



GROUP STUDY GUIDE

WEEK OF JUNE 29, 2025 | HELMET OF SALVATION AND SWORD OF THE SPIRIT

WARM-UP QUESTION

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

DISCUSS

Read [Ephesians 6:14-18](#). Use the questions below to guide your conversation and stay rooted in the passage:

- A helmet protects your head. What does the knowledge of salvation protect you from or guard you against?
- Take some time to define what salvation is and what it is not. What do [Ephesians 2:8-9](#) and [Romans 10:9-10](#) teach us about salvation? Where else in Scripture do you see it explained or demonstrated?
- Why did Jesus save us? How does understanding that change the way you live?
- Salvation has two dimensions: we are saved from something and saved for something. What do you believe God has saved you from? What do you believe He has saved you for?
- Read [2 Timothy 3:16](#) and [Hebrews 4:12](#). What is the word of God?
- The Bible pierces, challenges, and transforms us. As you reflect on the passages we've studied, was there anything that stretched your understanding or invited you to live differently?
- “We need the Word of God to get into us before it can ever come out of us.” How are you intentionally making space to be fed by God’s Word in your daily life?

Resource: Want to grow in your biblical literacy? Check out the [POST Study Method](#)—a practical tool to help you learn how to study the Bible more deeply.

TAKE ACTION

What is God speaking to you? What is your 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.