision for sin – sufficient for every human being, but on condition that he repents/converts and confesses his sin (1 John 1:9). “The whole world” is the realm of sinful and lost mankind, alienated from the life of God, exposed to God’s judgement, in need of salvation (John 3:19). It is the sinful and lost people from every tribe, nation and language on earth, without implying that it refers to every single individual. There is no distinction made with respect to race, or nationality (John 1:29; 3:16; 3:17; 4:42; 6:33,51; 8:12; 9:5; 11:52; 12:32; 1 John 2:2; 4:14-15). John says that Jesus is the Lamb of God who takes away the sin of the world. Here the world does not and cannot mean every individual person who has ever lived in the world, because the Bible does not teach that all people will be saved. Also in John 3:16 it has this meaning and says that God loves people from every tribe, nation and language in the world, without implying that it refers to every single individual (Psalm 5:4-6; 11:5; Luke 14:26; Romans 1:18; 9:13; James 4:4). The Bible does not teach universal atonement! There are people who remain lost, because not all people have been elected (2 Thessalonians 2:13-14; 2 Timothy 1:9) or because not all people repent and believe (Mark 1:15; Acts 13:48; Hebrews 4:2,3,6).

STEP 2. DISCOVER.**OBSERVATIONS**

Consider. WHICH TRUTH IN THIS PASSAGE IS IMPORTANT FOR YOU?

Or WHICH TRUTH IN THIS PASSAGE TOUCHES YOUR MIND OR HEART?

Record. Discover one or two truths that you understand. Think about them and write your thoughts in your notebook.

Share. (After the group members have had about two minutes to think and write, take turns to share).

Let us take turns to share with one another what each of us has discovered.

(The following are examples of people sharing what they have discovered. Remember: In every small group, the group members will share different things, not necessarily these things)

6:12

Discovery 1. The devil and his army of demons really exist as enemies.

The devil and his army of demons really exist as a hostile force. They will try everything possible to cause Christians to stumble, fall and be defeated. Some days are “evil” (verse 13), that is, when the devil, his demons, the hostile world and even the sinful nature of man, through which they work, will launch an attack on the Christian.

The Bible teaches Christians about “the evil schemes of the devil” (verse 11). His strategy is to rob the words of God from the minds and hearts of people, so that they would not believe and be saved (Luke 8:12). He is the father of all lies (in people, in books, in the mass media, in politics and in religion) (John 8:44). He blinds the minds of unbelievers so that they are no able to even see the light of the gospel (2 Corinthians 4:3-4). He causes people to believe that good things can be gained by doing bad things (Luke 4:6-7). He twists God’s Words (Genesis 3:1) or quotes God’s Words outside their context (Luke 4:6). He sows non-Christians and evil people in the midst of Christians in churches and Christian organisations (Matthew 13:37-41). He seduces people to sexual immoral acts, especially when they have no self-control (1 Corinthians 7:5). And he spreads false teachings through false prophets and false teachers (1 Timothy 4:1-3). Finally the devil is “a murderer from the beginning” (John 8:44).

6:11

Discovery 2. The relationship between sovereign grace and human responsibility.

On the one hand, all the spiritual weapons, which constitute the full armour of God, come from God. God made these weapons and gives them to his soldiers. Thus, the Christian is *completely dependent* on God, God’s grace and God’s resources in spiritual warfare. On the other hand, the Christian soldier must put this armour on and must use the weapons for both defensive and offensive warfare. Thus, the Christian is *completely responsible* to commit himself to the battle. The Christian must therefore not seek his strength in himself, but in the Lord and in his strength (verse 10). In this way I want to remain standing against the devil, his demons and evil people with whom they co-operate.

STEP 3. QUESTION.**EXPLANATIONS**

Consider. WHICH QUESTION ABOUT ANYTHING IN THIS PASSAGE WOULD YOU LIKE TO ASK TO THIS GROUP?

Let us try to understand all the truths in Ephesians 6:10-20 and ask questions about the things we still do not understand.

Record. Formulate your question as clearly as possible. Then write your question in your notebook.

Share. (After the group members have had about two minutes to think and write, let each person first share his question.)

Discuss. (Then, choose a few of these questions and try to answer them by discussing them together in your group.)

(The following are examples of questions the students might ask and some notes about the discussion of the questions.)

6:12

Question 1. What is spiritual warfare?

Notes. The Bible says that our struggle is not against people, but really against evil spiritual forces. “The rulers, authorities and powers” are different kinds of evil spirits who are under the control of the devil and who work through evil people in politics, in the court of law, and in the religions of the world. The evil spirits have their abode in “the heavenly realms”, which is pictures as the region above the earth, but beneath the heaven where the redeemed live. These evil spirits are fallen angels (Revelation 12:7-10). That is why today they oppose the living God and try to destroy his work in people. That is also why the evil forces in the world are often friendly towards the other religions, but hostile towards Christians, the Christian Faith and especially the Bible.

Spiritual warfare is in the Christian faith never “a holy war” with weapons, terrorists, complots, kidnapping and murder. Spiritual warfare within the Christians Faith is always fought with spiritual weapons, and in complete dependence on the spiritual power which God grants. The weapons with which Christians fight are “not the weapons of the world, but on the contrary have divine power to demolish (demonic) strongholds. Christians demolish arguments and every pretention that sets itself up against the knowledge of God and they take captive every thought to make it obedient to Christ” (2 Corinthians 10:3-5). Spiritual warfare means that you have to actively fight against the schemes and the

activities of evil spirits that work through evil people and evil systems! The aim of spiritual warfare is on the one hand to still keep standing after his attacks and on the other hand to gain ground and snatch people away from his control.

6:14

Question 2. What is the belt of truth that we should buckle around our waist"?

Notes.

In physical warfare, the belt (or girdle) was fastened around a short tunic worn by the Roman soldier. Thus his legs and arms were free for action. Whenever he was not engaged in battle, the soldier attached his breastplate and sword to his belt.

In spiritual warfare, the belt *represents truth, sincerity and willingness*. The main question for the Christian soldier is, "Do I sincerely want to fight battles in spiritual warfare? Am I completely willing to fight battles in spiritual warfare?" The belt of truth symbolises the Christian soldier's motivation and willingness to fight. ("Do I want to?") Sincerity is a mighty weapon. A sincerely motivated person is far more likely to influence others than a hypocrite! In Judges 7:3 we read that more than two thirds of the army returned home, because they were not sincerely motivated about fighting! But Gideon and three hundred sincerely motivated soldiers defeated a very large army that night.

6:14

Question 3. What is the breastplate of righteousness that we should put on?

Notes.

In physical warfare, the breastplate was the armour that covered the body of the Roman soldier from the neck down to the thighs. It consisted of two parts, one covering the front and one covering the back (1 Samuel 17:5,38, a *coat of armour*). Thus the soldier's vital organs, like heart and lungs, were protected.

In spiritual warfare, the breastplate *represents moral and spiritual righteousness*. It is not the righteous position that God ascribes to believers, but the righteous acts that God gives to live a moral and holy life. The main question for the Christian soldier is, "Am I living a moral and righteous life that will enable me to engage in spiritual warfare?" ("Am I able to?") The breastplate of righteousness symbolises the moral and spiritual (righteous) life that is necessary to fight effectively and gain the victory. Without living a moral and righteous life, a Christians cannot have assurance of salvation, he has no defence against the devil's accusations, he lacks conviction and effectiveness in his prayers and he lacks power in the struggle. "The prayer of a righteous man is powerful and effective" (James 5:16). Without living a moral and righteous life in things as purity, self-control, unfeigned love and speaking the truth the soldier cannot fight effectively. The weapons must have divine power to demolish strongholds" (2 Corinthians 10:4-5). "Righteousness" is a mighty weapon for defence as well as offence! Living right as God wants, makes the soldier strong in battle.

6:15

Question 4. What are the shoes of readiness that we should put on?

Notes.

In physical warfare, Roman soldiers were in the habit of putting on shoes that were thickly studded with iron nails to keep them from wearing out on the long and hard Roman roads. Thus, the soldier was well prepared and ready for a long walk. The armies of Julius Caesar continually caught their enemies off guard by covering great distances in a short period of time.

In spiritual warfare, the shoes *represent total preparedness or complete readiness for immediate warfare*. This preparedness or readiness is brought about by the gospel of peace. The gospel of peace (thus the right relationship with Christ) brings the Christian soldier into the right relationship with God and his fellow soldiers. It gives him peace with God, peace with his neighbours and wholeness of the former brokenness in his own life. The main question for the Christian soldier is, "Am I totally prepared and completely ready to immediately fight battles in spiritual warfare?" The shoes of readiness symbolise the Christian soldier's complete preparedness, readiness and ability to act immediately. ("Can I do it right now?") For example, the rich man who cared only for multiplying his possessions and not for being rich toward God was totally unprepared to die that same night (Luke 12:13-21). The foolish virgins were not ready to enter the wedding banquet together with the groom (Matthew 25:10). The manager, who maltreated his employees and wasted his time with eating and drinking parties, was totally unprepared for the return of his master (Matthew 24:45-51).

6:16

Question 5. What are the shield of faith and the flaming arrows of the evil one?

Notes.

In physical warfare, the Romans shield was oblong in shape, covered with leather and about 120 by 75 centimetres in size. It was designed to protect the heart, lungs and other vital organs against arrows of the enemy, which were dipped

in pitch and set on fire before they were shot. When these arrows collided with the shield, their points were blunted and their flames extinguished.

In spiritual warfare, the flaming arrows *represent various kinds of attacks* of the enemy. Their quivers are full of all kinds of flaming darts that harm, hurt, damage, oppress, persecute or cause all kinds of trouble. Some of their arrows are designed to cause doubt, suspicion, fear, anguish, greed, vanity, envy or lust, etc. in the minds and hearts of Christians. Sometimes they sow tares among the wheat, that is, they plant nominal Christians, non-Christians and other evil people among God's people in order to cause all kinds of trouble in the Christian Church (Matthew 13:25,38). Sometimes their tongues are like deadly arrows that destroy truth, confidence and good reputation through gossip and slander. "Their tongue is a deadly arrow; it speaks with deceit. With his mouth each speaks cordially to his neighbour, but in his heart he sets a trap for him" (Jeremiah 9:8).

In spiritual warfare, the shield *represents the faith of the Christian*. This faith is the Christian's faith in action (subjective faith) rather than the content of the Christian Faith (objective faith). It is the faith that trusts that God's words and promises are true and that acts on the basis of this assurance. Faith is both a defensive and an offensive weapon. The main question for the Christian soldier is, "Am I actively using my faith in God's promises on the one hand to defend myself and on the other hand to gain victories for the kingdom of God?" The shield of faith symbolises on the one hand the soldier's ability to defend himself against for example doubt and fear and on the other hand to attack the domain of darkness and gain victories. For example, when the daughter of Jairus had died, Jesus exhorted him not to fear, but only to believe that he had power over death and life (Luke 8:49-50). Everyone who believes that Jesus Christ is the Son of God, is a genuine child of God ("is born of God") and precisely that faith causes the Christian to overcome the sinful world (1 John 5:1-5). By faith in action, the Christian overcome sin in his own life, the seductions in the world and the attacks of the demonic powers.

6:17

Question 6. What is the helmet of salvation?

Notes.

In physical warfare, the Roman soldier wore a helmet made of iron, brass or leather that was designed to protect his head.

In spiritual warfare, the helmet *represents salvation or the hope of salvation* (1 Thessalonians 5:8). In the midst of the struggle (hardships and persecution), the Christian soldier needs to have assurance of salvation, both for the present as well as for the future. Without hope or assurance the Christian may easily give up the desire to fight. The knowledge that God himself is fighting for him (Exodus 14:14), that God will be with him when he passes through water and fire (Isaiah 43:2; Exodus 14:26-29; Daniel 3:24-27) and that God will again rescue him from persecutions and sufferings (2 Timothy 3:11), makes the Christian soldier strong, courageous and persevering to continue the fight. The assurance that God will continue and complete the good work which he began in the Christian (Philippians 1:6; Philippians 2:12-13) makes the Christian strong to persevere in the fight till the end. Faith makes a person "a finisher" (John 17:4; Acts 20:24; Colossians 4:17)!

"Salvation" can also become an offensive weapon. In Psalm 40:1-3 we read how David sings "a song of salvation" after God rescued him from sinking away in the mud of problems and troubles. He sings, "God put a new song in my mouth ... Many will see and fear and put their trust in the Lord." Also the preaching of "the gospel of salvation" to others (Isaiah 52:7) and seeing how God's words (of salvation) never return empty to him, but accomplish that which pleases him (Isaiah 55:11) are some of the best offensive weapons in the world.

The main question for the Christian soldier is, "Am I protecting my mind and thoughts against the devil's attacks so that I am continually sure that I am saved, that God rescues me again and again from the enemy's attacks and that God uses me to save others?" The helmet of salvation symbolises the Christian soldier's ability to protect his thoughts and feelings against the enemy's attacks and especially to maintain assurance of salvation amidst the attacks of doubt.

6:17

Question 7. What is the sword of the Spirit?

Notes.

In physical warfare the Roman soldier wore a short sword on his belt as a defensive and offensive weapon. The sword won many victories for Rome.

In spiritual warfare, the sword *represents the word of God*. Here it does not refer to the Bible as a whole, but rather to *specific words in the Bible* that are spoken in specific situations³. As long as the preaching of God's Word is in accordance with the revelation of God in the whole Bible, the preaching is "the sword of the Spirit." The Holy Spirit will use the words of the Bible to expose people's sin, to convict them of guilt and shame, to refute their arguments

³ Greek: not "logos", but "réma". For example, Jesus Christ used "the sword of the Spirit" when he quoted Deuteronomy 8:3 in Matthew 4:4.

against the truth, to convince them of God's truth, to dispel their doubts, to drive away their fears, to put the devil to flight and to light up the path that Christians should walk. The main question for the Christian soldier is, "Am I using my own words or the specific words of God in the Bible in spiritual warfare?" The sword of the Spirit symbolises the Christian soldier's ability to expose lies, to refute arguments and to convince people of the truth of God's words. For example:

- When Jesus was tempted by the devil, he quoted God's word from the Bible three times to refute the lies of the devil (Matthew 4:1-11).
- He used specific words in the Bible to answer the questions of people (Luke 10:25-28)
- And he used specific words in the Bible to teach people about the kingdom of God (Matthew 21:42-44).

6:18-20

Question 8. Why is prayer a part of spiritual warfare?

Notes. Verse 18 is sometimes not regarded as a part of the armour of a Christian soldier. Prayer is definitely a part of spiritual warfare. The very first task of the apostles of Jesus Christ was proclaiming the Word *and prayer* (Acts 6:4). The Christian ought to use the specific words in the Bible in his personal life and also to pray or intercede at every opportunity (cf. Proverbs 3:5-6).

"Praying in the Spirit" means: "let the Holy Spirit guide you whenever you pray, that is, pray in accordance with the will of the Holy Spirit as revealed in the Bible and be dependent on his help. The Christian soldier prays all kinds of prayers: he pours out (the needs of) his heart, he cries out for help, he asks for wisdom, he intercedes for others, and he thanks God for the answers he has received. He remains watchful so that he does not weaken in prayer. He prays continually for "all the saints", that is, all the Christians God brings onto his path, that God's sovereign rule/reign, will and glory will become more and more visible in their lives. The important question for the Christian is, "Do I pray without ceasing?" (1 Thessalonians 5:17). Praying in the Spirit symbolises the ability of the Christian soldier to keep direct contact with God. Through prayer God changes problems into opportunities!

STEP 4. APPLY.

APPLICATIONS

Consider. WHICH TRUTHS IN THIS PASSAGE ARE POSSIBLE APPLICATIONS FOR CHRISTIANS?

Share and record. Let us brainstorm with one another and record a list of possible applications from Ephesians 6:10-20.

Consider. WHICH POSSIBLE APPLICATION DOES GOD WANT YOU TO TURN INTO A PERSONAL APPLICATION?

Record. Write this personal application down in your notebook. Feel free to share your personal application.

(Remember that people in every group will apply different truths or even make different applications of the same truth. The following is a list of possible applications.)

1. Examples of possible applications from Ephesians 6:10-20.

- 6:10. Never try to be strong in your own human power or human plans. Rather be strong in relying on God's power and God's plans.
- 6:11. Never try to fight the spiritual warfare with only one or two pieces of the spiritual armour. Put on the *whole* spiritual armour, which God provides.
- 6:11. As a Christian sit, walk and stand! *Sit* in your relationship with regard to God, that is, rest confidently in your spiritual position of righteousness, which you have in heaven with Christ (Ephesians 2:6). *Walk* in your relationship with regard to other people in this world, that is, behave in a distinct Christian way (Ephesians 2:2,10; 4:1,17; 5:2,8,15). And *stand* in your relationship with regard to Satan and his evil spirits, that is, face the enemy, ward off his schemes and attacks and even repel his onslaughts.
- 6:12. Realise that the war to which Christians are called, is never against other people (flesh and blood) and never with military weapons. It is always against evil spirits, their evil plans, their evil influences and their evil attacks and always with spiritual weapons.
- 6:13. A Christian is not a terrorist who uses worldly weapons to carry out his devilish plan. A Christian soldier puts on the full armour of God that consists of spiritual weapons. Only in this way can he remain standing when the enemy attacks.
- 6:14. Decide that you do not want to run away from spiritual struggles, but rather be sincerely motivated to fight spiritual battles.
- 6:14. Decide that you do not want to expose yourself without protection to the evil powers, but rather live a moral and righteous life so that you are enabled to fight spiritual battles.
- 6:15. Decide that you do not want to be caught off guard by the evil powers, but rather be a person made whole by the gospel so that you are completely prepared and ready to fight spiritual battles.
- 6:16. Decide that you do not want to remain passive against the attacks of the evil powers, but rather believe in God's promises and act on God's promises so that you are able to defend yourself, conquer and gain victories in the spiritual battles.

- 6:17. Decide that you do not want to expose your thoughts and feelings without protection to the evil powers, but rather fill your thoughts and feelings with the truth that God will save you out of many hardships and persecutions in this life and finally keep you save forever in his presence.
- 6:17. Decide that you do not want to remain passive against the attacks of the evil powers, but rather actively make use of the words in the Bible to attack evil thoughts and evil actions so that you are able to conquer the temptations and traps in the spiritual battles.
- 6:18-20. Decide that you do not want to fear the attacks of the evil powers, but rather actively pray in harmony with the Spirit's revelations in the Bible so that you remain in direct contact with God during the spiritual battles. God can turn the spiritual battles into spiritual opportunities!

2. Examples of personal applications from Ephesians 6:10-20.

I want to buckle on the belt of truth. I want to stop running away from difficult situations and I sincerely want to get involved in spiritual warfare. With this commitment, I will pray often that God will take my fear away and make me bold and fearless like Gideon.

I want to use the shield of faith whenever evil forces attack my thoughts or feelings. When flaming arrows of doubt, suspicion, fear, anguish, greed, vanity, envy or lust, etc. are shot at me, then I want to act by faith against these thoughts and feelings. By active faith I want to learn to resist the devil and his schemes.

STEP 5. PRAY. **RESPONSE**
 LET US TAKE TURNS TO PRAY ABOUT ONE TRUTH THAT GOD HAS TAUGHT US in Ephesians 6:10-20.
 (Respond in your prayer to what you have learned during this Bible study. Practise to pray only in one or two sentences. Remember that people in every group will pray about different issues.)

5	PRAYER (8 minutes)	<i>[INTERCESSION]</i> PRAY FOR OTHERS
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Continue to pray in groups of two's or three's. Pray with one another for one another and for the people in the world (Romans 15:30; Colossians 4:12).

6	PREPARATION (2 minutes)	<i>[ASSIGNMENT]</i> FOR NEXT LESSON
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(Group leader. Give the group members this preparation for at home in writing or let them copy it down).

1. Commitment. Be committed to make disciples.
Preach, teach or study the Bible study of Ephesians 6:10-20 together with another person or group of people.
2. Personal time with God. Have a quiet time from half a chapter of Esther 2, 3, 4 and 5 each day.
Make use of the favourite truth. Make notes.
3. Memorisation. (3) Service: Mark 10:45. Daily review the last 5 memorised Bible verses.
4. Prayer. Pray for someone or something specific this week and see what God is doing (Psalm 5:3).
5. Update your notebook on making disciples. Include the notes on your personal time with God, memorisation notes, Bible study notes and this preparation.