

Read **Ephesians 6:10–20** for the following questions.

7. Paul begins, *“Be strong in the Lord and in the strength of his might,”* and then reminds us that *“we do not wrestle against flesh and blood.”* How does it change the way you see a hard relationship or situation when you remember that the real battle is spiritual, and that whatever is working against what God is building in you comes from the enemy of your soul?
8. Paul describes the shield of faith that extinguishes *“all the flaming darts of the evil one,”* the helmet of salvation, and the sword of the Spirit, which is the word of God. Second Corinthians 10:5 adds that we *“take every thought captive to obey Christ.”* What lies or *“flaming darts”* tend to target your mind, and how can God’s Word help you cut through them?
9. Paul closes the armor with prayer: *“praying at all times in the Spirit... keep alert with all perseverance, making supplication for all the saints,”* and then he asks the church to pray for him too. Sunday we were encouraged to give a faithful someone permission to check in on our wall regularly. Who has that permission in your life, and how could prayer and that kind of loving accountability become a regular part of your week?

CHAIR TIME TOOLS



Reflection Questions for Chair Time: think about the following questions and pray through them with Jesus.

- 1) Set aside unhurried time this week simply to be with Him, and ask Him to help you see, hear, and believe what He is doing in your life.
- 2) Ask the Lord, “What great work are You engaging me in right now?” Then ask Him to show you one distraction you need to lovingly say no to so you can stay on the wall with Him.
- 3) Pray over your part of the wall: your heart, your home, your relationships, and your part in what God is building at Heights Church. Ask Him what it looks like for you to maintain it, including how you give, serve, and stand with your church family in this next season.

Reimagine

The Blessing of God is Within Your Reach

Pastor Craig Sweeney | October 11, 2026

Thread: Reimagine, or the blessing may not come.

How to Build a Wall

STEP 1: Decide where to start.

STEP 2: Remove the rubble.

STEP 3: Stack your next stone until you’re finished.

STEP 4: Inspect your wall regularly.

STEP 5: Fix the issue while its small and insignificant.

“Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies found out that I had finished rebuilding the wall and that no gaps remained—though we had not yet set up the doors in the gates. So Sanballat and Geshem sent a message asking me to meet them at one of the villages in the plain of Ono. But I realized they were plotting to harm me, so I replied by sending this message to them: ‘I am engaged in a great work, so I can’t come. Why should I stop working to come and meet with you?’” **Nehemiah 6:1-3 NLT**

This is someone standing their ground.

- God gave me this work and I’m not leaving it. It is my responsibility.

There are many distractions pulling at you.

What great work are you engaged in?

- God’s great work Nehemiah and His people were engaged in wasn’t seen as GREAT by the important people in their region.
- Nehemiah knew WHO defined a GREAT WORK.
 - Do I?
 - We live in a day and age when the priorities of a GREAT WORK are blurred.

What great work are you engaged in?

What GREAT WORK is God engaging YOU for?

“And I will be to her a wall of fire all around, declares the Lord, and I will be the glory in her midst.” Zechariah 2:5 ESV

HOW do you maintain the wall YOU and YOUR Father are building together?

“Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance,...” Ephesians 6:10-18a ESV

Challenge:

- Will I continue to sit with God? To see, hear and believe what He does?
- Will I choose to maintain what my Father and I are building?
- Will I make a financial commitment to my part of the wall that is collectively the Heights Church?

For practical, cross-cultural Bible studies related to sermon topics, visit Dougbrittonbooks.com/resource.

Homework Reimagine.

Fall 2026 | Week 5

Message Date 10/11/2026

MY STORY



1. What's the most creative excuse you've ever used (or heard) to get out of an invitation you didn't want to go to?
2. If you had to wear one piece of everyday "armor" all week long, like oven mitts, a bike helmet, rain boots, or noise-canceling headphones, which would you choose and why?

QUICK REVIEW



3. What caught your attention from Sunday's message?

DIGGING DEEPER / TAKING IT HOME

READ: Nehemiah 6:1–9 (NLT)



4. Notice the timing in verse 1: the enemies made their move after the wall was finished and no gaps remained. Why do you think the season after a breakthrough can be just as vulnerable as the season of building? What does "maintaining the wall" look like for you right now?
5. Nehemiah's answer was clear and concise: *"I am engaged in a great work, so I can't come. Why should I stop working to come and meet with you?"* What "plain of Ono" invitations tend to pull you away from what God is building in you? And why is it often so hard for us to simply say no?
6. Nehemiah was standing his ground, and the work he was protecting wasn't seen as "great" by the important people in his region. Sunday we heard that in God's economy, children take precedence over career, marriage is worth more than money or title, and who a person is at the heart level far exceeds any accomplishment. Who defines a "great work" in your life? Seriously, what great work is God engaging you in right now?