



THE FULL ARMOR OF GOD

Ephesians 6:10-18

SESSION 1: OVERVIEW OF THE BOOK OF EPHESIANS

BIG IDEA: God has given us all we need to turn the opposition of the enemy into opportunities to give God glory!

The book of Ephesians is described as "The Christian's riches in Christ"

1. Ephesians 1–3: Christ's great love is lavished on believers.

- Blessed in the heavenly realms – Eph. 1:3–4
- In Him we have redemption & salvation – Eph. 1:7–8
- We are alive and not dead – Eph. 2:4–6
- Strengthened with power, rooted in Christ's love, and filled with the fullness of God – Eph. 3:16–19



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OVERVIEW

- Salvation!
- We are Alive!
- God's power!

TAKE AWAY

We have been lavished with the Father's love through faith in Jesus Christ!



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FOLLOW UP: Time alone with God

Read Ephesians Chapters 1-3.

1. What are some attributes of God you see in this passage?
2. How has God lavished His love on you right now in a tangible way?
3. How are you thankful for all that God has given you in Christ Jesus? How does your life display your gratitude?



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2. Ephesians 4: We are sanctified to serve!

A life worthy of the calling – Eph 4:1-2

What does humility mean?

1. The humble believer knows that life is about Jesus.
2. The humble believer preaches the gospel to themselves daily.
3. The humble believer is quick to depend on God.
4. The humble believer is quick to pray.
5. The humble believer is quick to consider others first.
6. The humble believer is quick to tell others the truth in love.
7. The humble believers says, “Will you forgive me”.

God’s servants are to shepherd the church – Acts 15, 1 Tim 4-5, 1 Peter 5

– Believers are grateful for God’s servants who lead us to know and love Jesus



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A Holy Spirit Life – Eph 4:22-24

Paul's practical teaching:

- Don't let the sun go down on your anger (v.26)
- Don't let unwholesome talk come out of your mouth (v.29)
- Don't grieve the Holy Spirit of God (v.30)
- Get rid of bitterness, rage, anger, slander, be kind and compassionate, forgiving one another (v.31-32)



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3. Ephesians 5-6: Submission to Christ

What does submission to God mean?

- Live in light instead of darkness (5:8)

- We are to be wise (5:15)

Definition: Wisdom from God is pure, peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere, and it never compromises the truth. (For personal study, look up James chapter 3)

TAKE AWAY

God has called us to live differently so He will be glorified, and His power displayed.



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FOLLOW UP: Time alone with God

1. How is God using you currently in your church, your community, and your family's lives to display His glory?
2. What did you learn about humility?
3. What did you learn about submission to God?
4. What did you learn about wisdom?