**FOCUS Bible Study - February 10**

[**VIEW RECORDING - 110 mins (No highlights)**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF)

[**Introduction and prayer @ 0:00**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=0.0)

The group opened in prayer, asking God to cleanse them from sin and clothe them in praise. They discussed being honest with God and allowing him to shape their hearts through his word.

[**Spiritual warfare and the armor of God @ 0:50**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=50.0)

Rick explained that spiritual warfare is a daily battle, and God equips believers with armor. Referring to Ephesians 6, he outlined how soldiers prepared for battle, and how Paul drew on this to describe the armor: truth, righteousness, faith, salvation, peace, the gospel, prayer.

[**Preparing for battle through prayer @ 6:20**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=380.0)

Rick emphasized prayer's importance in spiritual warfare. He prayed specifically for each armor piece, asking God for truth, righteousness, salvation through Christ, and peace through the gospel. Members discussed applying God's word through prayer and fasting.

[**Components of the armor: Truth and righteousness @ 9:10**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=550.0)

Focusing on truth and righteousness, Rick stressed honesty with God and oneself. Members shared struggles with doubt and discussed finding clarity through God's word and Holy Spirit.

[**Components of the armor: Faith, salvation, peace @ 13:50**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=830.0)

Faith acts as a shield against the enemy's attacks. Members discussed having zeal like serpents but spreading God's love. Salvation through Christ protects the mind, while peace comes through proclaiming the good news.

[**Components of the armor: The mind and senses @ 19:10**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=1150.0)

God renews the mind through his word. Members discussed filtering what they see and hear to avoid temptation. Prayer and God's word give understanding and vision to see where he leads.

[**Fighting spiritual battles through prayer and God's word @ 25:50**](https://fathom.video/share/G-G_sUo99QYRLK3H23oQ9dHo92q4HzSF?tab=summary&timestamp=1550.0)

Interceding for others in prayer is spiritual warfare. God's word is a two-edged sword to first apply to oneself, then help others. Members prayed for each other's needs, asking God for strength, healing, and his presence.