

My Life Stinks!

When it Comes to My Walk with Christ

OPEN IT

Here are some icebreaker questions for your family to open the discussion.

If you had to fight an enemy, who would you want to have fighting on your team (Superman, Alexander the Great, King Arthur, etc.)? Why did you choose that individual?

READ IT

Ephesians 6:10-17

UNPACK IT

Verse 11 tells us to prepare to face the “devil’s schemes” – the sneaky ways he tries to trick you into doing, saying, or thinking something you shouldn’t. What do you think some of his schemes are? How can he use your weakness, your complacency, and your confidence to make you stumble?

List the individual pieces of the “armor of God” and what each piece represents. What are some ways that each of these items helps you defend yourself against the devil’s schemes?

Think about school, work, home, and other places you spend time. What are some ways that you have had to “stand your ground” in your life? Why is it sometimes easier than others to stay strong?

What does verse 10 tell us about our role in the battle? What does it tell us about Jesus’ role? How should this affect the way you live your life?

Why is Jesus such a good person to have on your team? See John 3:16, John 14:6-7, Hebrews 1:1-4, and 1 John 2:1-2 for additional ideas.

APPLY IT

Look again at the list you made of items that make up the “armor of God.” For each item, identify a specific activity that you can do in the next seven days that will help you “take up the full armor of God.”