

## BRAVE – VIDEO NOTES

### I. The Infusing Power of the Sacraments

“Sacraments are like hoses. They are the channels of the living water of God’s grace. Our faith is like opening the faucet. We can open it a lot, a little, or not at all.”—Peter Kreeft  
The belt of truth is fortified by \_\_\_\_\_.

Colossians 1:13

Galatians 3:27

When we are WRESTLING and stepping out as WARRIORS, we need to grab hold of the weapon of PRAYER. There’s no prayer more powerful than the \_\_\_\_\_.

“In the EUCHARIST, Christ has given to those who desire Him the ability not only to see Him, but even to touch Him, eat Him, fix their teeth in His flesh, and embrace Him, to satisfy all their love. For this reason, we must return from that Table like lions breathing fire, having become terrifying to the Devil. We must be thinking about Christ our head, and about the love He’s shown to us.”—Saint John Chrysostom

When we are in the thick of the battle, we’ve also got to be sure to strap on the BREASTPLATE OF RIGHTEOUSNESS. Nothing keeps that breastplate in better condition than the sacrament of \_\_\_\_\_.

The SWORD OF THE SPIRIT can be wielded in \_\_\_\_\_, not to cause harm or win an argument, but to speak God’s words of truth and hope directly into the heart of a spouse with laser-like precision.

CONFIRMATION is another sacrament that strengthens us as WARRIORS. To confirm means “\_\_\_\_\_.” Saint Thomas Aquinas described Confirmation as the sacrament where spiritual strength is conferred, making the recipient a \_\_\_\_\_ for the faith of Christ.

### II. The Victory in Simply Not Quitting

John 12:24

Lesson 6 focuses on the reality of spiritual warfare and arming ourselves for victory. The following discussion questions are designed to help your small group reflect on spiritual armor and stepping boldly into faith.

### **Read Ephesians 6: 10-20**

(re-read as needed after each set of questions)

#### **1. Identifying the Battlefield**

- In this lesson, we look at the reality of the spiritual battle around us. Have you ever felt surprised or caught off guard by spiritual warfare in your daily life? How do you usually react when you feel the enemy is trying to steal your joy or peace?
- St. Paul tells us our struggle is not against flesh and blood (Ephesians 6:12). How does this perspective change how you view difficult people or challenging situations?

#### **2. Putting on Spiritual Armor**

- After hearing the ways in which the sacraments strengthen us for battle, do you have an increased desire to receive any of them with greater openness and frequency? If so, which one(s), and why?
- We need specific weapons for mental and spiritual combat. Which piece of the armor described in Ephesians 6 (e.g., the belt of truth, the shield of faith, the sword of the Spirit) feels most natural for you to use?
- Which of your weapons or spiritual armor has been sitting on your shelf and/or you feel you need to practice relying on more? What are you going to do in order to step into the battle dressed and armed for victory?
- The "belt of truth" is crucial for countering the lies of the enemy. What is one lie you frequently tell yourself, and what is the biblical truth you can use to replace it?

#### **3. Stepping Out as a Warrior**

- Moving forward requires taking risks and being brave. What is one specific, practical way you can use your spiritual weapons this week to move away from mere "survival" and into flourishing?
- Fear often paralyzes us from acting on God's call. Can you share a time when choosing faith and relying on God's strength helped you overcome a fear or hesitation?

#### **RESOLUTIONS/HOMEWORK:**

**Focus:** Walking forward in bold obedience and stepping into your purpose.

- What is one area where God is calling you to move with bold, fearless obedience?
- How has this study transformed the way you view yourself and your mission in the world?

**In what specific way will I apply what I have learned in this lesson?**

Examples:

- I will start each day by praying Ephesians 6:14-19 over my life.
- I want to strengthen the thrust of the weapon of prayer in my life. In order to do this, I commit to fasting for a specific prayer intention.
- I have identified certain truths, listed in "The I Declares" and "Who I Am in Christ," (attached) that are hard for me to believe. I will memorize a Bible verse this week that corresponds to one of those truths so that the Holy Spirit can bring it to my mind when I need reminding.