

Living the Superhero Life

Becoming a Man of Steel

Superman doesn't play fair. He's from another planet and our sun fuels his super powers. But living as a man of steel doesn't mean having to be faster than a speeding bullet. A man of steel lives a life that is unwavering in the face of opposition.

Ephesians 6:10–18

1. There is a war going on for your _____.
2. There are two kinds of villains: the ones we can _____ and the ones we _____.
3. Protection from evil comes from _____.
4. But you can't fight evil _____: no one can.

You need:

Additional Notes

Digging Deeper and Going Further

Read Ephesians 6:1–20. The whole book of Ephesians is filled with warnings and instructions about evil and how to deal with it. The Apostle Paul, the writer, was well acquainted with the forces of darkness. In 2 Corinthians 11:21–28 he shares a list of many ways the dark side tried unsuccessfully to “take him out.” In this study, we’ll look at his perspective and instructions for becoming a man (or woman) of steel.

1. In verse 10, Paul introduces the passage about dealing with evil. What do you think it means to be “strong in the Lord”?

2. Read 6:11–12. Paul warns that the battle for our souls is a spiritual one. What do you think the differences are between rulers, authorities, powers, and spiritual forces of evil?

3. Read 6:13–17. The armor of God is a metaphor. What does each piece of armor represent?

Belt of Truth: _____

Breastplate of Righteousness: _____

Belt of Truth: _____

Footwear of Readiness: _____

Shield of Faith: _____

Helmet of Salvation: _____

Sword of the Spirit: _____

4. Read verse 13. Which part of the armor is optional?

5. What does the armor of God protect us from?

6. Read 6:18–20. What is the role of prayer in this passage?

7. What do you need to do to become fully dressed for spiritual battle?
