



INVISIBLE WAR

Week 4

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 is something silly that stresses you out? *(Hint: When someone puts fifteen items in a ten item or less checkout lane or when the sink is full of dirty dishes, etc.)*

[Play the Recap Video, then move onto the Discussion Questions.]

Discussion Questions:

Question 1: What are the events happening in our culture right now that are causing anxiety to rise? With everything that's happening, do people believe peace is even possible? Why or why not?

Question 2: David shared that God gave us a helper, His Holy Spirit, so we might experience peace here and now. For those of us who follow Jesus, what distractions keep us from taking full advantage of the Holy Spirit's help?

- **Read Galatians 5:16-25**

Question 3: Too often, we try to do life in our own strength. Yet, the reality is each of us have unique weaknesses that leave us vulnerable to the enemy's attacks. What are the holes in your wall?

- **Read Proverbs 20:18**

Question 4: When we try to fight this war on our own, we will lose every time. What are some ways we can encourage one another to listen to God and do what He says? *(Hint: Touch back on the last few weeks where we've been challenging one another to talk to God through prayer and memorize His Word!)*

Pray:

Ask God to help your group stop trying to follow Him on their own effort. Instead invite God's Holy Spirit to guide and direct your steps as each of you pursue your relationship with Jesus.



INVISIBLE WARRIOR

Bonus: Journaling

Take your thoughts captive - on paper.

We weren't meant to survive, but rather to thrive as we follow Jesus. In fact, Jesus promised an abundant and fruitful life as the result of utilizing His helper, the Holy Spirit. But how can we know the Holy Spirit is at work? One great way is to begin the discipline of journaling.

Journaling can provide the opportunity for us to express our thoughts and feelings to God. As we pay attention to our thoughts and feelings, we hold them up to the truth and light of God's Word. This helps us to renew our minds which will lead to us living out God's wisdom in our lives.

The hardest thing about writing is picking up the pen. Just start! Don't treat it like you're writing a novel. Instead, be yourself and as you write, direct your words to God. There is no perfect formula but you can use the format below to help you get started.

- **Examine:** Begin with self-examination. Ask God to search your thoughts and feelings. Use this time to confess to Him where you fall short and ask Him to empower you to follow His lead in your life.
- **Meditate:** Let your journal be your laboratory of learning. As you read the Bible write down questions or thoughts you have. Meditating allows us to pause and reflect rather than just rush through.
- **Dream:** If we want to follow Jesus more closely and live out His best for our lives we need to imagine what that might look like. Our heads and hearts carry around so many unfinished thoughts and emotions we're only able to finish as we write them down. What if we took time to dream about our future and invited God to direct us down that path?