

PERSONAL REFLECTION GUIDE

6/21/26

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- What is the first image that comes to mind when you hear the word, "army"? Do you think of the church as an army?
- **Read Ephesians 6:10-13.** Do you think most Christians recognize they are in a spiritual battle? Why or why not?
- How is this spiritual battle different from a physical battle? How is it the same?
- Why is it important to recognize this battle is not against flesh and blood?
- How would you face each day differently if you realized you were always under attack?
- If we are in a spiritual battle, what role does the church play in it?
- **Read Ephesians 6:14-18.** Which pieces of armor are defensive weapons? Offensive?
- Which piece of armor is most meaningful to you right now? Which one might you need help to put on?
- What form do the flaming arrows of the enemy usually take? How does faith extinguish them?
- What are some ways the enemy may attack our minds? How can we fend him off?
- Are you engaged in the spiritual battle today, or living like it doesn't exist? What are some ways you can be more aware of the battle around you?
- How does being with God's people encourage you? How does it prepare you to go and fight?
- What can you do to help others in the church be more prepare to fight?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

LOOKING AHEAD TO NEXT WEEK

Read Ephesians 6:18-24. Why do you think some Christians downplay prayer?



UPCOMING EVENTS – for more info, scan the QR code with your phone
June 2026 VBS – Sunday evenings in June. Register online
June/July Softball – Bring your family to watch team. Times on website.
July 8 Women's Social – Come meet other women. Register online

PERSONAL REFLECTION GUIDE

6/21/26

At Southland Church, we are committed to help you KNOW Christ, LIVE like Him, and make Him KNOWN. This guide is designed to help you reflect on and apply what you learned from the sermon this weekend. Use this guide as a quiet time this week. Write your answers in a journal, with the date and main passage noted at the top of the page.

- What main point from the sermon stood out to you? What did the Holy Spirit convict you of or encourage you with?
- What is the first image that comes to mind when you hear the word, "army"? Do you think of the church as an army?
- **Read Ephesians 6:10-13.** Do you think most Christians recognize they are in a spiritual battle? Why or why not?
- How is this spiritual battle different from a physical battle? How is it the same?
- Why is it important to recognize this battle is not against flesh and blood?
- How would you face each day differently if you realized you were always under attack?
- If we are in a spiritual battle, what role does the church play in it?
- **Read Ephesians 6:14-18.** Which pieces of armor are defensive weapons? Offensive?
- Which piece of armor is most meaningful to you right now? Which one might you need help to put on?
- What form do the flaming arrows of the enemy usually take? How does faith extinguish them?
- What are some ways the enemy may attack our minds? How can we fend him off?
- Are you engaged in the spiritual battle today, or living like it doesn't exist? What are some ways you can be more aware of the battle around you?
- How does being with God's people encourage you? How does it prepare you to go and fight?
- What can you do to help others in the church be more prepare to fight?
- Based on this passage or the sermon, what is one step of obedience the Holy Spirit is leading you towards this week?

LOOKING AHEAD TO NEXT WEEK

Read Ephesians 6:18-24. Why do you think some Christians downplay prayer?



UPCOMING EVENTS – for more info, scan the QR code with your phone
June 2026 VBS – Sunday evenings in June. Register online
June/July Softball – Bring your family to watch team. Times on website.
July 8 Women's Social – Come meet other women. Register online

SERMON TITLE: STANDING FIRM IN CHRIST

HIGHLIGHT: EPHESIANS 6:10-17

Main Idea: _____ in the Lord against spiritual evil by putting
on the full armor of God.

EXPLANATION

The Lord is our _____ (6:10)

We have an _____ (6:11-12)

Put on the full _____ of God (6:13-17)

APPLICATION

Be _____.

_____ the armor.

_____ In Christ.

RESPOND: What is your specific next step in response to God's Word today?

SERMON TITLE: STANDING FIRM IN CHRIST

HIGHLIGHT: EPHESIANS 6:10-17

Main Idea: _____ in the Lord against spiritual evil by putting
on the full armor of God.

EXPLANATION

The Lord is our _____ (6:10)

We have an _____ (6:11-12)

Put on the full _____ of God (6:13-17)

APPLICATION

Be _____.

_____ the armor.

_____ In Christ.

RESPOND: What is your specific next step in response to God's Word today?