Avon Grove Church OF THE NAZARENE

"Living out the mission of Jesus – together."

DISCIPLESHIP GROUP GUIDE

"Not Flesh and Blood"

Ephesians 6:10–18 · Sermon of November 22, 2026

MESSAGE RECAP

Jesus reigns right now over every power. The darkness in our world is real, and some ideas are lies straight from the enemy that the church must expose. But people are not our enemy; they are the ones the enemy holds captive and the ones Jesus came to rescue.

We don't fight people; we fight for them.

BEFORE YOU BEGIN

📖 **Read together:** Ephesians 6:10–18

★ **Short on time?** Use the starred question in each section.

⏱ About 30 minutes

Open Up

- Think of a time someone told you a hard truth in a way you could actually hear. What made the difference?

1 The King Reigns Ephesians 1:20–23

> ***What we heard:*** *Christ is seated "far above all rule and authority, power and dominion" (Ephesians 1:21). The throne is not vacant.*

★ How does remembering that Jesus is already reigning change the way you respond to the news and the culture around you?

- When are you most tempted to react out of fear or anger instead of confidence in Christ?

2 Children of Light Ephesians 2:1–10; 5:1–14

> ***What we heard:*** *"For you were once darkness, but now you are light in the Lord. Live as children of light" (Ephesians 5:8). Light exposes darkness so that what was dark can become light.*

- Paul says all of us were once "dead in transgressions" (2:1). How does remembering where you came from shape how you see people who are far from God?

★ Ephesians 5:11 calls us to expose the deeds of darkness. What's the difference between exposing darkness with light and exposing it with contempt or outrage?

3 Not Flesh and Blood Ephesians 6:10–12

> ***What we heard:*** *"Our struggle is not against flesh and blood" (Ephesians 6:12). The enemy works through ideas and teachings people carry, but the person caught in the lie is a captive, not the enemy.*

★ Why does it so often feel like we're fighting people? How can we oppose a lie without making the person who believes it our enemy?

- Jesus said "Get behind me, Satan!" to Peter (Matthew 16:23), yet kept him close and later restored him. What does that teach us about confronting someone we love?

4 Armed with Grace and Truth Ephesians 6:13–18

> ***What we heard:*** *Every piece of armor is God's gift, and Paul ends with prayer: "be alert and always keep on praying for all the Lord's people" (Ephesians 6:18).*

★ Which piece of the armor of God do you most need this week, and why?

- "It's very hard to hold contempt for someone you're praying for by name." Has prayer ever changed how you saw someone?

> **A MINUTE OF QUIET**
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> **Is there someone you've been fighting with instead of fighting for?**
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> Bring that person before the King. Ask God to show you how He sees them.

GO DEEPER THIS WEEK

Mon **Ephesians 1:15–23** · Christ above every power
Tue **Ephesians 2:1–10** · Made alive by grace
Wed **Ephesians 5:1–14** · Live as children of light
Thu **2 Corinthians 10:3–5** · Divine weapons
Fri **John 21:15–19** · Jesus restores Peter

YOUR NEXT FAITHFUL STEP

Write down one name: ***someone you've written off, or argue about but rarely pray for.***

Pray for them by name every day this week.

Before you leave: tell one person in the group you're doing this (no names needed) and ask them to check in with you.

NOTES & PRAYER REQUESTS

Close in Prayer

"Peace to the brothers and sisters, and love with faith from God the Father and the Lord Jesus Christ. Grace to all who love our Lord Jesus Christ with an undying love."
Ephesians 6:23–24