Session one: confidence, not fear.

Illustrative sample written for this website. Not an excerpt from Bishop Karel Gray’s manuscript.

45-minute example: welcome and opening prayer (5 minutes); read Ephesians 6:10–18 (10 minutes); discuss (25 minutes); close in prayer (5 minutes).

What is the difference between discernment and suspicion?

How does Ephesians 6:10–18 describe the source of a believer’s strength?

How can we discuss spiritual conflict without treating people as enemies?

What ordinary decision could you approach with greater truth, patience, or prayer this week?

Leader note: allow different experiences, keep discussion rooted in the passage, and never pressure anyone to disclose personal struggles.

Continue the conversation

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