



Next Steps - Freedom Ministry



The Armour of God

dressed for the battle

www.c3churchgoulburn.com

Welcome

Welcome to Next Steps — Walking the Discipleship Pathway. We are so glad you are here. Whether you have just made a decision to follow Jesus, or you have been a Christian for a while and want to grow deeper in your faith, this pathway has been designed with you in mind.

At C3 Church Goulburn, we believe that following Jesus is the greatest adventure life has to offer.

On a personal note — one of the most liberating discoveries of my Christian life has been realising that God never expected me to face the spiritual battle in my own strength.

I began to understand what Paul was saying in Ephesians 6. God hasn't just told us there is a battle — He has given us everything we need to stand firm in it. Every piece of armour is His provision. His gift. His way of saying: I know what you are up against, and I have made sure you are covered.

This booklet is an invitation to stop trying to fight in your own strength — and to learn instead how to wear what God has already given you.

Yours in Christ
Ps Ken & Fiona & the team

How to Use This Booklet

This booklet is yours to work through at your own pace. There is no rush.

You can:

- Read through it on your own and reflect personally.
- Work through it with a leader or mentor.
- Do a bit of both — read ahead, then chat it through

Each section includes some teaching, key bible passages to look up, reflection questions and space to journal your thoughts.

Don't skip the writing spaces — sometimes the most important discoveries happen when we put pen to paper.

You might like to speak to a leader once you have finished this step to be advised on how to continue.

Setting the Scene

God has not left you defenceless.

That is the message at the heart of Ephesians 6 — and it is one of the most practical and reassuring passages in all of scripture. The apostle Paul, writing from prison, pauses at the end of one of his greatest letters to say something urgent: before you go out into the world, make sure you are dressed for it.

Ephesians 6:10-13

"Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armour of God, that you may be able to withstand in the evil day, and having done all, to stand."

Three things jump out immediately.

"Be strong in the Lord" — not in yourself or your willpower, your discipline, your spiritual track record. In the Lord. The strength that enables you to stand is His strength, accessed through relationship with Him.

"The whole armour" — This means not just some of it, or the pieces that feel comfortable or familiar. The whole armour. Every piece serves a purpose, and missing even one leaves a gap the enemy will look for.

"Stand" — this is the word Paul uses four times in this passage. Hold the ground. Maintain the position. Refuse to be moved from what Christ has **already** secured for you.

Why armour?

Paul was writing in a Roman prison, surrounded by Roman soldiers in full battle dress. He knew exactly what armour looked like — the weight of it, the purpose of each piece, the vulnerability of a soldier without it.

He chose this image deliberately. Because the Christian life is not a peaceful stroll — it is a walk through contested territory. The enemy is real, his opposition is real, and the battle is real. But here is what is equally real: **God has made full provision for every believer to stand firm.**

The armour is not something you manufacture through effort or earn through performance. It is something God has provided — and your job is simply to put it on.

One important thing

Notice that Paul describes armour — not weapons for attack. With one exception (the sword), everything listed is defensive. This is consistent with everything we have learned in this stream — the victory has already been won. We are not fighting to defeat an enemy who has already been defeated. We are standing firm, holding ground, refusing to surrender what Christ has purchased.



Read Ephesians 6:10-18

As you read through the whole passage, which piece of armour stands out to you most — and why do you think that is?

The Belt of Truth

Ephesians 6:14

"Stand therefore, having girded your waist with truth..."

What is it?

In Roman military dress, the belt was not just an accessory — it was the foundation piece. Everything else attached to it. The breastplate was secured by the belt. The sword hung from it. Without the belt, nothing else stayed in place.

Paul chose this image deliberately. Truth is the foundation piece of the whole armour. Without it, nothing else functions properly.

But what kind of truth is Paul talking about? Two dimensions:

The objective truth of God's Word — what God has said. About Himself, about us, about the world, about the enemy. This is the settled, reliable, unchanging truth of scripture — the logos we explored in [God's Word to You](#). It is the belt that holds everything else together because it doesn't move.

The truth about who you are in Christ — your identity. This connects directly to the first booklet in this stream. A person who knows who they are cannot be deceived about who they are. The belt of truth is what keeps you anchored in your identity when the enemy tries to convince you otherwise.

The enemy's primary weapon, remember, is deception. Jesus called him "the father of lies" ([John 8:44](#)). His strategy is always to get you to believe something that isn't true — about God, about yourself, about your situation. The belt of truth is your protection against that strategy.

John 8:32

"And you shall know the truth, and the truth shall make you free."

Truth is not just intellectually satisfying — it is liberating. Every lie you believe is a form of bondage. Every truth you stand in is a form of freedom.

How do I put it on?

Putting on the belt of truth is a daily, intentional act of alignment — choosing to measure everything against what God says rather than what you feel, what others say, or what circumstances seem to suggest.

Practically it looks like this:

Start your day by anchoring yourself in truth. Before you pick up your phone, before you check the news, before the voices of the world get their first word in — open scripture. Even a single verse. Read it slowly. Let it be the first thing that shapes your thinking for the day.

When lies come — and they will — hold them up against the truth. Ask: *"Is this what God says? Does this align with scripture?"* If it doesn't, refuse it. **Name it as a lie** and replace it with the specific truth that contradicts it.

Speak truth out loud. There is something powerful about declaring truth with your mouth — not just holding it in your head. When the enemy whispers accusation, speak the truth back. When fear comes, declare what God says about your situation.

† *What are the specific areas of your life where you find it hardest to stand in truth — where the lies feel more real than what God says? Write them down and find the specific scripture that speaks truth into each one.*



Read John 17:17

*What does it mean that faith is not just a defence but the very thing
What does it mean to be sanctified — set apart and made holy —
by truth? How does this happen practically?*

The Breastplate of Righteousness

Ephesians 6:14

"...having put on the breastplate of righteousness..."

What is it?

The breastplate in Roman armour covered the chest — protecting the heart and vital organs. A soldier without a breastplate was fatally vulnerable. One well-aimed blow to the chest could end everything.

Paul chose the breastplate to represent righteousness — and specifically, the righteousness that comes not from our own goodness but from Christ's

This is the doctrine of imputed righteousness — one of the most liberating truths in all of scripture. When you gave your life to Jesus, God did not just forgive your sin. He credited to your account the perfect righteousness of Christ. He looked at you and saw not your failures but His Son's perfection.

2 Corinthians 5:21

"For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him."

You are the righteousness of God in Christ. Not because of anything you have done. But because of everything He has done.

What does the breastplate protect?

The breastplate of righteousness protects your heart against two of the enemy's most effective attacks:

Accusation — the enemy will constantly bring your failures, your past, your sin before you and say: *"Look at you. You call yourself a Christian? God couldn't really use someone like you."* The breastplate of righteousness says: *"My standing before God is not based on my performance. It is based on Christ's. I am righteous — not because I am good enough, but because He is."*

False guilt and condemnation — [Romans 8:1](#) declares there is no

condemnation for those who are in Christ Jesus. The breastplate is what you hold up against condemnation when it comes. Not the shield, but the breastplate. It is protection for your heart, for the place where your sense of identity and worth lives.

A soldier who is **constantly worried about whether their breastplate is good enough** cannot fight effectively. And a Christian who is constantly trying to generate enough righteousness to feel accepted cannot stand firm. The breastplate only works when you stop trying to make your own and accept the one God has given you.

How do I put it on?

Putting on the breastplate of righteousness means receiving rather than performing. It is a daily act of accepting what God has declared to be true about you rather than trying to earn it.

When accusation comes, respond not with self-justification or self-condemnation but with declaration: *"I am the righteousness of God in Christ. My standing before God is secure — not because of my performance but because of His grace."*

When you sin — and you will — don't leave the breastplate off. Confess quickly, receive forgiveness completely, and put it straight back on. The enemy wants you to live in guilt and shame long after God has already forgiven and forgotten. Don't give him that ground.



Read Romans 5:1

Paul says we have been "justified by faith" — the word justified means declared righteous, as if you had never sinned. How does it change your relationship with God to know that you stand before Him already declared righteous?

- † *Is there an area of your life where you are still trying to earn your righteousness — still performing for God's acceptance rather than receiving it? What would it look like to put the breastplate on in that area?*

Shoes of the Gospel of Peace

Ephesians 6:15

*"...and having shod your feet with the preparation of the gospel of peace.
.."*

What is it?

Roman soldiers wore caliga — heavy sandals with thick studded soles that gave them grip and stability on any terrain. A soldier who couldn't stand firm underfoot couldn't fight effectively. The right footwear was the difference between holding ground and slipping.

Paul chose shoes to represent the gospel of peace — and this is perhaps the most subtly powerful piece of armour in the whole list.

The word "*preparation*" in the original Greek is *hetoimasia* — it means readiness, a firm foundation, being prepared and established. The shoes of the gospel of peace give you two things simultaneously:

Stability — the peace of God is not just a feeling. It is a solid foundation that keeps you grounded when everything around you is shaking. A believer who is rooted in the peace that the gospel brings cannot be destabilised by circumstances, by the enemy's threats, or by the chaos of the world.

Readiness — you are shod, prepared, ready to move. Peace is not passivity. A soldier in good footwear is ready to advance, to hold ground, to go wherever they are needed. The gospel of peace gives you both the stability to stand and the readiness to move.

Philippians 4:7

"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

Notice — peace guards. It is not just a pleasant feeling. It is active protection for your heart and mind.

What does it protect against?

Anxiety. Fear. Instability. The sense that the ground is shifting beneath you. The enemy loves to create turbulence — to stir up fear about the future, anxiety about circumstances, dread about what might happen. These are not just emotional experiences — they are spiritual attacks designed to destabilise you and make you ineffective.

The shoes of the gospel of peace are your answer. Not because they make difficult circumstances disappear — but because they give you a foundation that holds regardless of circumstances.

Isaiah 26:3

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

How do I put them on?

Putting on the shoes of peace is a practice of returning your attention to God — especially when anxiety or fear begins to rise.

When worry comes, don't fight it with willpower. Redirect. Turn your attention deliberately back to who God is, what He has promised, and what He has already done. Let the gospel — the good news of what Christ has accomplished — be the ground you stand on rather than your circumstances.

Build a practice of thanksgiving. [Philippians 4:6-7](#) connects peace directly to prayer and thanksgiving — *"be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God...will guard your hearts and minds."*

Thanksgiving is not denial of difficulty. It is the deliberate choice to anchor your attention on God's goodness even in the middle of hard things — and it is one of the most powerful ways to put on the shoes of peace.



Read John 14:27

What does it mean that faith is not just a defence but the very thing? What is the difference between the peace the world offers and the peace Jesus gives? Where do you most need His peace right now?

The Shield of Faith

Ephesians 6:16

"...above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one."

What is it?

Paul uses the word **thureos** here — not a small buckler shield but a large Roman door-shaped shield, approximately 1.2 metres tall and 0.75 metres wide. It was designed to protect the whole body. Roman soldiers would also interlock their shields in battle formation, creating a wall of protection that covered not just individuals but the whole unit.

This is the shield of faith — and Paul says it is able to quench all the fiery darts of the wicked one.

Fiery darts in the ancient world were arrows wrapped in burning pitch — designed not just to wound but to set things on fire. The enemy's attacks work the same way. A thought, a temptation, an accusation — it lands, and if it isn't dealt with it starts to spread. One anxious thought becomes a spiral of anxiety. One accusation becomes a settled belief about yourself. **One temptation, entertained, becomes a stronghold.**

The shield of faith stops them before they land.

What is faith?

Faith is not positive thinking. It is not working yourself into an emotional state of confidence. Biblical faith is **active, dynamic trust in the character and promises of God** — choosing to believe what God has said over what circumstances appear to say.

Hebrews 11:1

"Now faith is the substance of things hoped for, the evidence of things not seen."

Substance. Evidence. Faith is not wishful thinking — it has weight. It is the conviction that what God has promised is more real than what your circumstances are currently showing you.

This is why the enemy targets your faith so consistently. He knows that faith is your primary defence against his attacks. If he can erode your confidence in God's goodness, God's power or God's promises — he can make those fiery darts land.

How do I put it on?

Faith grows through use. Like a muscle, it develops as it is exercised — and it weakens when it isn't.

Feed your faith — faith comes by hearing the Word of God ([Romans 10:17](#)). The more you are in scripture, the more material your faith has to work with. This is why the belt of truth and the shield of faith work so closely together.

Remember what God has done — one of the most powerful faith-builders is rehearsing God's faithfulness. Keep a journal of answered prayers, of moments God came through, of times He showed up when you didn't expect it. When the fiery darts come, you have evidence.

Speak faith out loud — don't just believe internally. Declare. When the enemy fires doubt, speak confidence in God's promises. When fear comes, declare the faithfulness of God. There is something about speaking faith that makes it more real, more solid, more effective as a shield.

Raise your shield in community — remember the Roman soldiers interlocking shields. You were never meant to stand alone. The faith of your brothers and sisters in Christ covers the gaps when your own faith is low. This is one of the most practical reasons to be connected to a church community and a home group.



Read 1 John 5:4

What does it mean that faith is not just a defence but the very thing through which we overcome? Where do you need to raise your shield right now?

The Helmet of Salvation

Ephesians 6:17

"And take the helmet of salvation..."

What is it?

The helmet protects the head — and the head is where your mind lives. This is not accidental. Of all the pieces of armour, the helmet of salvation is the one most directly connected to the battle we explored in **Standing Firm** — because the primary battlefield is the mind.

The helmet of salvation speaks to the settled, secure, unshakeable reality of what God has done for you in Christ. Your salvation is not tentative. It is not conditional on your continued performance. It is not something the enemy can take from you. It is done, sealed, secured by the blood of Jesus and the promise of God.

Romans 8:38-39

"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord."

Nothing. Can. Separate. You.

The helmet of salvation is the protection of that certainty over your mind. When doubt comes — *"Am I really saved? Does God really love me? What if I've gone too far?"* — the helmet holds. When the enemy tries to undermine your security in Christ, the helmet is what you pull on.

What does it protect against?

The helmet protects your mind against three specific attacks:

Doubt about your salvation — the enemy will try to make you question whether you are genuinely God's child. The helmet of salvation is the confident, settled knowledge that your salvation rests on Christ's finished work, not your feelings or performance.

Negative and destructive thought patterns — the mind unprotected is vulnerable to whatever the enemy, the world and our own flesh throw at it. The helmet is what you wear when you decide, deliberately, to guard what you allow into your thinking.

A defeated mindset — the enemy wants you to think like a victim, like someone losing the battle, like someone barely holding on. The helmet of salvation reorients your thinking around the reality of what Christ has accomplished — you are more than a conqueror ([Romans 8:37](#)).

How do I put it on?

The helmet is put on through intentional mental discipline — choosing what you allow your mind to dwell on.

Philippians 4:8

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things."

This is not passive. It is an active choice — to direct your mind toward what is true, noble, just, pure, lovely and praiseworthy. To refuse to let your mind linger on what is false, destructive or demoralising.

Be intentional about what you consume — what you watch, what you listen to, what you read, who you spend time with. Everything that goes into your mind shapes your thinking, and your thinking shapes your life.

And when doubt about your salvation comes — don't engage with it as though the question is open. It isn't. Pull on the helmet. Declare what God has said. Stand on the finished work of Christ.



Read 1 Thessalonians 5:8

Hope in scripture is not wishful thinking — it is confident expectation. How confident are you in your salvation? Is there any area of doubt or uncertainty that needs the helmet pulled firmly on?

The Sword of the Spirit

Ephesians 6:17

"...and the sword of the Spirit, which is the word of God."

What is it?

Here, finally, is the one offensive weapon in the whole armour. Everything else is defensive — protecting, standing, holding ground. But the sword is designed to advance. To push back. To actively engage and defeat the enemy.

Paul uses the Greek word **rhema** here — not *logos*. Not the Bible in general, but the *specific, living, Spirit-breathed word* that God speaks into a moment. The **sword of the Spirit** is the **rhema** word — the precise, targeted scripture that the Holy Spirit places in your mouth at exactly the right time.

We explored this distinction in **God's Word to You**. The *logos* is the whole written Word — the full armour of scripture available to every believer. The *rhema* is when the Holy Spirit takes a specific verse and makes it a sharp, precise weapon for a specific situation.

This is exactly what Jesus modelled in the wilderness when He was tempted by the enemy. Three times the enemy came. Three times Jesus responded not with argument, not with spiritual power, not with a command — but with *"It is written..."* followed by a precise, specific scripture that cut right through the deception.

Matthew 4:4

"But He answered and said, 'It is written, "Man shall not live by bread alone, but by every word (rhema) that proceeds from the mouth of God.'"

What does it do?

The sword of the Spirit does several things simultaneously:

It cuts through deception — lies cannot survive contact with truth. When you bring the precise word of God to bear on a lie the enemy has been building, it exposes the lie for what it is.

It defeats temptation — Jesus demonstrated this. Every temptation the enemy brought, He met with scripture. The same weapon is available to you.

It sets captives free — the Word of God spoken in faith and in the Spirit carries power to break bondages, lift oppression and bring freedom. This is why speaking scripture out loud matters — not just reading it silently, but declaring it.

It advances the Kingdom — the sword is not just for personal defence. It is the tool of proclamation, of evangelism, of speaking life into situations that look hopeless.

How do I put it on?

You cannot use a sword you don't have. This is why building your knowledge of scripture is not optional — it is essential equipment for the battle.

Fill yourself with the Word — the more scripture you know, the more the Holy Spirit has to work with when you need a rhema word. You cannot draw a sword that isn't in the scabbard.

Memorise key verses — particularly in the areas where you are most vulnerable. If anxiety is your weak point, memorise [Philippians 4:6-7](#). If condemnation, [Romans 8:1](#). If fear, [2 Timothy 1:7](#). Have these ready. The Holy Spirit will bring them to you when you need them.

Speak the Word out loud — when the enemy attacks, don't just think scripture — say it. There is power in the spoken Word of God. *"It is written..."* is one of the most powerful phrases in the spiritual battle.

Pray the Word — use scripture as the basis for your prayers. When you pray God's Word back to Him, you are praying in perfect alignment with His will — and that is a prayer He always answers.



Read Jeremiah 23:29

What specific areas of your life — strongholds, fears, habitual sins — need the hammer of God's Word applied right now?

Praying in the Spirit

Ephesians 6:18

"...praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints."

What is it?

the list of armour pieces. Prayer is not the seventh piece of armour. It is the atmosphere in which all the armour functions. It is the activity that keeps you connected to the Commander — the One in whose strength you stand, whose authority you carry, and whose victory you are enforcing.

Think of it this way. A soldier might be wearing the finest armour ever made — but if they have lost communication with command, they are fighting blind. They don't know what is happening around them. They don't know where the attack is coming from. They can't receive orders or reinforcements.

Prayer is your communication line with God. And Paul says to keep it open — "praying always," at all times, in every situation, without ceasing.

1 Thessalonians 5:17

"Pray without ceasing."

This is not a command to be on your knees every minute of the day. It is a call to a lifestyle of prayerfulness — a continuous, underlying awareness of and conversation with God that runs beneath everything else you do.

Praying in the Spirit

Paul specifically says *"praying in the Spirit"* — this includes praying in tongues. (For more on this subject, please see our booklet *'The Holy Spirit'*). The gift of tongues as a prayer language is one of the most powerful tools available to a believer in the spiritual battle — because it is prayer that bypasses the limitations of our own understanding and allows the Holy Spirit to intercede through us with perfect accuracy.

Romans 8:26

"Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered."

There are situations in life where we genuinely don't know how to pray. We don't know what is needed. We can't see clearly enough to know what to ask for. In those moments, praying in the Spirit — yielding our voice and our tongue to the Holy Spirit — is one of the most powerful things we can do. But praying in the Spirit is also broader than tongues. It means praying in alignment with the Holy Spirit's leading — following His prompts, interceding for who He puts on your heart, speaking what He gives you to speak rather than just reciting a list.

Paul adds two qualities to his call to prayer: watchfulness and perseverance.

Watchfulness — staying alert, paying attention, noticing what is happening in the spiritual realm around you. Not paranoid, but awake. There is a spiritual dimension to every situation, and prayer keeps your eyes open to it.

Perseverance — not giving up when prayer feels dry or when the answer doesn't come immediately. The enemy wants you to stop praying.

Perseverance is the refusal to do so.

How do I put it on?

Build a daily prayer rhythm — use the **PRAY** framework from **Connect With God**: Pause, Rejoice, Ask, Yield. This gives you a structure to come back to each day.

Pray in the Spirit — if you have received the gift of tongues, use it regularly, especially in the spiritual battle. If you haven't yet received this gift, ask God for it. It is available to every believer ([Acts 2:38-39](#)).

Pray the armour on each morning — develop the habit of consciously, prayerfully putting on each piece of armour at the start of your day. Don't just name each piece - declare what it means. Ask the Holy Spirit to make it real and effective in your life today. This is not a ritual — it is an intentional act of spiritual preparation.

Intercede for others — Paul says "for all the saints." Your prayers for other believers are part of the armour they wear. And their prayers for you are part of yours. You are not fighting alone.

Reflect and Respond

Take some time to work through these questions honestly. There are no right or wrong answers — this is between you and God.

1. As you have worked through each piece of armour, which one felt most relevant to where you are right now — the piece you most need to consciously put on? Why?

2. The belt of truth protects against deception. What are the specific lies you have been most susceptible to — about God, about yourself, or about your situation? Write the truth from scripture that directly addresses each one.

3. The breastplate of righteousness protects against accusation and false guilt. Is there an area where you have been living under condemnation that Christ has already dealt with? What would it mean to put the breastplate firmly on in that area?

4. The shield of faith quenches all the fiery darts of the enemy. What fiery darts have been landing recently — what attacks have been getting through? What specific promises of God could you use as your *shield in those areas*?

5. The sword of the Spirit is the only offensive weapon — the specific, living word of God spoken in faith. Are there strongholds, situations or people in your life that need the sword applied? What scriptures is the Holy Spirit bringing to mind?

5. Prayer is the atmosphere in which all the armour functions. Honestly assess your current prayer life — how consistent is it, how alive is it, how much are you praying in the Spirit? Write one specific commitment you will make to strengthen your prayer life this week.

In **Standing Firm** you learned how to live from that identity — understanding the battle, knowing your authority, submitting to God, resisting the enemy, and taking every thought captive to the obedience of Christ.

In this booklet you have been equipped with everything God has provided for the battle — six pieces of armour, each one specifically designed to protect you in the areas where the enemy attacks most.

You are not a defenceless believer hoping to survive. You are a fully equipped soldier of Christ, standing in His victory, wearing His armour, carrying His authority.

The Next Step - Steps to Freedom in Christ

There is one more step in this stream — and it is perhaps the most personal and the most powerful.

The Steps to Freedom in Christ, developed by Dr Neil T. Anderson, is a personal ministry experience that takes everything you have learned in this stream and applies it specifically to your own story. It is a prayerful, structured process of working through the areas of your life where the enemy has had a foothold — through sin, through wounds, through agreements with lies — and replacing them with truth, repentance and declaration.

Many believers describe the **Steps to Freedom** as one of the most significant spiritual experiences of their Christian lives. Not because of anything dramatic, but because of the genuine, lasting freedom they found on the other side.

After taking the 10 week Freedom in Christ course that aims to dismantle strongholds in your thinking, the steps are done one-on-one with a trained leader in a safe, confidential and prayerful environment. Speak with a leader when you feel ready to take this step.

You have done the work. Now stand firm in it. The victory belongs to Christ — and because you are in Him, it belongs to you.

Continue Your Journey

Scan the QR code to explore more **Next Steps** resources online



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