

Cell Groups – LIVE A GODLY LIFE: Be strong

1. Have you any comments on the sermon on Sunday morning. Were there any insight, challenges etc. that you would like to mention?

2. Joy is a great power. “The joy of the Lord is your strength” (Nehemiah 8:10). “Is it not good to belong to a God that makes gladness the pathway to power?” says John Piper. How does this verse make you feel about being strong in the Lord.

3. “Be strong” for the battle; do you think that we modern day Christian take seriously the Bible's description of the Christian life as a battle?

4. V12 “For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” How do you think these powers manifest or present against us today?

5. The verses suggest that the armour is in order that we may stand. Do you think that is because God does not want us to attack the evil on but simply to defend ourselves?

6. “There is no standing against him (*the devil*) if we are not armoured. On the other hand, there is no failing and falling before him if our graces are healthy and active.” A.W Pink. Pink see the armour as a metaphor for the Christian Graces which we are urged to exercise and action. What do you think?

7. The girdle or belt was worn when the person was going to be active or go into battle. It kept the long robes worn at that time out of the way when a person was active. 1 Peter 1:13; "gird up the loins of your mind."(AV). Do you think the Girdle (AV) or belt of truth is to do with our minds?

8. In these verses we have the Belt of Truth, The Breastplate of Righteousness, The Shoes of the Gospel, the Shield of Faith and the Helmet of Salvation. Which piece of armour do find hardest to ware or which do you find easiest?

9. In this chapter the armour sometimes overshadows another extremely important command from Paul “pray in the Spirit on all occasions”. Keeping with the metaphor of warfare; to what would you liken prayer?

The Lord is my Strength and my Song, and He has become my Salvation; this is my God, and I will praise Him, my father's God, and I will exalt Him. Exodus 15:2