



# cultivate wholeness

real growth through God's word

## Fall Cultivate Bible Study: The Armor of God

Week 1 Discussion Guide

Tammy Brown – Wholeness & the Armor of God

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Welcome to Fall Cultivate! We're so thrilled that you've joined our community of Sandals Church women as together we learn to cultivate wholeness into our lives and experience REAL spiritual growth through God's word.

Watch this week's teaching video, then use this discussion guide – either in a group or on your own – to reflect, respond and pray as you cultivate the armor of God into your life. Your goal is not to get through the content, but to get the content through you! Be REAL, give the Holy Spirit room to move and respond to God as you study.

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### | Cultivate Wholeness |

The armor of God is essential to wholeness because it's not our physical body that needs protecting, it's our soul.

### | Key Verses |

“God is strong, and he wants you strong. So take everything the Master has set out for you, well-made weapons of the best materials. And put them to use so you will be able to stand up to everything the Devil throws your way. This is no afternoon athletic contest that we'll walk away from and forget about in a couple of hours. This is for keeps, a life-or-death fight to the finish against the Devil and all his angels. Be prepared. You're up against far more than you can handle on your own. Take all the help you can get, every weapon God has issued, so that when it's all over but the shouting you'll still be on your feet. **Truth, righteousness, peace, faith, and salvation** are more than words. Learn how to apply them. You'll need them throughout your life. God's Word is an indispensable weapon. In the same way, prayer is essential in this ongoing warfare. Pray hard and long. Pray for your brothers and sisters. Keep your eyes open. Keep each other's spirits up so that no one falls behind or drops out.” Ephesians 6:10-18 MSG

### | Video Notes |

**Fill in the blanks following the on-screen prompts:**

1. We have forgotten to remember that the \_\_\_\_\_ is real.
2. God is \_\_\_\_\_ and He wants you \_\_\_\_\_.
3. God has given us \_\_\_\_\_ we need.
4. We can withstand the battles \_\_\_\_\_ because the armor of God is \_\_\_\_\_.
5. God's word is \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

### | Reflect & Discuss |

1. Is there anything that mattered to you prior to 2020 that feels insignificant now?
2. What good have you seen God do recently either in you, through you or around you? What did God teach or “pour into” you through that experience?
3. What is a battle you have faced recently? How did you respond? What “spilled out” of you?
4. In hindsight, how could putting the armor of God to use have helped you withstand that battle?
5. When we know better, we do better. The more battles we go through, the more mature we become. In what areas of your life do you want to cultivate wholeness and put the armor of God to use?

## | Pray & Journal |

**Be still before God, inviting Him to search your heart. If you'd like, journal your thoughts and prayers so that you can later look back on the REAL growth you experience this season.**

Satan deceives us by convincing us that our fight is with one another instead of with him. **Be REAL with God** and ask Him to show you the battles you are facing, as well as anyone you see as an enemy.

**Be REAL with self** and consider how the enemy may be deceiving you. Are you misplacing blame? Is what you are believing, thinking, saying or doing rooted in truth or lies? How could praying for your enemies help you withstand the battle around you and free you to cultivate the armor of God into your life? Even if you start with simple prayers, begin praying today – first asking God to work in your heart and then committing to pray for your enemies in the way you wish a friend would pray for you.

If you're struggling to release this battle to God, **be REAL with others** – someone you trust or your community – and invite them to support you, hold you accountable and even check in to see the progress you're making.

## | Dig Deeper |

**Choose any of the dip deeper opportunities to cultivate more of God's word into your life.**

- Read Romans 12:1-2 MSG: What are you giving your time and attention to? Is it drawing you closer to God or pulling you further away? How might fixing more of your attention on God help you to change from the inside out?
- Read Philippians 2:1-4 MSG: If you lived out this verse how might you live healthier and more whole – personally, spiritually and relationally?
- The book of Ephesians is only 6 chapters. Along with the armor of God, it's packed full of truth about the Christian faith, God's grace and the promise of a new life in Christ. Read a chapter a day this week and highlight what most encourages or challenges you. Respond to God in REAL conversation and prayer.

## | References & Resources |

Use [biblegateway.com](http://biblegateway.com) to look up the scripture translations we've referenced and to experience other translations.

Tammy referenced *The Bait of Satan: Living Free from the Deadly Trap of Offense* by John Bevere.