WARM-UP QUESTION

Take a moment to check in: How did your "I will" statements go this past week?

DISCUSS

Read Ephesians 6:13-17

- Why do you think Paul includes "shoes" as part of the armor of God? What might that tell us about the nature of spiritual warfare?
- In what ways does the enemy try to rob us of peace and readiness? What are some common distractions or lies?
- How does God demonstrate His peace throughout Scripture, even in times of war, trial, or chaos? (Look up examples from Scripture)
- Paul says we are to "put on" this armor. What does it practically look like to put on the shoes of the gospel of peace each day?

Read Philippians 4:6-7

- How does God's peace differ from the kind of peace the world offers?
- How have you experienced God's peace in situations that didn't make logical sense? What did that reveal about His presence?
- What role does prayer play in how God equips us to live with peace in the middle of chaos?
- The passage mentions "thanksgiving" as part of our prayers. Why do you think gratitude is included, and how does it help shape our hearts?
- What would it look like for you to build a rhythm of prayer that strengthens you for daily spiritual battle?

TAKE ACTION

What is God speaking to you? What is the next step of obedience you can take this week?

Craft a personal and practical "I will" statement:

- Keep it specific, realistic, and doable this week.
- Share your "I will" statement with the group for encouragement and accountability.