

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

For many of us who played sports growing up, the competition that we were heading into was often described as a "battle." Or maybe if it wasn't in sports, it could have been in other realms. What were some of the things that prepared you for that battle? Looking back, what sort of things left you unprepared if you hadn't thought about it beforehand?

Digging In

Question 1: Read Ephesians 6:10-17. Pastor Jeff said the following statement at the beginning of this sermon series, "whoever controls your mind will control your life." He talked about the competing voices of Satan and God for the control of our life. In **verse 12** it uses the word "struggle" or "wrestle." Satan has his sights directly pointed at making you struggle. Why is this so important for a Christ-follower to recognize in their own spiritual walk? **1 Peter 5:8** talks about the devil prowling around looking for someone to devour. Peter says to be "sober-minded and watchful." What are ways in your life that you practice sober-mindedness and watchfulness? What does that look like?

Question 2: Read Ephesians 6:11. Pastor Jeff talked about the schemes of Satan are against you and me! One of those schemes that Satan chooses to use is to get us to believe false teachings. **1 John 2:22 and 4:3** want us to see that what we believe about who God is through Christ is one of the most important things we believe! **2 Corinthians 2:11** says that Satan is using his schemes to outwit or trick us! What are ways that you can "stand against the devil's schemes?" How about when it comes to your own thoughts and mental health? How can Satan deceive you and get you to believe lies?

Question 3: Read 2 Corinthians 10:3-5. Pastor Jeff talked about the idea that Satan wants to put you into a "trap" or "stronghold." One of the ways this happens is when we "walk according to the flesh." What do you think that means, to walk according to the flesh? How does Satan use that behavior or lifestyle to create a "stronghold" in your life? How have you seen Satan use a "stronghold" in your life for you to obey Satan rather than obey the Lord? How have you seen victory over a "stronghold" in your walk with Jesus? **Read 2 Corinth 10:5, 2 Timothy 2:25-26** to help guide your thoughts and answers

Question 4: Read 1 John 4:4, Psalm 23:4, Hebrews 13:5-6. We have focused so far on the ways that the enemy of God attacks our minds. But now we will focus on how the Lord wants us to focus our minds and thoughts on three different things:

1. We have His **Presence** (Matthew 1:23, 28:20, John 14:16-17, 2 Corinth 6:16)
2. We have His **Provisions** (Philippians 4:19, Matthew 6:25-33, James 1:5, Rom 8:32)
3. We have His **Promises** (Hebrews 8:6, John 14:2-3, 16:33, Eph 1:13-14, Rom 8:26)

Which of these things that the Lord gives to us through Christ do you need to be reminded of this week? In what ways is the enemy attacking your mind that Christ' presence, provision or promise reminds you of something that you have been distracted from? How are you going to help yourself remember these truths this week?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?