



**ENTER** God's presence

Week beginning:  
Sunday 10<sup>th</sup> of May 2026

Worship series:  
**Knowing The Why**  
#6 Knowing What do Do

### Psalm 144:1-10

Praise be to the Lord my Rock,  
who trains my hands for war,  
my fingers for battle.

<sup>2</sup> He is my loving God and my fortress,  
my stronghold and my deliverer,  
my shield, in whom I take refuge,  
who subdues peoples under me.

<sup>3</sup> Lord, what are human beings that you care for them,  
mere mortals that you think of them?

<sup>4</sup> They are like a breath;  
their days are like a fleeting shadow.

<sup>5</sup> Part your heavens, Lord, and come down;  
touch the mountains, so that they smoke.

<sup>6</sup> Send forth lightning and scatter the enemy;  
shoot your arrows and rout them.

<sup>7</sup> Reach down your hand from on high;  
deliver me and rescue me

from the mighty waters,  
from the hands of foreigners

<sup>8</sup> whose mouths are full of lies,  
whose right hands are deceitful.

<sup>9</sup> I will sing a new song to you, my God;  
on the ten-stringed lyre I will make music to you,

<sup>10</sup> to the One who gives victory to kings,  
who delivers his servant David.

**Pray:** Lord, as we gather today, help us to know where we stand in Christ. Clothe us with your full armour, strengthen us to stand firm in the day of challenge, and remind us that our struggle is not against people, but against evil. Keep us grounded in your truth, peace, and victory, through Jesus Christ our Lord. Amen.



### VERSE for the week

“Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground” **Ephesians 6:13a**

(Ephesians 6:10-20)



### REMEMBER this week

“We stand, not to fight against evil people, but in the victory of Christ over all that is evil.”



## SHARE life together

1. What are some of the highs and lows of your week?
2. Think of a time in your life when you felt spiritually or emotionally overwhelmed, when it was hard just to 'stand'. What or who helped you hold your ground?
3. If you're honest, which piece of the armour of God: truth, righteousness, peace, faith, salvation, or the Word do you find hardest to actually 'put on' in daily life, and why?



## LISTEN attentively

Have you experienced times in your life where it felt like you were losing a battle you couldn't quite name? The creeping anxiety that won't shift, the relationship that keeps breaking down no matter how hard you try, the habit you've conquered a hundred times that somehow finds its way back. We often assume the problem is us. That if we just tried harder, prayed more, got our act together, we'd finally feel better. But what if the exhaustion you feel isn't a sign of weakness, and the struggle isn't one you were ever meant to fight alone or in your own strength? As we read Ephesians 6:10–20 together, listen out for what Paul says about the kind of battle we're actually in and why simply learning to *stand* might be the most powerful thing we can do

Read Ephesians 6:10-20 in your Bible or [Here](#)

4. As you reflect on this reading, which piece of armour, or which image, jumps out at you most. Don't overthink it, just notice what catches your attention.
5. Our reading today tells us what our real struggle is but notice what our struggle is NOT against. What stands out to you? Does it surprise you, challenge you, or comfort you?
6. Think of someone you know who seems to genuinely 'stand firm' in their faith. Having just heard our reading, what do you think it is that keeps them standing?



## GROW deeper

Knowing where you stand changes everything. In any situation: a difficult conversation, a moment of pressure, a decision that matters, the person who knows where they stand carries a quiet steadiness that has nothing to do with confidence or personality. It comes from something deeper. Paul writes to a church community under real pressure, facing real opposition, and his instruction is striking in its simplicity: put on the armour that God give and stand. Not strategise, not strive, not summon more willpower. Just stand. But standing is only possible when you know what you are standing in. That is what this passage is really about, not a checklist of spiritual disciplines, but an invitation to discover that the ground beneath your feet is far more solid than you might have thought.

7. Paul's instruction is to 'stand', not fix, not fight, not strive. Where in your life right now is God perhaps inviting you to stop striving and simply stand in what Christ has already done?"
8. The armour described is almost entirely defensive, it's about holding ground, not taking it. What does that tell us about how God sees the battles we face day to day? How could this shape the way we see the current battles we face?
9. We are told to stand in the victory of Christ, but what does that look like when life feels hard and faith feels thin? What would it mean for you, practically, to stand this week?"



## LIVE purposefully

Faith that stays in the room is not really faith at all. Everything we have read, shared and wrestled with today is only as real as what we carry out the door with us. The call to stand firm is not a posture we adopt on a Sunday it is the shape of a life lived in the awareness that the ground beneath us is secure, that the battles we face has a victor, and that we are not in it alone. This week is full of ordinary moments that will quietly ask you the same question our reading prompts us to ask: do you know where you stand?

10. What is one situation you will walk into this week where you will need to know where you stand? What would it look like to face it in the strength and victory of Christ rather than your own?
11. Is there a relationship in your life where you have been treating the other person as the enemy? How might this passage change the way you approach that relationship this week?
12. What is one piece of the armour of God that you want to be more intentional about putting on this week?



## PRAY intentionally

- Praise God that the battle has already been won, that we do not stand in our own strength, our own goodness, or our own record, but in the complete and unshakeable victory of Jesus Christ.
- Thank God for the moments he has kept you standing when everything in you wanted to run, give up, or give in.
- Pray for those you know who are struggling to stand right now, who are worn down by a battle they can't name, a pressure they can't shake, or a season that just won't seem to end. Ask God to meet them with the truth that they are not fighting alone, and that the ground beneath them is more secure than they feel.

- Pray for our church community that we would be people who know where we stand, not anxious, not striving, not simply going through the motions but standing firmly in the victory of Christ, dressed for the day, and present for one another in the battles we each face. Ask God to show each of us what it means to truly stand this week, in the specific places and moments of our lives.



**BLESS** one another

You might like to address one person in your group and make the sign of the cross in the air as you say...

**[Name], May you leave here knowing where you stand: held by the God who has already won, and grounded in a victory that nothing can take from you.**