



HARBOUR
SHORES
C H U R C H

Date: May 11, 2025

Title: Stand Firm: Equipped for the Frontlines

Text: Ephesians 6:10-18

I. God's strength provides what we need to accomplish God's work. (v. 10)

Scriptures: Psalms 28:7; John 15:5b

"God can overcome his enemies without their hands,
but [believers] cannot so much as defend themselves without his arm."
(William Gurnall, *"The Christian in Complete Armour"*)

Notes:

II. God's armor protects us from what we cannot defend ourselves. (v. 11-13)

"The whole armour of God is necessary, because we have to deal
with a subtle enemy, who will take advantage of any part left unguarded."
(William Gurnall, *"The Christian in Complete Armour"*)

Notes:

III. God's armor requires continual preparedness through God's Word & Spirit. (v. 14-17)

Scripture: Psalms 140:7

Notes:

IV. Prayer is vital to standing in god's strength and wielding his complete armor. (v. 18)

Scripture: Colossians 4:2

Notes:

Conclusion: The Christian who is fully outfitted in the armor of God can move beyond surviving life (and motherhood) to thriving in God's strength and His invincible armor.

Questions to consider and discuss:

1. What current "battle" in your life makes the idea of spiritual armor feel most relevant right now?
2. When have you experienced God's strength versus your own, and how can you actively seek His strength this week? Are there areas of pride and self-reliance that require repentance?
3. Which piece of the armor of God resonates most with a challenge you're facing, and how can you intentionally use it?
4. Is prayer your first response or a last resort; what's one specific prayer focus for your battles this week?
5. Mothers, how does seeing motherhood as a spiritual frontline change your approach this week? (Others: How does this apply to your primary responsibilities?)
6. How is the Holy Spirit leading you to more intentionally equip yourself with God's strength and armor?