



Week Three – Olympic Trials: Olympic Battles

CONNECT

- What is your favorite clothing to wear? When you're dressing up, dressing down, or working out.

WORD

Ephesians 6:10-19

10 Finally, be strong in the Lord and in the strength of His might. 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. 14 Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 in addition to all, taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God. 18 With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints,

THOUGHT

When in a battle it's important to have the right gear. Sometimes you have to be on the offensive and attack, and sometimes you have to be on the defensive and stand your ground. As Christians we not only have external battles, we also have internal battles as well. We know that the enemy, the devil is our ultimate opponent but sometimes our greatest opponent, can be ourselves.

Olympic story:

At the Berlin 1936 Olympics, Hitler planned to show the world that the Aryan people were the dominant race, Jesse Owens proved him wrong and sealed his place in Olympic history by becoming the most successful athlete of the 1936 Games. Owens also became the first American to win four track and field gold medals at a single Olympics (100m, 200m, 4x100m relay and long jump), a record that stood unbroken for 48 years. Jesse Owens (USA) - Athletics - Berlin 1936

DISCUSSION

1. What are the six armors for the Christian?

2. Which of these are offensive weapons? Which of these are defensive weapons?

3. *“For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places” (verse 12).* What attitude should we have as we face these forces?

4. How does prayer fit into this spiritual battle?

5. If you had to compare your spiritual armor to this list where are you strong? Where are you weak?

6. What do you need to do to prepare for battle? What is at stake if you do not prepare?

7. What evidence do you see of the battle in your life? Your church? Your community? Your nation? The world? What would it mean for you to stand in these particular battlefields?

PERSONAL APPLICATION

- Share with a friend this week about the different battles you are facing, pray about them with this friend.
- Talk with a friend that can share the battles that they face and pray with them.

PRAYER

- Ask God to give you strength for the battle you're currently in
- Ask God to send you into a battle that's meaningful for his kingdom