

# Weekday Reflection & Application Questions

## Being Strong in the Lord — Ephesians 6:10-13

### Monday — Stand in God's Strength

1. Before you try to be strong in your own power, Scripture commands you to be strong *in the Lord* and in the strength of *His* might. Where are you currently most tempted to live as though you've "got this" on your own—relying on your discipline, wisdom, or emotional reserves instead of depending on Christ?
2. How does beginning the week with the conviction "Be strong in the Lord and in the strength of his might" reshape the way you view your responsibilities, pressures, or the battles you anticipate this week?
3. In what specific area of your life this week might God be inviting you to lay down self-reliance and instead consciously draw on His strength—whether in a difficult relationship, a recurring temptation, a heavy workload, or a place of fear or anxiety?

### Tuesday — Our Enemy Is Not Flesh and Blood

4. Paul warns that we do not wrestle against flesh and blood but against the rulers, authorities, and spiritual forces of evil in the heavenly places. Where in your relationships or interactions right now are you most tempted to fight against *people* instead of standing against the spiritual enemy behind the conflict?
5. What would it look like for you to engage this week with a "serious, God-aware mindset," remembering that our battle is ultimately spiritual and that Christ has already won the victory? Be specific!
6. When someone opposes you, hurts you, or stands against what is right, how can you choose to "keep doing the right thing" as unto the Lord—loving the person while resisting the enemy's schemes—rather than letting circumstances or offense dictate your response? If you have recently responded in the flesh, how did that align with how God would have us live?

### Wednesday — The Schemes of the Devil

7. The enemy is cunning and employs schemes to keep us from God and to keep us in darkness. What schemes or subtle deceptions (lies about your identity, the goodness of God, or what will truly satisfy) have you noticed the enemy using in your own heart or in the voices around you lately?
8. The sermon highlights how the enemy uses false ideas, division, and even good things twisted to lead people astray. In what ways might you currently be vulnerable to these schemes, and what specific truth from God's Word directly counters the lie you're facing?
9. When you sense the pull of temptation, discouragement, or relational strife, how can you train yourself to ask, "Is this the Lord or a scheme of the enemy?" What concrete step of resistance—through Scripture, prayer, or accountability—can you take this week when that happens?

### Thursday — Put on the Whole Armor of God

10. We are commanded to take up the *whole* armor of God, not just the pieces that feel comfortable or familiar. Where have you been tempted to rely on only part of your spiritual resources (perhaps prayer without the Word, or truth without love) while neglecting other vital aspects of the armor?
11. Putting on the armor is an active, daily choice. What would it look like for you to deliberately "put on" each piece this week—truth, righteousness, readiness of the gospel, faith, salvation, and the sword of the Spirit—especially in the morning or at the start of your day?
12. The armor belongs to God; it is His provision, not something we manufacture. How does this truth encourage you when you feel spiritually exposed, weak, or like you've already been defeated in the battle?

### **Friday — Withstand in the Evil Day**

13. Verse 13 calls us to take up the armor so that we may be able to withstand in the evil day. What “evil days” or seasons of intense spiritual pressure, temptation, or attack have you walked through, and what helped (or could have helped) you stand firm?
14. This spiritual war is not a single battle but an ongoing reality in this present darkness. How does viewing your daily struggles as part of this larger war (rather than isolated incidents) affect your perspective on perseverance, hope, and the need for daily dependence on the Lord?
15. When the evil day comes—through sudden temptation, deep discouragement, conflict, or suffering—how will you actively choose to withstand rather than compromise, escape, or give up? Identify one situation you may face this week and how you plan to stand firm in the Lord’s strength.

### **Saturday — Having Done All, Stand Firm**

16. “Having done all to stand firm.” This includes more than just trying harder; it calls us to a posture of faith rather than self-effort or panic. Where might you be tempted to fight the spiritual battle in your own strength or to manage life by fear and control rather than humble dependence?
17. The sermon reminds us that we are imperfect creatures and will come up short at times, yet God’s power is made perfect in our weakness. How does this promise protect you from both spiritual pride and from despair when you fail?
18. In what area of your walk with Christ do you need to “have done all” through the means of grace (Word, prayer, fellowship) and then simply stand firm in the Lord’s strength rather than striving harder or shrinking back?

### **Sunday — Equipped Through the Word, Prayer, and the Body of Christ**

19. As you prepare to gather with the church this Sunday, how does remembering that we all stand before the same Lord in heaven—with no partiality—shape the way you view your brothers and sisters in Christ and your role in the body of Christ?
20. Jesus equips and preserves His people by His Spirit. Where do you need to bring your spiritual struggles, compromises, fears, or battle-weariness to Him in repentance and faith this week?
21. How can you pray this week for greater dependence on the Lord’s strength, clearer recognition of the enemy’s schemes, faithful use of the whole armor of God, and perseverance in standing firm—and for the same in the lives of our whole church family?

*May the Lord who claims every battle strengthen you to stand firm in His might, clothed in the whole armor of God, so that having done all you may stand. To Him be the glory forever. Amen.*