



# INVISIBLE WAR

## Week 3

The Facilitator Guide will help you lead the conversation. [Brackets] indicate simple cues for you, as a facilitator, not intended to be read aloud.

### Conversation Starter:

What's the one thing you could never give up? (Ex. Food, hobbies, music, etc.)  
[Play the Recap Video, then move onto the Discussion Questions.]

### Discussion Questions:

**Question 1:** What do you think are the most common things that tempt people in our society?

- **Read Romans 7:15-19**

**Question 2:** It is likely that the most common way we experience this invisible war is when you know what you want to do, and what's right, but you just can't seem to make yourself do it. What are some of the excuses we tell ourselves that lead us to make the wrong decision?

**Question 3:** What are three things that David mentioned that are at stake each time we face temptation? How have you personally seen this to be true in your own life? (Hint: This could be from a mistake that you have made or perhaps something that you experienced as a result of a decision someone else made.)

**Question 4:** We can't fight this battle on our own. We need God's help to make wise choices, and we receive that help through prayer. How can we establish a habit of talking to God and trusting Him to fight our battles before we even encounter temptations?

**Prayer:** *Let's stop worrying about saying the right thing and just talk to God. He's looking forward to spending time together with us. Tonight let's break up into groups of two or three and invite God to fight on our behalf.*



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## **Bonus: Prayer Helps**

*Sometimes we don't take advantage of prayer because we don't know where to start. Use this simple list of ideas to help you get started. Try one (or more) of the following ways to make prayer part of your day.*

**Change Your Routine.** *Our lives are filled with mindless tasks we do every day or week. Use the time when your hands are busy to draw closer to God in prayer. Talk to God while you are doing laundry or dishes, while mowing the lawn, when you run or ride a bike, during your drive to work.*

**Pray from the Bible.** *It is powerful to pray the prayers of Scripture. You can pray the prayers of Paul like Ephesians 3:14-21, Philippians 1:9-11 or 1 Thessalonians 1:1-12. The prayers of Jesus can be found in Matthew 6:9-13 and John 17. Or you can pray some of the Psalms, depending on your need, like Psalm 25 (for instruction), Psalm 51 (for repentance), Psalms 42-43 (when depressed), Psalm 63 (when you want more of God), Psalm 118 (when afraid), and Psalms 27 or 100 (for worship).*

**Take a Load off.** *We take the burden off of us and drop it into the capable hands of God, and He takes His peace and puts it on us. Prayer falls short when we take the burden back, and we lose His peace. Use a piece of paper and then erase each prayer request as you pray it. Whatever you have left is what you have to worry about—you shouldn't have anything left!*

**Go for a stroll.** *Walk and talk with God. Take a spin around the block, through a park, or around your community. Wherever you go, spend the time just talking to God. Pray for things going on in your life or the lives of your friends and LIFE Group. Pray for those affected by the recent tragedies in our country, and pray for our church! (Hint: this is great to do with others.)*