

We Have to Talk About Fight Club

2026-06-21 • PASTOR MATT ROSE



Ephesians 6:10-17

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

Pastor Matt built the whole message on one sentence: your spouse is not the enemy. Behind the words that wound is a fallen world and an enemy who wants both of you. That is why Paul hands married people armor instead of ammunition, and almost every piece is defensive. Pastor Matt lingered on the shield, because Roman shields were built to lock together into a wall. Faith was never meant to be held alone.

To get started

- What is something you only do well when someone else is doing it with you?

Looking back at the message

Pastor Matt asked people to say 'you're not the enemy' out loud. Ask how that felt, not whether they agreed.

- 1 Pastor Matt had everyone say it out loud: you are not the enemy. What was it like to say that, or to hear it?
- 2 Pastor Matt said wounding words from a spouse come out of a broken world and an enemy at work, and the person still chose to say them. How do you hold both of those at once?
- 3 Pastor Matt pointed out that Paul gives married people armor, and every piece is defensive except one, the sword, which is God's word. What do you make of that? OPTIONAL

Looking at the passage

Read Ephesians 6:10-17 aloud, slowly. Let the group inventory the pieces themselves.

- 4 Read Ephesians 6:10-17. List the pieces Paul names. Which protect, and which do not?
- 5 Verse 12 says who the struggle is not against before it says who it is against. Why might Paul put it in that order?
- 6 Roman shields were designed to lock together into a wall. How does that change the picture of the shield of faith?
- 7 Paul tells them to stand, not to attack. What does standing require that attacking does not?

Bringing it home

Do not let anyone use 'the enemy did it' to avoid an apology they owe.

- 8 Which piece of the armor do you actually pick up in a conflict, and which do you leave on the ground?
- 9 Pastor Matt said we give more energy at a concert or a game than we give at church or at home. Where does your energy actually go in a week?
- 10 How is forgiving someone different from pretending nothing happened?
- 11 What conversation have you been avoiding because you expect it to turn into a fight?

OPTIONAL

The group together

The shield wall is the picture for this section. Make it practical.

- 12 If faith works better locked together like shields, what does that make this group for?
- 13 Pastor Matt said a marriage does not get better on its own. What could this group do that would actually help a marriage under strain?
- 14 How could someone here ask for help without feeling like they exposed their spouse?

BEFORE YOU FINISH

What would change in your next disagreement if you truly believed the person across from you was not the enemy?

You might pray about

- For marriages where the fighting has become the normal weather
- For the piece of armour each of us keeps leaving on the ground
- For people in this group standing alone who do not need to be
- For fathers carrying more than they have said out loud