



Questions for Further Study

26th February 2023

Ephesians 6: 10-20

1. (v12) Why is it important to know who our enemy is? How can we maintain a balance between ignorance and an unhealthy interest in the forces of evil?
2. Satan never tempts us all the same way. Are you aware of the areas where you are particularly vulnerable? What strategies can you take to guard these areas? (*For instance, if your weakness is gambling, you would stay away from situations and places where you might be tempted to bet, clear your phone and computer of apps, make yourself accountable to someone who will check on you regularly.*)
3. How can we help someone who seems to be losing the battle against temptation?
4. Read John 8:44. What lies has Satan told you? How do we counter those lies? Are there any that still chain you and stop you enjoying your freedom in Christ?
5. (13-17) How does the armour remind you of who you are in Christ? Thinking of the coming week, what piece do you especially need?
6. (18-20) Why do we sometimes find prayer hard? On a scale of 1-10, how would you rate your prayer life? Are there any strategies you can share that have helped you remain actively praying throughout the day?
7. When you are struggling against temptation, or bowed down under the weight of Satan's accusations and lies, it can often feel as if you are all alone in this battle. What would you say to someone who feels like this?

(You may like to print out copies of St Patrick's prayer to give to the members in your group. You can find downloadable copies here: <https://young-catholics.com/747/christ-with-me-christ-before-me-prayer/>)