



Remember to spend at least 30 minutes responding to the questions below. Otherwise, instead of building your relationship you’ll be building your muscles! (Remember the push-up accountability☺). **Pray before you begin, asking God to show you the truth and change your heart to become more Christlike.**

- **Discuss:** What are the main points that you remember from Talksheet #3? (*Tip: It’s OK to pull it out and have a look at it.*)
- **Ask:** Fathers ask sons, “Have I wronged you in any way in the past that we have not dealt with?” Sons feel free to bring up anything that comes to mind, or feel free to say, “I’ll pass on that question.” (*Tip: Be quick to confess sin and quick to forgive! This glorifies God and builds healthy relationships. Also, we can never force the hearts of those we seek to lead. It must be of their own volition.*)
- **Rate:** Make a list of all the pieces of armour listed in Ephesians 6:14-17. If you are unsure what each one does, use a commentary (free at www.biblegateway.com) to study it. Rate yourself on a scale of 1-10 on how well you understand and use each piece of armour in your life.

1. _____ (1...5...10) 2. _____ (1...5...10)
 3. _____ (1...5...10) 4. _____ (1...5...10)
 5. _____ (1...5...10) 6. _____ (1...5...10)

- **Action:** Ephesians 6:12 says we “struggle” (wrestle, contend) against unseen evil forces. Picture a wrestling match, or better yet take 5 minutes right now and wrestle together on the floor (in fun ☺). Discuss: What is it like to *wrestle*? When up against someone stronger, do you tend to give up or try harder? Why? Dad, tell of a time you dug deep, tried harder (anything that comes to mind) and therefore were victorious. How did that feel afterwards?
- **Describe:** What is military intelligence? Why is it important? Read 2 Corinthians 2:11. Discuss what it means for Satan to “outwit” us. Describe below why it is important to be aware of Satan’s schemes against us.

- **Write:** The video ends with the father and son studying God's Word together, embracing truth and growing in freedom. Write down a few benefits that come when fathers and sons study and apply God's Word together.

- **Write:** On a scale of 1-10, how diligent are you in armouring yourself up? What about armouring up your son?
 Myself 1-10 _____ My Son 1-10 _____

- **List:** What area of your relationship do you think you are doing well in? What is an area you can improve in?

Areas you are doing well in:

Areas to improve in:

_____	_____
_____	_____
_____	_____

- **Close in prayer.** Ask God to help you take seriously the call to put on the full armour of God and take your stand against evil. Ask God to help you equip and train your son for the battles he will face. Dad leads. Son pray if you want (optional).

If you have questions, please contact your group leader or see www.malachiman.com for more resources. Remember to bring this sheet to the next Malachi Man Session (only you will see it).