# Sermon Based Questions

***"The 7 Habits of Highly Protective People"* – Tim Coles**
May 4, 2025

Spiritual warfare isn't optional—every believer faces daily attacks on their faith. In this session, we'll unpack Ephesians 6's call to "put on the full armor of God," explore the seven protective habits Tim Coles outlined, and learn practical ways to stand firm in Christ this week.

**Share**

1. What first pops into your mind when you hear "put on the armor of God," and why?
2. If one of the seven habits were a superpower (e.g. "belt of truth" that detects lies), which would you choose—and how would you use it?

**Discuss**

3. *Ephesians 6:11-13* says we're up against "schemes of the devil." What might those schemes look like today, and why do we need every piece of armor?
4. Tim pointed to *Daniel 1:8*—Daniel's vow not to defile himself—as a "breastplate of righteousness." How did his resolve guard his faith under pressure?
5. In *Matthew 4*, Jesus replies "It is written…" to each temptation. How does this model help us wield Scripture as our spiritual sword?

**Reflect**

6. Of the seven habits (truth, righteousness, readiness, faith, hope, scripture, prayer), which one do you most struggle to "wear," and what's at stake when you don't?
7. Tim's adoption story and *2 Corinthians 1:3-4* show how God comforts us so we can comfort others. Where do you need to lean on His promise of comfort in your life right now?

**Apply**

8. Choose one habit to "put on" each morning this week. What specific verse or action will serve as your daily prompt?
9. Who will you ask to hold you accountable in this habit—and when/how will you check in with them?
10. At week's end, what is one concrete sign you'll look for that this daily habit has strengthened your "armor"?