

Chapter 1
Equipped for Battle:
Why the Armor of God is Essential for Victory
Small Group Questions

1. Chapter 1 opens with the portrait of an “exhausted believer” who is faithfully serving on the outside but secretly carrying the unbearable weight of condemnation, believing that failures prove God is disappointed. Which truth from the Armor of God do you most need to rest in today?

2. Dr. Webster highlights a life-changing grammatical distinction in Ephesians 6:10: we are called to be strong in the Lord, not for the Lord. He compares this to a branch that does not strain to bear fruit, but simply abides in the vine. What does the practical difference between “striving for God” and “abiding in God” actually look like?

3. The book compares the Christian life to a soldier guarding a city after the war has already been fully won by the King. How does the reality that you are “standing in victory” rather than “fighting for victory” change the way you look at your current anxieties or spiritual battles?

4. During his years of physical weakness and seemingly unanswered prayers, Dr. Webster realized he had turned faith into striving. His perspective changed when he stopped asking “How do I get out of this?” and began asking “Jesus, how do You want to reveal Yourself to me here?” Think of a difficult or uncertain season you are currently in. How would shifting your primary question to “How do you want to reveal Yourself here?” change your outlook?

5. The chapter concludes by reminding us that the Armor of God is not a religious checklist, but is ultimately about the Person we are clothed with—Jesus Himself. As we wrap up, imagine Jesus sitting beside you. Based on what you’ve learned in this chapter, what truth do you believe He is speaking over you in this moment?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Chapter 2
The Belt of Truth: Grounded in God's Word
Small Group Questions

1. In a world full of half-truths and deception, how can we better ground ourselves in the truth of God's Word, especially when facing situations where it's difficult to discern what is true or right? How can we help others stay anchored in truth as well?

2. The chapter states that the Christian life is won not by becoming experts in deception, but by being "captivated by Christ". What does it practically look like to shift our focus from merely studying biblical facts to actively encountering the living Savior on the pages of Scripture?

3. The chapter exposes several toxic lies we often believe, noting that “feelings make terrible theologians”. Jesus answered every temptation with the words, “It is written...” When an anxious feeling tries to speak louder than God’s promises, what is the specific “It is written” truth you need to anchor your soul in today?

4. During the second temptation in the wilderness, Satan actually quoted Psalm 91 to Jesus, but he twisted the verse out of context to tempt Him into presumption instead of genuine trust. The author notes that we spot deception the same way bank tellers spot counterfeit bills—by studying the genuine article. How can we guard ourselves against teachings or thoughts that sound “biblical” (using isolated verses) but actually distort the loving character of God? How can we cultivate a deeper familiarity with the “genuine article” of Jesus?

5. Dr. Webster notes that the Pharisees knew the Scriptures inside and out but missed the loving Person to whom they pointed. It is completely normal for our quiet times to sometimes feel a bit mechanical or routine. But as the book beautifully reminds us, "Performance keeps score. Grace points to the cross". Instead of keeping score of how well we are doing spiritually, how can we help each other view spending time in God's Word as a gift of rest rather than a task to accomplish? What does a "restful" connection with Scripture look like for you in this season?

Chapter 3
The Breastplate of Righteousness:
Protecting Your Heart
Small Group Questions

1. The chapter notes that many feel as though acceptance with God fluctuates based on how “good” their week was spiritually. Dr. Webster reminds us: “We do not become righteous by living rightly; we live rightly because Christ has already made us righteous”. How does realizing that your acceptance is a gift—not a daily performance review—take the pressure off your relationship with God? How does this change the way you face your daily spiritual battles?

2. The book warns that many Christians unknowingly go into battle wearing “paper breastplates” built on their own morality, which easily rip under the enemy’s accusations. Why do you think our hearts default so easily to “keeping score”? How does the truth that you are already fully approved in Christ help you lay down the heavy burden of trying to prove your worth?

3. Dr. Webster shares the beautiful story of Peter, who collapsed under pressure and publicly denied Jesus, yet was met by the risen Christ not with disappointment, but with complete restoration. When we make mistakes, it is incredibly natural to feel the impulse to pull away from God or hide in our regrets. How does Peter's restoration remind you that Jesus is never shocked by our weaknesses, and how does His gentle welcome give you the freedom to run to Him just as you are?

4. Dr. Webster highlights the subtle trap of "looking sideways"—comparing our spiritual progress, blessings, or trials to those around us, just as Peter did with John. Jesus' answer to Peter was simple: "What is that to you? You follow Me". How does resting in Christ's righteousness free you from both

pride (feeling better than others) and insecurity (feeling worse)?

5. The author points out that Paul places the breastplate immediately before the shoes of peace because “before we carry the Gospel, we must be secure in the Gospel”. Why is it so hard to share God’s peace with others when we aren’t experiencing it ourselves? How does knowing you are already fully approved by God free you from the fear of people’s rejection when sharing His love?

Chapter 4
The Shoes of Peace:
Walking in Confidence and Purpose
Small Group Questions

1. Dr. Webster reminds us: "Your standing before God has never rested on your performance. It rests entirely on Christ's perfection". How does realizing that your spiritual footing is already 100% secure—even on your most exhausting or messy weeks—take the performance pressure off your daily walk with Him? How does this security change the way you face daily decisions?

2. The book beautifully notes that "the presence of fear is not the absence of faith". Dr. Webster observes that many believers mistakenly condemn themselves, thinking, "If I had stronger faith, I wouldn't feel this way". Why is it such a relief to hear that experiencing anxious thoughts doesn't mean you are failing spiritually? How does knowing that Jesus walks with you in the storm—rather than waiting for you to calm it yourself—bring comfort to your heart today?

3. The chapter notes that when we carry the Gospel to others, we aren't saying, "Look how good I am," but simply, "Look how good Jesus is". When you think about the stressed or hurting people in your everyday life, how does it take the pressure off to realize you don't need to have all the answers—you only need to share the gentle peace of Christ you've been given? What is one simple, pressure-free way we can bring Christ's calm presence to someone this week?

4. Roman military sandals (caligae) had studded soles to keep soldiers from losing their footing in battle. Yet, Dr. Webster reassures us that a loving father doesn't stop loving his child when they stumble while learning to walk; he simply brushes off the dust and says, "Let's keep walking together". If you are in a chaotic or "slippery" season right now, how does the promise

that “the Christian life is not the story of people who never fall, but of a Savior who never lets go” give you traction? How does this allow you to show grace to yourself when you do slip?

5. The author writes that the enemy loves to pull us into “imaginary tomorrows” with “what-if” questions, but warns: “Imagine trying to breathe tomorrow’s air. You cannot... God does not promise tomorrow’s grace before tomorrow arrives. He promises today’s grace for today’s needs”. In what area of your life are you tempted to “breathe tomorrow’s air” by trying to solve future worries today? How does resting in the promise of “fresh mercy for today” help you lay down those future burdens?

Chapter 5
The Shield of Faith:
Deflecting the Enemy's Attacks
Small Group Questions

1. Dr. Webster explains that the safety of someone walking on a frozen lake doesn't depend on how confident they feel, but on how thick and solid the ice is beneath them. Likewise, the security of our shield has never been about the size of our faith, but the faithfulness of the Savior who holds us. When you look at your faith in this current season, why is it such a relief to know that your safety depends on the strength of Jesus' arms rather than the strength of your own grip? How does this shift your focus from "trying to believe harder" to simply resting in His faithfulness?

2. The book describes how Roman soldiers fought together, locking their shields into a testudo (tortoise) formation to create an almost impenetrable fortress. Dr. Webster notes that when one believer grows weary and their shield begins to lower, others are meant to step beside them and help them hold it up. Why do you think fellowship with other believers is so

important? Who is someone you know who may need a little extra encouragement, connection, or fellowship right now? What is one simple way we could come alongside them and support them with our shields?

3. The chapter reminds us that a trembling hand holding a strong shield is still fully protected, and that Jesus never waits for us to have perfect faith before He shows us grace. Knowing that we don't have to "believe harder" or have every doubt and worry figured out before we can rest safely in His arms, how does that truth bring you peace? What does it look like to take refuge in Jesus when the arrows start to fly?

4. Roman soldiers carefully soaked their leather-covered wooden shields in water, so flaming arrows could be extinguished on impact. They also soaked them in oil to keep the leather from becoming dry and brittle and to prepare the shield for battle. This picture reminds us of how the Holy Spirit refreshes us and how our Good Shepherd lovingly cares for us. When our hearts feel spiritually dry or worn down by life's pressures, what does it look like to allow the Holy Spirit to refresh and strengthen us? What is one simple way you can rest in the Shepherd's care and allow His presence to "saturate" your shield this week?

5. In a vulnerable personal story, Dr. Webster describes waking up at 1:43 a.m. with chest tightness and racing, anxious thoughts, trying to fight every "fiery arrow" in his own strength. His perspective shifted when he realized he was looking inward, measuring the strength of his own faith instead of fixing his eyes on the faithfulness of Christ. He stopped asking, "Do I have enough faith?" and started asking, "Has Jesus stopped being faithful?" How does shifting your focus to Jesus' unchanging character allow you to raise your shield and find rest?

Chapter 6
The Helmet of Salvation:
Guarding Your Mind with God's Assurance
Small Group Questions

1. The book notes that our protection in battle is not found in stronger willpower, greater discipline, or looking deeper within ourselves, but in looking higher to Christ. How does the truth that your salvation is not held together by your ability to hold onto God, but is secured by the God who holds onto you, take the pressure off your mind when anxious or fearful thoughts creep in?

2. Dr. Webster describes the Roman helmet (galea) with its cheek guards and protective coverings, noting that it displayed a soldier's identity and allegiance. When the noise and confusion of daily life get loud, why is it such a relief to remember that the Helmet of Salvation is a gift of grace you simply receive, rather than a spiritual reward you have to earn? How does wearing His "badge of belonging" protect your thoughts today?

3. The chapter shares a powerful illustration of a pardoned prisoner who walks out of a cell but continues to wear unlocked, powerless chains simply because they are familiar. How can we help each other remember that in Christ, we “don’t live there anymore”?

4. Dr. Webster suggests that one of the greatest disciplines of the Christian life is learning to “preach the Gospel to yourself” every single day. When your feelings make “terrible theologians” and try to convince you that God is disappointed in your progress, what is one sweet promise from Christ’s finished work that you can gently whisper to your own heart to remind yourself of His grace?

5. The author notes that a runner doesn't spend a race staring at their own feet or looking over their shoulder to compare themselves to others; they simply fix their eyes on the finish line. Knowing that your safety rests in Jesus' nail-scarred hands rather than your own perfect performance, how does keeping your eyes on Him allow your mind to finally rest? What does a pressure-free, restful focus on Jesus look like for you this week?

Chapter 7
The Sword of the Spirit
Battling with the Word of God
Small Group Questions

1. The chapter reminds us that the Word of God is not a textbook we study out of obligation, but a living voice of grace. When we are spiritually dry or too exhausted to read our Bibles, how does it take the pressure off to know that even a single promise of God's love is enough to anchor our souls? What is one sweet promise about Jesus' love that brings you comfort when your own strength runs low?

2. Before Jesus ever entered the wilderness to face temptation, the Father declared His absolute delight in Him: "This is My beloved Son, with whom I am well pleased". Jesus stood firm because He rested in that identity, not because He was trying to earn His Father's approval. When you face doubts, worries, or failures, how does remembering that you are already God's fully beloved child allow you to stand firm? How does His voice of love drown out the enemy's whispers?

3. The book beautifully explains that our testimony is powerful not because it highlights how strong we are, but because it declares how faithful Jesus has been. When the enemy points to your mistakes and whispers, "Look at your failures," how does the Gospel empower you to look up and say, "Look at my Savior"? What is one way you have experienced His quiet, patient faithfulness carrying you through a difficult season?

4. Dr. Webster writes that the Word and prayer are meant to be a beautiful, integrated conversation, where God's Word reveals His loving heart and our prayers simply respond in trust. How does this allow

your conversations with God to feel more like a relational rest?

5. Unlike human weapons that cut to wound or destroy, the Sword of the Spirit is wielded by a gentle Savior who only “cuts to restore” and bring life. Is there a truth or a verse from Scripture that God has used to gently cut away a heavy burden of shame, fear, or self-condemnation in your life, replacing it with the restful assurance of His grace?

Chapter 8
Praying in the Spirit:
Staying Alert and Empowered
Small Group Questions

1. Dr. Webster explains that prayer was never meant to be a separate accessory we wear; it is the vital posture that activates and brings life to every single piece of God's armor. He beautifully writes: "Prayer turns what we know into who we trust". How might resting in Jesus' presence remind you that you are loved for who you are, not for what you do?

2. The chapter highlights Romans 8:26, reminding us that when we are too exhausted or overwhelmed to pray, the Holy Spirit steps into our weakness and intercedes for us with "wordless groans". When in your life have you felt so weary, overwhelmed, or confused that you didn't know what to pray? How does knowing that the Holy Spirit is praying for you in those moments bring comfort to your heart?

3. Paul’s call to “pray continually” can easily sound like a heavy, impossible standard that triggers guilt. But Dr. Webster clarifies that consistent prayer is not about spending all day on our knees, but simply cultivating a gentle, everyday awareness of Jesus’ presence. What would a simple connection with Jesus look like during your normal daily routine?

4. While physically confined in a prison, Paul remained spiritually free because he rested in the prayers of God’s people and the quiet provision of the Holy Spirit. Dr. Webster reminds us that God’s greatest miracle isn’t always opening the prison door—sometimes it is discovering that Christ is right there with you inside the trial. If you are walking through an uncertain or waiting season, how does knowing that Jesus is walking in the valley with you—rather than waiting for you to get out of it—allow you to finally rest?

5. The chapter notes that when we pray for others, we are simply carrying their heavy burdens to God’s throne of grace, declaring: “You do not have to fight this alone”. How does it relieve your stress to remember that you don’t have to “solve” or “fix” other people’s struggles—you simply get to entrust them to a Savior who already loves them perfectly? How can we pray for each other this week in a way that feels supportive and completely free of expectations?

Chapter 9
Living Victoriously:
Standing Strong in the Power of the Lord
Small Group Questions

1. The chapter reminds us that putting on the armor is not a stressful routine to prove our spiritual readiness, but simply wrapping ourselves in Jesus Himself. Dr. Webster writes: "The armor is not a reminder of what we must become; it is a reminder of who Christ already is". How does knowing that you are already fully covered by Jesus' victory—and that you do not have to manufacture your own spiritual strength—take the pressure off your daily routine? What is one simple, pressure-free way you can choose to rest in His grace this week?

2. Dr. Webster shares the story of a prisoner who sat inside a jail cell for years, completely unaware that he had been officially pardoned long ago. The author notes that the enemy's greatest deception is convincing a redeemed child of God to continue living like a defeated prisoner. How does resting in Jesus' finished work help your soul experience the true freedom He has already fully purchased for you?

3. The book beautifully explains that a branch on a vine does not strain, struggle, or work hard to produce fruit; it simply abides and remains connected to the source of life. When you find yourself emotionally or spiritually exhausted, how does it relieve the pressure to know that your weakness is not a disappointment to God, but is actually the exact place where His power is revealed? What does “abiding” rather than “striving” look like for you in this current season?

4. In the story of Shammah defending the lentil field, everyone else fled, but Shammah stood. Yet the Bible highlights a crucial detail: “the Lord brought about a great victory”. Dr. Webster writes: “We stand. He strengthens. We trust. God fights.” If you are currently walking through a season that feels too heavy or complicated for your own strength, how does

it comfort your heart to remember that the final outcome of your life doesn't depend on your performance, but is faithfully held by Jesus?

5. The book closes with the comforting imagery of Psalm 23, reminding us that sheep do not provide the pasture, find the water, or protect themselves—the Shepherd is fully responsible for providing, leading, and protecting them. Knowing that your Good Shepherd is the One who holds your life, what is one heavy “what-if” worry you want to gently hand over to Him today? How can we as a group encourage each other to rest in His peaceful care?
