

Sunday 12th July 2026

Word for Today

Ephesians 6: 10-18 & Psalm 119 (esp. v105)

Welcome

- What is the best book you have ever read (not including the Bible!)?

Word

Read Ephesians 6:10-17

When Paul wrote Ephesians, he may have been chained to a Roman soldier (see 6:20). This could easily have inspired him.

1. Look at verses 10-12. Who is our ally? Who is our enemy?
2. In verse 10 it tells us to 'be strong in the Lord' – when do you feel strongest in the Lord?
3. Paul uses armour as a metaphor here because this would have been very familiar to his readers ruled by Roman soldiers. Do you think this metaphor is as effective and relevant today – if not can you suggest other metaphors?
4. Pick out each item of armour and what it signifies (v14-18)?
5. Which of these do you think is most lacking in our lives today?
6. Which of these do you think is most lacking in our churches in the 21st century?
7. Which piece of armour do you need most?
8. Four times in verses 11-14 Paul urges his readers to stand firm. How are we susceptible to instability as Christians?
9. The sword is the only offensive weapon listed. How did Jesus use the Word of God as a weapon in Matthew 4?

10. What is one scripture verse you can memorize this week to use as a "sword"?
11. How are we, as Christians, the 'Word for today' to those people we meet?
12. How can we 'show' Jesus to people in our everyday lives, on our frontline?

Read Ephesians 6: 18 - 24

13. How is the battle itself fought (verses 18-20)?
14. Is prayer a battle for you? What obstacles stop you being someone who prays effectively?
15. What advice can you give to help each other be more 'alert and persistent'?
16. We often sing a song that has the line 'every prayer a powerful weapon'. What does this mean for you in your daily life?

Psalms 119: 105

"Your word is a lamp for my feet a light on my path"

17. How important is "the word" to you in your daily life?
18. Can you remember a time when God's word clearly guided a decision you made?
19. How does reading the Bible change your mood during a dark time?
20. What is the practical difference between a "lamp to feet" and a "light to path"? Why do you think the Psalmist mentioned both of these?
21. Why does the psalmist use light as a metaphor instead of a map or blueprint?
22. What other metaphors could be used to describe God's word
23. What prevents you from using scripture as a daily light source?
24. In verse 11 of Psalm 119 – it says 'I have hidden your word in my heart' – what does this phrase mean to you?

25. In verses 12 to 16 of Psalm 119 – the Psalmist talks about 5 different things we can ‘do’ with God’s word – what are they? (hint – there is one per verse)
26. Thinking about each of these 5 things in turn – do we ‘do’ these with God’s word? How can we ‘do’ them better? (Think practically)
27. What practices help you remember God’s word when making tough choices? Share practical suggestions with each other.

Worship & Witness

- What evil have we heard about this week (in the news or personally)? Pray for these things. (‘every prayer a powerful weapon’)
- Commit to trying a new way of reading your Bible this week – a new routine, a different book, a new app or podcast
- Continue to pray for the people you have identified on your frontline – pray that they will see Jesus in you