

1. How much thought do you give to the connection between your physical, visible world and the spiritual, invisible world? What is going on in your physical, visible world that you have neglected to connect to the spiritual, invisible world? How would your world change if you made the connection? What would you do differently if you took the spiritual, invisible world more seriously?
2. Who is the “flesh and blood” that you may have mistaken for your enemy?
3. Read the following scriptures. Why should you have no reason to live in fear of the devil?
 - Eph. 1:21
 - Eph. 3:10
 - Rom 8:38-39
 - Col. 2:15
 - 1Peter 3:22
4. Walk through each piece of armor listed below. Give examples from your life when you have needed each item. Tell how putting on these pieces would affect your ability to stand.
 - Belt of truth. Truth is God’s definition of reality and protects all the other armor.
 - Breastplate of righteousness. Righteousness is the application of truth in your choices and protects my heart.
 - Shoes of the gospel of peace. Peace calm and tranquility in the midst of intense external and protects me from falling.
 - Shield of faith. Faith is believing God’s Word and acting on it no matter what I feel knowing God promises a good result.
 - Helmet of salvation. Salvation is God’s work of grace which delivers me from sin’s penalty and protects my mind from independent thinking.
 - Sword of the Spirit which is the Word of God. The Word of God is the spoken declaration of the only One who has authority to control me.