



Start Asking Some Questions

Ephesians 6:10-18

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February 1st, 2026

1. Let's start by reading Ephesians 6:10-18.

2. The sermon pushes against two ditches: blaming everything on demons vs. never looking behind the bushes. Where do you personally tend to drift?
3. The sermon's first "wake up" question is: "Could this be spiritual?" Think of a current struggle (temptation, discouragement, conflict, anxiety, isolation, burnout). How could you explain it in purely 'natural' categories?
 - a. Now, is there a way it could be spiritual in nature? Either in the flare-up itself, or once it began, how the enemy could have gotten involved.
4. Ephesians 6 says the armor is for standing against the devil's schemes. What are 1–2 schemes you see most often in your life or home (discouragement, accusation/shame, distraction, division, temptation, fear, isolation, deception)?
 - a. How can you pray against that, and what could 'taking ground' look like against that scheme this week?
 - b. One of the enemy's simplest schemes is isolation. Where are you most tempted to withdraw—emotionally, spiritually, or relationally? What would it look like to let this group "in" one step more?
5. The sermon emphasized a daily rhythm of prayer for protection / strength / guidance. If you actually prayed those three daily for a week, what do you think might change in your thought life, relationships, and decisions?
6. The sermon's second question was: "Do you believe there's more?" Where do you most need to believe that right now—more freedom, more peace, more joy, more self-control, more courage, more intimacy with God, etc.?
 - a. What's one next step that would be taking ground toward that "more"?

Let's take 5 minutes and pray protection/strength/guidance over each other.

Reminders:

- Women's Wednesday begins January 28 and runs through March 25. Both the AM and PM session will be studying *Living Whole: A Study Through the Life of Joseph* by Julie Gariss. You can register and purchase the book through the link here, or on the church website. Childcare will be available.

<https://harpethcc.elvanto.net/form/381ecc49-3d5b-4cf4-8e94-967014afeeba>

- Men's Winter Study: **A Study in the Book of Ephesians:** *Living Out Our Identity in Christ: The Christians' Spirit-Filled Walk in Grace.* Join us Wednesdays from 9:30am-11am in the Student Center. January 28-March 25.
- Check Us Out: A two-part class where you will hear more about what we believe and care about here at Harpeth, as well as a pathway to membership. Classes take place during the 9:00am service, so feel free to check your kids into DiscipleSHIP Kids and head on over. Coffee and bagels provided! Register using the link: <https://harpethcc.elvanto.net/form/c5cbfb93-b8e2-44c2-ab79-2f50a456871c>

Part 1 - Sunday, February 8th at 9:00am

Part 2 - Sunday, February 15th at 9:00am

- Volunteer Opportunities: Want to get involved here at Harpeth? **We need volunteers!** Scan the QR code to see how you can volunteer! Flyers will also be available in the Info Center this Sunday.

