

THE
**Lauren
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PODCAST

ARMOR OF GOD SERIES • EPISODE 6 COMPANION WORKSHEET

The sword of the Spirit

The word of God — offense, defense, and no friendly fire

Name:

Date:

Quick review

We've now put on four pieces of the armor: the belt of truth, the breastplate of righteousness, the shoes of peace, and the shield of faith. Today, we pick up the sword.

Ephesians 6:17 *"And take the helmet of salvation, and the sword of the Spirit, which is the word of God."*

The sword is the word of God, living and active, sharper than any two-edged sword — a weapon that works both offensively and defensively in spiritual conflict.

Picking up the sword

Look up each verse, jot down what stands out, then respond in the blank.

1 A two-edged weapon *Hebrews 4:12 · Luke 4:1-4*

The sword functions offensively by giving us the truth of what God said and who He is. When Jesus was tempted in the wilderness, He refuted the enemy's lies with Scripture — not His own reasoning. Warning: we can't use it as a weapon if we don't know it.

How well do you currently know God's word — well enough to wield it the moment you're tempted?

My response:

2 It defends by teaching, revealing & changing *Psalms 119:11 · John 15:3*

Scripture defends us three ways:

- Instruction — teaching us what God said
- Revelation — teaching us who God is
- Transformation — changing how we think and act

Which of these do you need Scripture to do in your life this week?

My response:

3 Fueled by the Spirit, not religion *2 Timothy 3:16 · Matthew 23*

The Pharisees knew the scriptures deeply, but without the Holy Spirit it became a weight of rules rather than freedom. Without engaging the Bible through Him, it's just words — a history book with poetry. Come to Scripture in a heart posture of humility, not religion.

Are you approaching Scripture inviting the Holy Spirit to teach you, or treating it as a box to check?

My response:

4 The Bible is alive *John 6:63 · Psalm 119:93 · Philippians 2:16*

It is the Spirit who gives life; His words are spirit and life. Like a parched land that flourishes when rain finally comes, our spirit craves the living water found in God's word — it rejuvenates, heals, and gives purpose in dry seasons.

Where do you need the living water of His word to rejuvenate a dry season right now?

My response:

5 You can trust it *2 Peter 1:20-21*

Confidence in the Bible rests on three converging lines of evidence:

- Manuscript evidence — over 5,800 Greek New Testament manuscripts alone, an unparalleled body of evidence in the ancient world
- Archaeological corroboration — over 25,000 discoveries verify biblical people, places, and events
- Internal consistency — one unified narrative across many authors and centuries

Does knowing the weight of this evidence change how you approach Scripture's authority in your life?

My response:

6 Become a proficient swordsman *Practical steps*

There's no shortcut, but these habits help:

- Keep the Bible app on your phone — always within reach
- Have it read to you — try audio narration in the car instead of a podcast
- Use a study Bible for context and depth
- Follow a reading plan to build a rhythm and habit
- Ask the Lord — invite the Holy Spirit to teach you as you read

Which one of these will you try this week?

My response:

7 No friendly fire *Luke 22:50-51 · Matthew 18:15-17*

Peter drew his sword to hurt a servant — Jesus touched the same servant and healed him. The sword is for me and the enemy, not my brother. When someone wrongs us, we go to them privately first — we don't weaponize out-of-context verses or rant online.

Is there a place you've used Scripture as a weapon against someone rather than praying for them?

My response:

Closing reflection

Psalm 119:105 *"Your word is a lamp to my feet and a light to my path."*

Write a short prayer asking the Lord to help you pick up the sword daily — to know it well enough to fight, and to never turn it on your brothers and sisters.

with Lauren