

# Fighting Stance

## Suit Up: Winning the War Within, Part 4

June 22, 2025

### Discussion Questions:

Read Ephesians 6:18-20 out loud as a group.

1. What's your first move? When life punches you in the mouth (stress, anxiety, temptation, conflict), what's your natural first response—and how could you make prayer your first response instead of your last resort?
2. Have you ever prayed in the Spirit? What do you think it means to “pray in the Spirit”? Share a moment when you didn't know what to pray, but you sensed God giving you peace, words, or clarity.
3. How's your spiritual awareness? Ephesians says to “stay alert.” What are some signs that you're becoming spiritually sleepy or distracted? What can you do this week to stay alert in prayer and purpose?
4. Who are you fighting for? Who in your life needs you to step up and fight for them in prayer right now? Take a moment to name them and discuss what it looks like to practice intercessory prayer.
5. How bold is your prayer life? Paul asked for boldness even while in chains. When was the last time you prayed a bold prayer? What stops you from praying boldly, and what bold prayer are you ready to start praying today?
6. What habits are you building? Daniel didn't wait for the lion's den to start praying. He had a pattern. What's your prayer rhythm? Morning? Night? On the go? What's one way you can build a stronger prayer room habit this week?
7. Which of the 5 fighting stances is your weakest? The Prayer Arsenal includes: All-Occasion Prayer, Spirit-Led Prayer, Watchful Prayer, Intercessory Prayer, and Bold Prayer. Which one is hardest for you to walk in—and what's one thing you can do this week to grow in that stance?

### **Additional Verses for Discussion:**

- 2 Corinthians 10:3–5
- 1 Peter 5:8–9
- James 4:7
- Romans 13:12
- Ephesians 6:10-12