

Made New: Stand Firm

Week of July 26, 2026

READ

Ephesians 6:10–18; 1 Peter 5:8–9; 2 Corinthians 4:18; James 4:7; 1 John 4:4; 1 John 5:4

1 John 5:11–13

KEY POINTS

- Our greatest battle is spiritual, not physical - While many of life's struggles appear to be against people or circumstances, Scripture reminds us that our true battle is against spiritual forces that seek to pull us away from Christ.
 - God has already provided everything we need to stand firm - The armor of God is not about fear, it is about living daily in truth, righteousness, peace, faith, salvation, and God's Word so we are prepared before the battle comes.
 - The enemy attacks through deception, but truth brings freedom - Satan's primary strategy is to distort God's truth, discourage believers, and fill them with shame, fear, and lies. Knowing God's truth exposes those lies.
 - Victory comes through dependence on Jesus - Our confidence is not in our own strength but in Christ's victory. Prayer keeps us connected to the One who has already defeated our enemy.
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QUESTIONS

1. Paul says our struggle is "not against flesh and blood" (Ephesians 6:12). How does that truth reshape the way we view conflict, temptation, or difficult people? Why is it important to remember who our real enemy is?
2. The armor of God is something God provides to equip us for battle. What does each piece of the armor teach us about how God equips His people to live faithfully rather than fearfully?
3. Satan often attacks through deception, discouragement, guilt, and shame. How does knowing and believing God's truth change the way we respond?

4. Jesus responded to temptation by saying, "It is written." What does His example teach us about the role of Scripture in spiritual battles? How can we become people who naturally turn to God's Word instead of our own emotions or opinions?
5. Paul concludes by telling believers to pray "on all occasions." What tends to keep prayer from becoming your first response? How might your relationships, work, or daily routines change if you intentionally brought God into every situation through prayer first?

LIFE APPLICATION

- Identify the Battle - This week, when you feel frustrated, anxious, or tempted, pause and ask: *"Is this only a physical situation, or is there a spiritual battle taking place as well?"* Pray before reacting.
- Put on the Armor Daily - Spend a few minutes each morning intentionally praying through each piece of the armor of God, asking God to strengthen you in truth, righteousness, peace, faith, salvation, and His Word.
- Replace Lies with Truth - Write down and memorize scripture that combats lies, fear, shame, inadequacy, discouragement. Revisit this scripture throughout the week.
- Make Prayer Your First Response - Invite God into the moment. Before responding to a stressful conversation, difficult decision, temptation, or challenge, stop and pray first.

PRAYER

Heavenly Father,

Thank You for reminding us that we never face life's battles alone. Thank You for providing everything we need to stand firm through Your truth, Your righteousness, Your peace, Your salvation, Your Word, and the power of prayer.

Help us recognize the enemy's lies and replace them with Your truth. Strengthen our faith, deepen our dependence on You, and teach us to seek You first in every circumstance. May we stand confidently, not because of our own strength, but because Jesus has already won the victory.

In Jesus' name, Amen!