

BUILT TOGETHER — WEEK 6

Strong in the Lord

Pastor Ned Gable | September 27, 2026

Main Scripture: Ephesians 6:10-20

Connect

ICEBREAKER

Tell us about a time you showed up completely unprepared: the wrong clothes, no gear, or missing the one thing you needed. How did it go?

Message Snapshot

BIG IDEA

We do not have to be strong. We have to be strong in the Lord. And we do not have to stand alone.

STICKY BOTTOM LINE

Y'all trust in Jesus, y'all take up your armor, and y'all stand together.

REMEMBER THIS

It's not you. It's y'all.

KEY TRUTHS FROM SUNDAY

- There is a real enemy, and it isn't the people around us. "Our struggle is not against flesh and blood." Paul takes the person you have been fighting and moves them out of the enemy column.
- Before Paul says put on anything, he says be strong in the Lord. It's the same resurrection power from Ephesians 1. Jesus has already won. The question is whether we'll stand in it.
- Every piece of the armor has an Old Testament history. It's God's own armor, not a spiritual to-do list: God's character, worn by Jesus, given to us.
- Every command in this passage is plural. In a formation your shield mostly covers the person beside you, and the enemy looks for the one who wandered off alone.
- You cannot equip yourself. Dependence is the win, and most of the time God holds us up through people.

Scripture

Read together: Ephesians 6:10-20

As you read, notice where the strength comes from in verse 10, who Paul says our struggle is not against in verse 12, and who Paul asks the church to pray for in verses 18-20.

Discuss

OBSERVE

- 1 Before Paul tells the church to put on anything, what does he tell them in verse 10? Where does he say the strength comes from?
- 2 Look at verse 12. What does Paul list as the real opposition? What does he say our struggle is not against?

- 3 In verses 18-20, who does Paul tell the church to pray for? What does he ask them to pray for him?

UNDERSTAND

- 4 Pastor Ned said the lion in Aesop's fable "never had to get stronger. He only had to get them separated." Read 1 Peter 5:8-9. Where have you seen that strategy work, in a church, a family, or a friendship?
- 5 Pastor Ned called the armor "not a spiritual to-do list" but "God's character. Worn by Jesus. Given to us." How have you usually heard this passage taught? What changes if the armor is God's and not something you have to manufacture?
- 6 The "just try harder" message sends people down one of two roads: pride that looks down on people who are struggling, or discouragement and shame that says the real Christians must be somewhere else. Why do you think trying harder leads there? Which road do you drift toward?

APPLY

- 7 Without naming names, is there someone you have been treating as the enemy? Pastor Ned said, "I am not asking you to decide they were right." What would it look like to stop fighting them this week?
- 8 "If the only people who know what you're actually carrying are you and God, you are the bull who wandered off." Who knows what you are really carrying right now? What would it take to let one more person in?

Live It Out

Pick one person in this church (someone in this group counts) and pray for them by name every day this week, asking God to help them stand. Paul asked the church to pray for him. You can give that to someone else. Come back next week ready to share how it went.

Prayer

- Thank God that we don't have to be strong on our own, and that His strength is the same power that raised Jesus from the dead.
- Thank Jesus for wearing God's armor all the way to the cross, and for giving it to us.
- Confess where we have been fighting each other instead of the real enemy, and ask God to soften our hearts toward those people.
- Pray by name for the people in this group, that each one would stand this week.
- Pray for people in our church and community who are trying to stand alone, and for this new season of Community Groups.

Father, thank You that we don't have to be strong on our own. Thank You that Jesus already wore Your armor all the way to the cross and won the fight we couldn't. Forgive us for the times we have fought each other instead of standing together. Help us hold on to Jesus this week, and help us cover the people standing next to us. In Jesus' name, amen.

HOST TIP A new season of Community Groups starts this week, so some people in your room may be brand new. On Question 8, go first and keep it short and honest. It shows everyone this is a place to say the true thing instead of the fine thing, and it keeps anyone from feeling they have to share more than they're ready to.