

**LIFE
LABS**

We love because God first loved us.

1 JOHN 4:19

**Is there
more going
on in the
world than
what we
can see?**

The Way
Jesus
centred
Spirit-led
Hope
revealed

GROUP MATERIAL

LIFE LABS 2026 | TERM 2
SALVOS YOUTH AND YOUNG ADULTS



**LIFE
LABS**

1. How do we know the spiritual world is real?

INTRODUCTION

We come across references to the supernatural everywhere – in shows like *Stranger Things*, games like *Dungeons & Dragons*, and in the books we read and movies we watch. It's not unusual for fantasy stories to feature ghosts, witches and unseen forces.

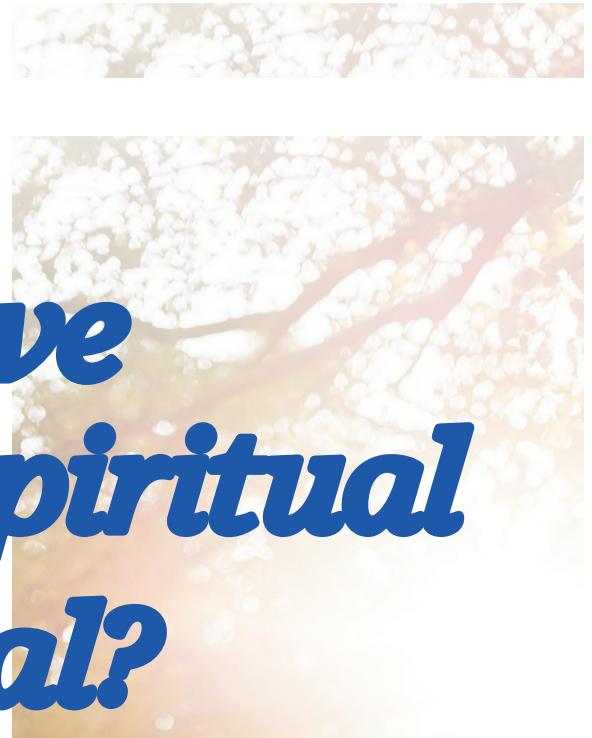
When we come across these things, we might be confident that they're pure fiction – made up for entertainment. Or we might feel uneasy – like there's something real and powerful behind it all.

When we scroll online, we may see influencers promoting crystals, tarot cards or Ouija boards. Some talk about "speaking things into existence". Some of us might feel drawn to what they're saying. Others might simply be curious. Or we might scroll past quickly, getting a bad feeling or dismissing it as nonsense.

Some of us have experienced the Holy Spirit and believe that he is real, but what about all these other spiritual things?

It's natural for us to wonder: How do we know the spiritual world is real?

As a way to begin thinking about this, let's play the 'Is It Real?' game.

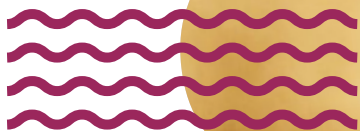


PLAY THE 'IS IT REAL?' GAME

DO THE 'MIND MAP' ACTIVITY

How did you go with the game? How did it feel to try to work out what was real?

Have you ever questioned whether the spiritual world is real – or which parts are real? What led you to question this?



SCRIPTURE

THE SPIRITUAL WORLD IS REAL

Ephesians 6:10b-18

“...be strong in the Lord and in his great power. ¹¹ Wear the full armor of God. Wear God’s armor so that you can fight against the devil’s clever tricks. ¹² Our fight is not against people on earth. We are fighting against the rulers and authorities and the powers of this world’s darkness. We are fighting against the spiritual powers of evil in the heavenly places. ¹³ That is why you need to get God’s full armor. Then on the day of evil, you will be able to stand strong. And when you have finished the whole fight, you will still be standing. ¹⁴ So stand strong with the belt of truth tied around your waist, and on your chest wear the protection of right living. ¹⁵ On your feet wear the Good News of peace to help you stand strong. ¹⁶ And also use the shield of faith with which you can stop all the burning arrows that come from the Evil One. ¹⁷ Accept God’s salvation as your helmet. And take the sword of the Spirit—that sword is the teaching of God. ¹⁸ Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all of God’s people.”

QUESTIONS

What do you think about what we just read? Does anything surprise you? How do you think it might relate to the question, ‘How do we know the spiritual world is real?’

What do you think Paul is trying to tell us when he says our fight is not against “people on earth” but against “spiritual powers of evil”?

What are some practical things we can do to put on the armour of God?

How does it feel to know that we can stand strong in the great power of God?

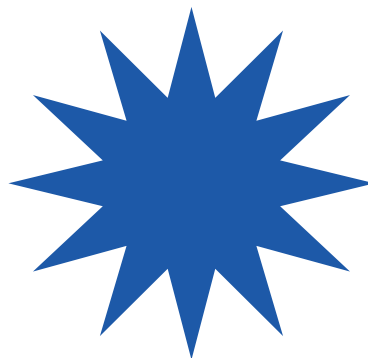


CONCLUSION

References to the supernatural are everywhere – in shows, games, stories and movies. We might come across influencers who promote various ‘spiritual’ items or activities.

Some see supernatural occurrences as harmless fantasy, but some of us have had personal spiritual experiences that we find difficult to explain to those who haven’t.

No matter what our experiences have been, the Good News is that we don’t face the spiritual world alone and God is more powerful than anything else in the spiritual world.



*“...the one who is in you
is greater than the one
who is in the world.”*

— 1 JOHN 4:4B

**LIFE
LABS**

2. What difference does it make to have the Holy Spirit in our lives?

INTRODUCTION

If we've been around church for a while, we may have sensed the Holy Spirit. During times of worship or prayer, we might have felt God's love, a strong feeling of peace or just a sense that something spiritual was happening. At times like this, we may feel confident that it is the Holy Spirit or we might not be sure.

Some of us have heard friends talk about their experience of the Holy Spirit – feeling him close, sensing him guiding them or helping them feel God's love. If we haven't felt those things ourselves, we might feel disappointed, confused or even a bit jealous. Is there a way we can experience those things too?

Others of us have felt the Holy Spirit at work in our lives but might wonder if we are experiencing all that the Holy Spirit can bring.

Whether we've been a Christian for as long as we can remember or we are still exploring, it's natural to ask:

What difference does the Holy Spirit make in our lives?

As a way to begin thinking about this, let's play the 'Power Up Tag' game.



PLAY THE 'POWER UP TAG' GAME

When, in life, do you wish you had someone giving you extra strength or helping you get unstuck?

DO THE 'THINGS THE HOLY SPIRIT DOES' ACTIVITY



SCRIPTURE

THE PROMISED HOLY SPIRIT

Ephesians 1:13

“It is the same with you. You heard the true message, the Good News about the way God saves you. When you heard that Good News, you believed in Christ. And in Christ, God put his special mark on you by giving you the Holy Spirit that he promised.”

OUR HELPER

John 14:15-17 and 26-27

¹⁵ “If you love me, you will do what I command. ¹⁶ I will ask the Father, and he will give you another Helper to be with you forever. ¹⁷ The Helper is the Spirit of truth. The people of the world cannot accept him, because they don’t see him or know him. But you know him. He lives with you, and he will be in you.”

²⁶ “But the Helper will teach you everything and cause you to remember all that I told you. This Helper is the Holy Spirit that the Father will send in my name. ²⁷ I leave you peace. It is my own peace I give you. I give you peace in a different way than the world does. So don’t be troubled. Don’t be afraid.”

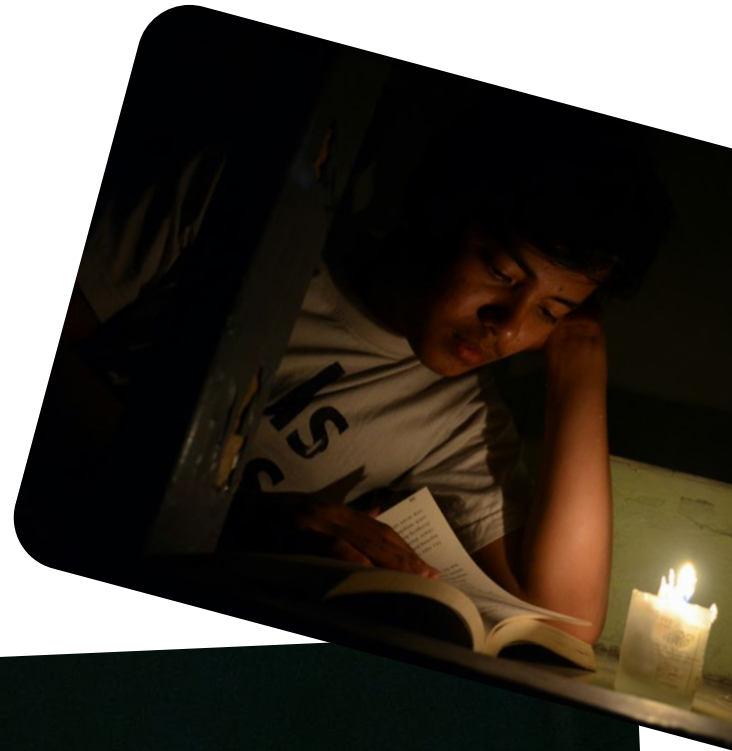
QUESTIONS

What do you think about what we just read? How do you think it might relate to the question ‘What difference does it make to have the Holy Spirit in our lives?’

Why do you think we need to believe in Jesus before receiving the Holy Spirit into our lives?

What do you think it means when it says that he lives in us? What difference do you think this makes?

What would it look like to open up more of your life to the Holy Spirit?



WRITE DOWN ONE NEW WAY THAT YOU WOULD LIKE TO EXPERIENCE THE HOLY SPIRIT IN YOUR LIFE. SHARE IT WITH SOMEONE YOU TRUST AND ASK THEM TO PRAY FOR YOU.

CONCLUSION

If we've been around church for a while, we may have sensed the Holy Spirit. We might have felt God's love, peace, or just a sense that something spiritual was happening. Sometimes, we might wonder if we are experiencing all that the Holy Spirit can bring.

Some of us have heard friends talk about their experience of the Holy Spirit, but if we haven't experienced him ourselves, we might feel disappointed or confused. We might be unsure whether we can experience those things too.

The Good News is that when we choose to follow Jesus, the Holy Spirit comes into our lives, bringing love, peace, guidance and wisdom – and he can make all the difference.

LIFE LABS

3. *How can we be guided by the Holy Spirit?*

INTRODUCTION

Christians often say that the Holy Spirit guides people. And the idea can sound appealing. Making big decisions and finding our way in life can feel scary and stressful – we might long for someone who loves us, who can help us know which decisions to make, and how to handle tough situations. But we might have questions about how it all works.

When we hear Christians say, “I felt the Spirit leading me” or “God was guiding me in that decision”, it can be hard to picture what they’re talking about. We can find ourselves wondering how they knew the Spirit was guiding them. Did they see a sign? Hear a voice? Or was it more like a quiet thought or a growing sense that something was right? If we are following Jesus but haven’t felt these things, we might worry and wonder if we are missing something.

Some of us have felt inner nudges to speak up, stay silent, apologise, reach out, or walk away. We might feel sure that it’s the Holy Spirit or we might have doubts.

Some of us feel the Holy Spirit is guiding us often, but want to hear his voice louder and more often – particularly when it comes to sharing Jesus with others.

How can we be guided by the Holy Spirit?

As a way to begin thinking about this, let’s play the ‘Blindfold Walk’ game.

PLAY THE 'BLINDFOLD WALK' GAME

How did you go with the game? How did it feel to have to listen, among all the voices, for the person who was guiding you?

Who or what guides you in life?



DO THE 'WAYS TO BE GUIDED' ACTIVITY

📖 **READING AND THINKING ABOUT SCRIPTURE**

🙏 **TALKING TO GOD AND LISTENING**

🙏🧠 **GODLY MENTORS**

🎵 **LISTENING TO WORSHIP MUSIC**

😌 **QUIET TIME**

🤝 **SERVING OTHERS**

💬 **PROMPTINGS / INNER CONVICTION**

🙏🙏 **ASKING OTHERS TO PRAY**

SCRIPTURE

THE HOLY SPIRIT GUIDES PAUL

Acts 16:6-10

⁶ “Paul and those with him went through the areas of Phrygia and Galatia because the Holy Spirit did not allow them to tell the Good News in the province of Asia. ⁷ When they reached the border of Mysia, they tried to go on into Bithynia, but the Spirit of Jesus did not let them go there. ⁸ So they passed by Mysia and went to the city of Troas. ⁹ That night Paul saw a vision. In it, a man from Macedonia came to Paul. The man stood there and begged, ‘Come across to Macedonia and help us.’ ¹⁰ After Paul had seen the vision, we immediately prepared to leave for Macedonia. We understood that God had called us to tell the Good News to those people.”

QUESTIONS

What do you think about what we have just read? How do you think it might relate to the question, ‘How can we be guided by the Holy Spirit?’

Why do you think the Holy Spirit didn’t just tell Paul exactly where to go?

When have you felt the Holy Spirit guiding you? How did he guide you?

What is one thing you could do to create more space to listen to the Holy Spirit’s guidance?



CONCLUSION

Christians often say that the Holy Spirit guides people, helping them know which decisions to make and how to handle tough situations. But we might have questions about how it all works.

When we hear Christians say, “I felt the Spirit leading me,” or “God was guiding me in that decision,” it can be hard to picture what they’re talking about. If we are following Jesus but haven’t felt these things, we might worry about this and wonder if we are missing something.

Some of us feel the Holy Spirit is guiding us, but we might want to hear his voice louder and more often – particularly when it comes to sharing Jesus with others.

The Good News is that the Holy Spirit can guide us in so many ways, including through prayer and reading the Bible. And the more we draw close to him, the more we will sense him guiding us.



LIFE LABS

4. *How can we tell if something is spiritually dangerous?*

INTRODUCTION

Some of us have dabbled in the supernatural. Some have been exposed to different spiritual ideas or practices, which may have seemed harmless. Some people may have been harmed or manipulated by certain spiritual practices or institutions. And some of us may have had moments – perhaps in social settings, online or at school – when we’ve sensed in our gut the choice we need to make. We may have had an uneasy feeling about a conversation or a game or activity, even though everyone else was going along with it. We might have wondered, “Am I just scared or is this feeling warning me of spiritual danger? If everyone else is fine with it, why do I feel different?”

Many of us have heard warnings about things like witchcraft, seances and Ouija boards, and then some people say that things like yoga can be harmful. Are they being over the top? How do we know if they are right? How do we work out the difference between harmless fun and something that’s spiritually dangerous?

How can we tell if something is spiritually dangerous?

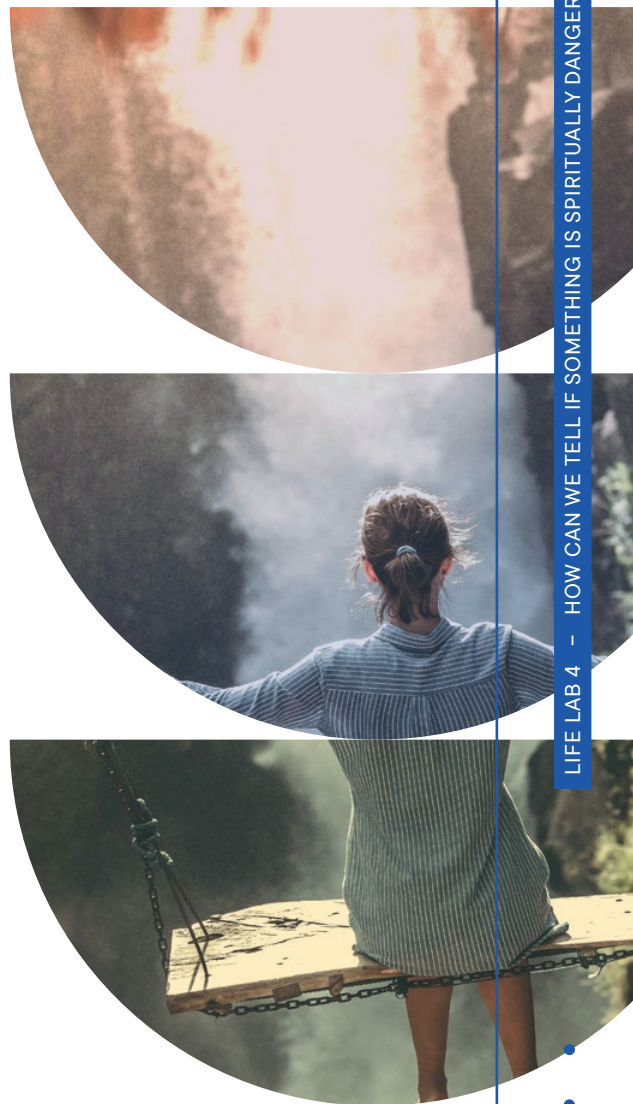
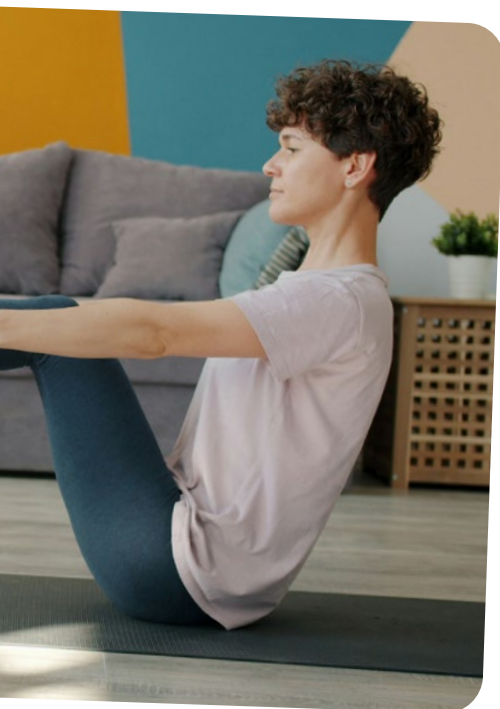
As a way to begin thinking about this, let’s play the ‘Word Match’ game.



PLAY THE 'WORD MATCH' GAME

How did you go with the game? What was it like to try to work out what the other person was going to say?

When have you found it difficult to work out if something was good or bad for you to say or do?



DO THE 'IS IT DANGEROUS?' ACTIVITY

WHAT WOULD HAPPEN IF I DON'T GET INVOLVED?

WHAT COULD HAPPEN IF I GET INVOLVED WITH THIS?

WHAT WOULD JESUS DO?

HAVE I TALKED TO A TRUSTED LEADER FOR ADVICE?

HAVE I PRAYED AND ASKED GOD FOR GUIDANCE?

WHAT DOES THE BIBLE SAY ABOUT THIS?

WHAT DOES MY GUT TELL ME? HAVE I PAUSED AND THOUGHT IT THROUGH?

START HERE ↑↑↑

SCRIPTURE

WHAT PEOPLE DO SHOWS WHO THEY ARE

Matthew 7:15-20

¹⁵ “Be careful of false prophets. They come to you and look gentle like sheep. But they are really dangerous like wolves. ¹⁶ You will know these people because of what they do. Good things don’t come from people who are bad, just as grapes don’t come from thornbushes, and figs don’t come from thorny weeds. ¹⁷ In the same way, every good tree produces good fruit, and bad trees produce bad fruit. ¹⁸ A good tree cannot produce bad fruit, and a bad tree cannot produce good fruit. ¹⁹ Every tree that does not produce good fruit is cut down and thrown into the fire. ²⁰ You will know these false people by what they do.”

KEEPING WHAT IS GOOD

1 Thessalonians 5:21-22

²¹ “But test everything. Keep what is good,
²² and stay away from everything that is evil.”

DISCUSS THESE TOPIC QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, ‘How can we tell if something is spiritually dangerous?’

What “fruit” – or clues – might show that something is spiritually healthy or unhealthy?

What happens to the tree that produces “bad fruit”? What might you see in someone’s life when they get involved in things that are spiritually dangerous?

1 Thessalonians 5:21 says to “test everything”. If you were trying to work out whether something was good to be involved in, what would you pay attention to?



CONCLUSION

Some of us may have dabbled in the supernatural or have been exposed to different spiritual ideas or practices. Some of these could have seemed harmless, but some people may have been harmed by them.

There are times we've sensed in our gut the choice we need to make. We may have had an uneasy feeling and wondered, "Is this feeling warning me of spiritual danger? If everyone else is fine with it, why do I feel different?"

Many of us have heard warnings about spiritual things and think, *Are they being over the top?* We can wonder how to work out the difference between harmless fun and something that's spiritually dangerous.

The Good News is that God has given us ways to tell what is spiritually dangerous and what is from God. And we can trust in his Word and ask the Holy Spirit to show us the way.

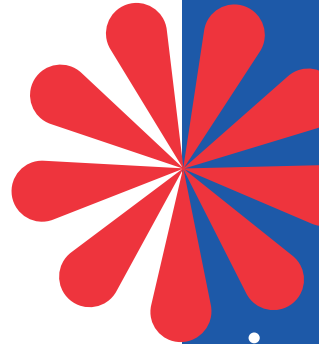
5. How can we look after our spiritual health?

INTRODUCTION

There are messages everywhere telling us to look after our physical health or do well at school, but we can feel like there's something missing – like, even if we did great in those areas, there would still be an emptiness. If we've been through emotionally painful experiences, we may have realised that having a strong body and mind only takes us so far. We might have had times when we felt connected to God and spiritually strong – calm, peaceful and not alone. We might wish to feel this way more often. All of this can lead us to ask:

How can we look after our spiritual health?

As a way to begin thinking about this, let's play the Mind/Body/Spirit game.



PLAY THE 'MIND/ BODY/ SPIRIT' GAME

How did you go with the game?

*Was it easy to put things into
those three categories?*

*Which of these three types of health do
you think people usually focus on? Why?*



**Reflecting
on words
from the
Bible**

**Focus
on this
you/**

DO THE 'GINGERBREAD HEALTH CHECK' ACTIVITY

DEFINITIONS:

Your body is the physical part of you – the muscles, bones, organs and senses. It's what lets you move, eat, sleep, touch, see and live in the world.

Your mind includes your thoughts, intelligence, memories and imagination. It's how you think things through, make decisions, learn and understand what's happening around you.

Your spirit is the deepest part of you – the part that searches for meaning, belonging, hope, love and a connection to something or someone bigger than yourself. It's where your values, sense of peace and deeper motivation come from.

SCRIPTURE**SPIRITUAL WELLBEING****1 Timothy 4:7-8**

⁷ "People tell silly stories that don't agree with God's truth. Don't follow what these stories teach. But teach yourself to be devoted to God. ⁸ Training your body helps you in some ways.

But devotion to God helps you in every way. It brings you blessings in this life and in the future life too."

QUESTIONS

What do you think about what we just read?

How do you think it might relate to the question, 'How can we look after our spiritual health?'

When you hear the phrase "teach yourself to be devoted to God", what do you think this involves?

What kinds of things in your everyday life have helped you grow stronger spiritually?

Paul says devotion to God will bring blessings. What sorts of blessings do you think he is talking about?

CONCLUSION

There are messages everywhere telling us to look after our physical health or do well at school, but we can feel like there's something missing – like, even if we did great in those areas, there would still be an emptiness.

If we've been through emotionally painful experiences, we may have realised that having a strong body and mind only takes us so far. How can we keep the other part of us – our spirit – strong too?

We might have had times when we felt connected to God and spiritually strong – calm, peaceful and not alone. We might wish to feel this way more often.

The Good News is that God cares deeply about our spiritual wellbeing and he can make us spiritually healthy and strong. And as we take part in activities that help us feel closer to God, we will grow stronger on the inside – in our spirit.

6. What can we do if we find spiritual things scary?

INTRODUCTION

When we think about supernatural things, some of us might feel afraid. Supernatural ideas are often used for entertainment – haunted houses at theme parks, scary movies or ghost stories late at night. These things can stir up real fear in us and might prompt us to pull away from anything spiritual in real life.

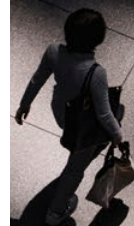
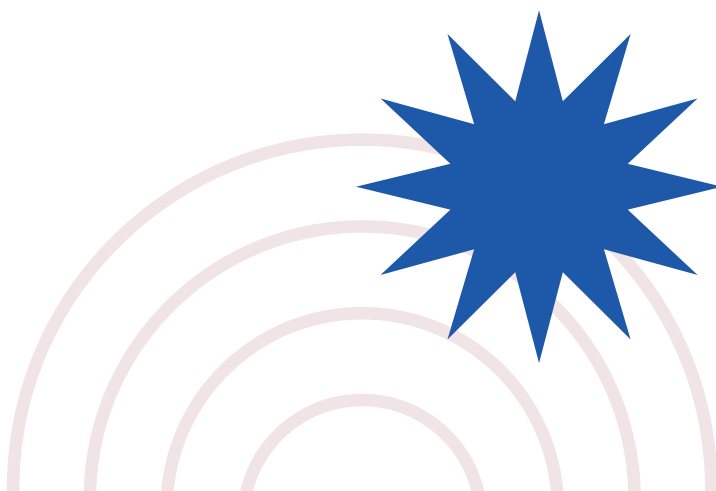
Sometimes supernatural images or stories can be hard to shake from our minds – even affecting our dreams. If we’ve experienced this, we may be afraid of or avoid spiritual things.

When adults warn us about the dangers of dabbling with witchcraft or dark spiritual influences, this can bring up curiosity for some of us. For others, it can spark fear – what is this powerful force they want us to avoid?

We are told that there is a real spiritual world, with light fighting against darkness, but if we don’t know a lot about how it all works, the whole thing might feel creepy.

So, what can we do if we find spiritual things scary?

As a way to begin thinking about this, let’s play the ‘Fear Factor’ game.



PLAY THE 'FEAR FACTOR' GAME

*How did you go with the game?
How did it feel when you didn't
know what you were touching?*

*Why do you think things we can't
see often seem more scary?*

DO THE 'REASONS WE SOMETIMES FEAR SPIRITUAL THINGS' ACTIVITY

SCRIPTURE

JESUS WON THE VICTORY

Colossians 2:15

"He defeated the rulers and powers of the spiritual world. With the cross he won the victory over them and led them away, as defeated and powerless prisoners for the whole world to see."

NO NEED TO FEAR

Psalms 27:1

"Lord, you are my Light and my Savior, so why should I be afraid of anyone? The Lord is where my life is safe, so I will be afraid of no one!"

DISCUSS THESE TOPIC QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, 'What can we do if we find spiritual things scary?'

What do you think it means that Jesus 'won the victory' and 'defeated' the rulers and powers of the spiritual world?

How does it feel when we remind ourselves that Jesus has already won the victory over all other spiritual powers?

If we feel afraid of something in the supernatural world, what can we do?

WHAT CAN I DO IF I FIND SPIRITUAL THINGS SCARY?

BRING YOUR FEARS TO GOD

Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds. (Philippians 4:6-7)

REMIND YOURSELF THAT GOD IS STRONGER THAN ANYTHING

...the one who is in you is greater than the one who is in the world. (1 John 4:4b)

READ STORIES IN THE BIBLE OF PEOPLE WHO FELT SCARED

For example, David facing Goliath; Gideon facing the Midianites; and Daniel in the lion's den.

TALK TO CHRISTIAN ADULTS YOU TRUST

...encourage each other and help each other... (1 Thessalonians 5:11)

REMEMBER YOU ARE NEVER ALONE

...be strong and brave. Don't be afraid, because the Lord your God will be with you wherever you go. (Joshua 1:9b)

CONCLUSION

Some of us feel afraid of supernatural things. Supernatural images or stories can be difficult to shake from our minds and can affect our dreams. Even when they're used for entertainment, supernatural ideas, games and movies can cause real fear in us, and might prompt us to pull away from anything spiritual.

When adults warn us about the dangers of dabbling with witchcraft or dark spiritual influences, some of us have been curious, while others are scared and confused.

When we are told there is a real spiritual world, with light fighting against darkness, we can wonder how it all works, and the whole thing might feel creepy.

The Good News is we don't need to fear the spiritual world, because Jesus has already defeated evil and won the victory, so, when we stick with him, the evil we see in this world can't hurt us.

7. *How can we bring light to the world?*

INTRODUCTION

When we look at the darkness in our world, we can feel overwhelmed or hopeless. The Bible says God wants us to bring his light into the world – and we might want to – but when the problems are so big, we can feel discouraged and overwhelmed. We may not know where to start.

Some of us may have tried to bring light into the lives of the people around us and have seen amazing things happen! This can inspire us to find new or greater ways to share God's light with the world. Others might have tried and found it difficult. Sometimes people make fun of us, or we find that standing up for the outsider can mean we lose friends.

Sometimes we hear stories about celebrities or outstanding adult leaders bringing change – fighting for justice or raising lots of money for people in need. These examples of people bringing light can inspire us, but they seem empowered to do it: they have talent, fame and confidence. If we don't have those things, can we still bring light to the world? Adults might have told us that we are not capable or smart enough or that we should stay quiet and know our place. Can we still bring light even though we are young?

How can we bring light to the world?

As a way to begin thinking about this, let's play the 'Glowstick Tag' game.



PLAY THE 'GLOWSTICK TAG' GAME



*How did you go with the game?
How did it feel to see the light
spreading throughout the group?*

*When have you seen an example of someone
bringing light to another person?*



DO THE 'SHARING LIGHT' ACTIVITY

**WRITE DOWN THREE WAYS
YOU CAN SHOW GOD'S
LIGHT THIS WEEK.**

*Optional: Choose a partner to talk with
next week to share how you went.*

SCRIPTURE

JESUS IS THE LIGHT OF THE WORLD

John 8:12b

"...I am the light of the world. Whoever follows me will never live in darkness. They will have the light that gives life."

YOU ARE LIKE SALT AND LIGHT

Matthew 5:15-16

¹⁵ "People don't hide a lamp under a bowl. They put it on a lampstand. Then the light shines for everyone in the house. ¹⁶ In the same way, you should be a light for other people. Live so that they will see the good things you do and praise your Father in heaven."

QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, 'How can we bring light to the world?'

What do these verses say about where spiritual 'light' comes from or goes to?

When have you experienced the light of Jesus in your life? How did it feel?

When do you find it difficult or easy to share the light of Jesus with others?

CONCLUSION

When we look at the darkness in our world, we can feel overwhelmed or hopeless. We might want to bring the light of Jesus into the world, but we can feel overwhelmed, and not know where to start.

Some of us might have brought light to the people in our lives and have seen amazing things happen! Others might have tried and found it difficult.

We might have heard inspiring stories about celebrities or outstanding adult leaders bringing change but, may wonder if we could ever make a change or bring light to our world.

The Good News is that Jesus is the light of the world – he fills us with his light and empowers us to share his light with others, right where we are in life today.

8. *How can we fight against evil?*

INTRODUCTION

We don't need to look far to see examples of evil in the world: from racism to religious persecution to terrorism to industrialisation causing irreparable harm to the environment for selfish gain. Even in our own lives, we might have met people who are extremely nasty.

Some of us might want to look away – to pretend the evil isn't there. It can be upsetting and overwhelming, so this response is understandable. The Bible says we are meant to stand up against injustice – but how can we fight evil when it seems so all-consuming?

Others of us might feel really angry and keen to fight injustice, but we might question whether we can really make a difference. How

can young people fight evil forces that are so powerful and strong?

Then there's the safety issue. Adults who care about us often remind us to 'stay away' from evil people or dark situations – to stay out of trouble. We know they want to keep us safe, but how can we fight against evil if we look the other way?

How can we fight against evil?

As a way to begin thinking about this, let's play the 'Cardboard Warriors' game.

LIFE LAB 8 – HOW CAN WE FIGHT AGAINST EVIL?

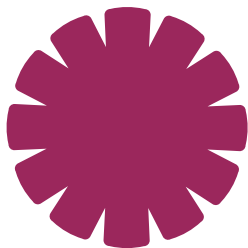
How does it feel when we try to fight against evil?





ONE THING I WILL
REMEMBER FROM LIFE
LABS THIS TERM...

DO THE
'ACT IT OUT'
ACTIVITY



SCRIPTURE

FIGHTING AGAINST EVIL

Ephesians 6:10b-18

“...be strong in the Lord and in his great power. ¹¹ Wear the full armor of God. Wear God’s armor so that you can fight against the devil’s clever tricks. ¹² Our fight is not against people on earth. We are fighting against the rulers and authorities and the powers of this world’s darkness. We are fighting against the spiritual powers of evil in the heavenly places. ¹³ That is why you need to get God’s full armor. Then on the day of evil, you will be able to stand strong. And when you have finished the whole fight, you will still be standing. ¹⁴ So stand strong with the belt of truth tied around your waist, and on your chest wear the protection of right living. ¹⁵ On your feet wear the Good News of peace to help you stand strong. ¹⁶ And also use the shield of faith with which you can stop all the burning arrows that come from the Evil One. ¹⁷ Accept God’s salvation as your helmet. And take the sword of the Spirit – that sword is the teaching of God. ¹⁸ Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all of God’s people.”

DISCUSS THESE TOPIC QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, ‘How can we fight against evil?’

Paul mentions twice that we need to put on the full armour of God when we are fighting against evil, not just parts of it. Why do you think this matters?

Can anyone think of a time when they felt like the Holy Spirit helped them stand up against injustice or evil? What happened?

As a group, what is one way we could fight or take a stand against evil?



CONCLUSION

We don't need to look far to see examples of evil in the world, such as racism, religious persecution, terrorism, environmental harm and even nasty people we have met.

Sometimes we want to just look away, because the evil in our world can be overwhelming. Or we might feel angry and keen to fight injustice but might question whether we can really make a difference. And how do we fight when we are told to stay safe and even to look the other way? How do we follow the Bible's teaching to stand up against injustice?

The Good News is that God has equipped us with everything we need to fight against darkness and evil in the world, and when we submit to him, put on his armour and pray, he will make the way for us to stand against evil. And we need not worry, because Jesus has already won the victory!







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All Scripture quotations, unless otherwise noted,
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