

“Built to Stand”

Scripture used: [Ephesians 6:10–14 \(NIV\)](#)

OVERVIEW

Paul reminds us that the Christian life is not only about advancing God's kingdom but also about standing firm against spiritual opposition. Our enemy's goal is to pull us away from trusting God, obeying His Word, and living faithfully. Yet our strength does not come from ourselves—it comes from the Lord. God has equipped us with spiritual armor so we can remain steadfast in every season.

This week we explored the first two pieces of armor: the belt of truth and the breastplate of righteousness. Truth anchors us in who Jesus is and what God has spoken, while righteousness protects our hearts as we live surrendered to Christ. Together, they shape both what we believe and how we live.

KEY POINTS

1. We Are Built to Stand

- Standing firm is an active expression of faith, not passive resignation.
- Spiritual victory often looks like refusing to drift away from God.
- Our strength comes from Jesus, not our own ability (Ephesians 6:10).

2. The Belt of Truth Holds Everything Together

- Truth is found in Jesus, His teaching, and God's Word.
- The enemy often attacks God's truth first by creating doubt and confusion.
- Truth is meant to be lived, not simply understood.

3. The Breastplate of Righteousness Guards the Heart

- Our righteousness is a gift from Christ before it becomes a way of living.
- Righteousness is not perfection but daily surrender and obedience.
- God calls us to integrity in public and in private.

4. Truth and Righteousness Work Together

- Truth shapes our beliefs.
- Righteousness shapes our behavior.
- Healthy disciples pursue both right belief and faithful living.

DISCUSSION

- 1) **HEAR** - What's something you've had to stand firm on, even when it wasn't popular?

- 2) **UNDERSTAND** - Paul tells believers to "stand firm" rather than attack. What does this teach us about the nature of spiritual warfare? Why do you think Paul begins the armor of God with truth and righteousness? What might happen if either one is missing?
- 3) **DO** - This week, intentionally pause before one significant decision, conversation, or reaction and ask: **What does God's Word say? Does this honor Christ? Am I responding from truth or from my feelings?** Write down one moment when these questions changed your response, and consider sharing your experience with the group at the next meeting.