

Sermon for February 28/March 1, 2026
"Shoes, Shield & Helmet" Pastor Aaron Buer



SMALL GROUPS

Share Life | Pursue God | Invest In Others

THREE THINGS TO KNOW

DON'T MISS THIS. This past weekend, we celebrated **BAPTISM**—one of the most powerful moments we experience together as a church. Baptism is an outward expression of an inward change that has taken place in our lives after we have placed our faith and trust in Jesus. If group members have never taken that step themselves, we'd love to talk with them. Reach out to us [HERE](#) to learn more or to sign up for an upcoming baptism.

GROUP VALUES. We continue our focus on **FOLLOWING JESUS**, a commitment to lifelong trust and surrender to him. Following Jesus is not a solo mission. Paul writes about the armor of God to a church, not just individuals. Your small group is one of the most important places where you can be the shield on the left and the right for someone else. This week, consider how your group can be more intentional about fighting for one another in prayer, encouragement and honest accountability.

GROW AS A LEADER. This week's sermon reminds us that spiritual battles are not meant to be fought alone. Throughout Ephesians 6, the word "you" is plural. As a leader, you play a key role in being the shield on the left and right for your group members. Consider reaching out to someone in your group this week with a word of encouragement. A simple text, call or note reminding them of who they are in Christ can be powerful.

SERMON DISCUSSION GUIDE

Welcome to the third week of our sermon series, **ARMOR OF GOD**. This week we learn three more pieces of armor and how each one builds the confidence we need to stand firm in our spiritual battles.

ICEBREAKER

Think back to a sport or activity you played growing up. What was the most important piece of equipment—the thing you absolutely could not do without?

THIS WEEK'S TEXT

Have someone read [Ephesians 6:15-17](#) aloud.

What are the first three pieces of armor mentioned in this passage, and what does each one correspond to?

What verbs does Paul use in this section, and what do they suggest about the armor?

Based on this passage, what do you think Paul means by the "gospel of peace"?

THIS WEEK'S SERMON

Pastor Aaron Buer continues our series **ARMOR OF GOD** by exploring how the shoes of the gospel, the shield of faith and the helmet of salvation give us unshakable confidence in spiritual battle. As a group, recall some of the sermon's big ideas and main points.

Where does our culture say confidence comes from, and how does that compare with what we see in this passage?

When you think about your life right now, would you say you feel spiritually confident or spiritually shaky? What's contributing to that?

The shoes are related to the gospel of peace. When we aren't experiencing peace, it's often because we've forgotten who we are in the gospel. What tends to make you forget your gospel identity most quickly?

The gospel gives us this identity: infinitely loved, infinitely valued, infinitely secure. Which of these three do you most need to remember right now and how can you keep it in front of you?

The strength of our faith is about *who* we trust, not how hard we believe. When life gets hard, what would it look like to shift your focus from the strength of your belief to the character of the God you believe in?

Throughout Ephesians 6, the word "you" is plural. The armor is meant to be worn together. We are to be the shield on the right and the left for each other. How are we as a group already doing that, and how could we grow stronger together?

Have someone read [Ephesians 2:8-9](#) aloud. When you sin, what's your first thought about where you stand with God? How does Ephesians 2:8-9 challenge or confirm that thought?

The helmet of salvation covers three rich truths: we are justified (saved from the penalty of sin), sanctified (being saved from the power of sin) and glorified (will be saved from the presence of sin). Which of these three aspects of salvation do you find most encouraging right now, and why?

WRAP UP

Of the three pieces of armor we discussed—shoes of the gospel of peace, shield of faith and helmet of salvation—which one do you most need to consciously put on this week? What is one way you can put it on?