

VIDEO SESSION GUIDES

FIGHTING BETTER

Session Video Guides

Print for each participant to help them follow
along and take notes during the videos.

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VIDEO: WELCOME/INTRODUCTION

How to have a victorious life:

POINT 1: You need to live a _____ life.

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. – Ephesians 4:22-24

POINT 2: You need to see _____ daily.

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. – 1 John 5: 11-12

In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. –Hebrews 5:12

Point 3: God is _____.

Whom have I in heaven but you?

And there is nothing on earth that I desire besides you.

My flesh and my heart may fail,

but God is the strength of my heart and my portion forever. – Psalm 73:25-26

POINT 4: Your Homework time is to develop your relationship with God.

Mentors and group leaders, please don't ask participants to share their homework answers. Now if anyone WANTS to share something they unpacked with God, some revelation, insight, whatever, then do that. Otherwise, there will be other questions to cover on each week's topic in the leader's guide.

The major key to Fighting Better is to have a strong, personal, intimate relationship with GOD. That's what you'll develop during your homework time each week.

If we are going to go to the trouble of Fighting Better for all that God has for us, to be victorious in this journey here on earth, we are going to have to change some things. We'll need to live a different life, spend time with Jesus everyday as we journey, and push God to the front of everything because He is everything. We're going to have to learn to fight better.

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VIDEO: WEEK 1 ■ COMMIT TO THE BATTLE

According to one study, presented in an article on Forbes.com,

“...75% of individuals and couples cited lack of commitment as the reason for their divorce.”

“Americans are willing to expend some energy in religious activities such as attending church and reading the Bible, and they are willing to throw some money in the offering basket. Because of such activities, they convince themselves that they are people of genuine faith.

But when it comes time to truly establishing their priorities and making a tangible commitment to knowing and loving God, and to allowing Him to change their character and lifestyle, most people stop short.

We want to be ‘spiritual’ and we want to have God’s favor, but we’re not sure we want Him taking control of our lives and messing with the image and outcomes we’ve worked so hard to produce.”

~George Barna

Remember the words of Moses we looked at this week?

“This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live”

-Deuteronomy 30:19

How do we make sure we stay strong in our commitment?

POINT 1: Unearth Old Life _____.

My New Life Thing: _____

Determine what you are currently committed to that will get in the way of that.

I’m currently committed to: _____

POINT 2: Set up New Life _____.

Basic TO-Dos Peter tells us to keep focused on the new life.

- 1) Keep looking forward.
- 2) Be a good kid.
- 3) Be different.

“Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; 16 for it is written: “Be holy, because I am holy.” -1 Peter 1:13-16

In verse 13 Peter tells us to

1) Keep looking _____.

Be intentional and clear-headed about where you're going.

What does he tell us next?

As obedient children, do not conform to the evil desires you had when you lived in ignorance.

-1 Peter 1:14

2) Be a good _____.

Don't live like before when you didn't know any better.

Verses 15 & 16 tell us one more bit of advice

But just as he who called you is holy, so be holy in all you do; for it is written:

"Be holy, because I am holy." -1 Peter 1:15-16

Peter is saying

3) Be _____.

Be set apart from the world. Be the special possession of God's that you are.

Point 3: Persevere _____.

PERSEVERE WHEN

You feel like a _____ **at this thing.**

"He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time,"

-2 Timothy 1:9

PERSEVERE WHEN

Other _____ **do you wrong.**

PERSEVERE WHEN

Your _____ **comes calling.**

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VIDEO: WEEK 2 ▪ TRUST YOUR KING

How do we trust God when it seems like we're losing the fight?

POINT 1: Remember, life is short but _____ is long.

How do you know if your faith is strong?

But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. -2 Peter 3:8

Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. -John 12:24

Those who sow with tears will reap with songs of joy. -Psalm 126:5

POINT 2: Remember to see with eyes of _____.

*“For my thoughts are not your thoughts,
neither are your ways my ways,”
declares the LORD.*

*“As the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts. -Isaiah 55:8-9*

POINT 3: Remember, you trust those you do _____ with.

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

– Isaiah 26:3

Frank Laubach:

“It will cost not only much, but everything that conflicts with this resolve.”

“... the best six months _____ and _____ of my life, ...

*“What a nation thinks about that it is. We shall not become like Christ until we give Him more _____.
A teaching college requires students to attend classes 25 hours a week for 3 years.
Could it prepare competent teachers...if they studied only _____ a week?
Neither can _____...”*

He appointed twelve that they might be with him. –Mark 3:14

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VIDEO: WEEK 3 ■ KNOW YOUR ENEMY

Three enemy areas we need a little more insight on:

POINT 1: Realize _____ keeps you from God.

...if you forgive other people when they sin against you, your heavenly Father will also forgive you.

-Matthew 6:14

POINT 2: Make sure you're clear on _____.

Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm.

The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!" -Matthew 8:24-27

My sheep hear my voice and they follow me. - John 10:27

"I watch them crash and burn all the time because they won't _____."

-Air Traffic Controller

POINT 3: Take a stand on _____.

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. -1 Timothy 4:12

Genesis 19: Story of Lot and the destruction of Sodom where he and his family were living.

Daniel 1: Story of Daniel and his friends who were taken to Babylon.

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VIDEO: WEEK 4 ■ EXPOSE YOUR WEAKNESSES

What weakness, if eradicated, would also eliminate or ease others?

- Ignorance
- Pride
- Self-Sufficiency
- Fear
- Unwillingness

if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. -2 Chronicles 7:14

Be completely humble and gentle; be patient, bearing with one another in love. -Ephesians 4:2

Humble yourselves before the Lord, and he will lift you up. -James 4:10

POINT 1: _____ is admitting that I don't have the answers to life. _____ does.

POINT 2: Humility is understanding that _____, prominence, and _____ won't give my life meaning. _____ will.

Webster Dictionary: Humility is freedom from _____ or _____.

Cambridge Dictionary: Humility: the feeling or attitude that you have no special _____ that makes you _____ than others; ...

Do nothing from selfish ambition or conceit but in humility count others more significant than yourselves. -Phil. 2:3 ESV

Let each of you look not only to his own interests but also to the interests of others. -Phil. 2:4 ESV

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. -Phil. 2:5-7 ESV

And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. -Philippians 2:8 ESV

POINT 3: Humility is knowing I am entirely at the _____ . Thank God!

“There is an attitude of humility involved in becoming a Christian. We have to lay aside everything that gets us accepted in this world – our intelligence, our position, our pride, our possessions, our hard work – and say to God, “I come to You with empty hands.” -Dr. David Jeremiah

Greek word for HUMBLE: Tapeinoó: to make or bring _____.

_____ yourselves, then, to God. Resist the devil, and he will flee from you. –James 4:7

So _____ yourselves, then, to God. Resist the devil, and he will flee from you. –James 4:7 NLT

Greek word translated as SUBMIT or HUMBLE in the James passage:

Hupotassó: to place or rank _____ ...

Pride issues church goers need to consider...

1) You give yourself too much _____.

2) You don't want God's will because...

For I have come down from heaven not to do _____ but to do the will of him who sent me.

–John 6:38

3) You don't want to admit that you've been going to church _____ and you don't have something that feels life-changing with God.

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VIDEO: WEEK 5 ■ STRENGTHEN YOUR POSITION

Can anyone hear from God? How does that happen?

POINT 1: _____ can hear God.

WHAT'S DIFFERENT ON THE HARD ROAD

Whoever belongs to God hears what God says. The reason you do not hear is that you do not belong to God. -John 8:47

"What [you] must understand, Richard, is that the purpose of prayer is to listen to God, not to talk to God. The purpose of prayer is not to tell God what [you] want, but to find out from God what he wants from [you]." -Richard Nixon's grandmother

POINT 2: _____ to hear God.

Hear God through _____.

Do not give dogs what is sacred; do not throw your pearls to pigs. If you do, they may trample them under their feet, and turn and tear you to pieces. -Matthew 7:6

Hear God through _____.

But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, "The Lord is great!" -Psalm 40:16

Hear God through _____.

*Speak up for those who cannot speak for themselves,
for the rights of all who are destitute. -Proverbs 31:8*

Hear God through _____.

My sheep listen to my voice; I know them, and they follow me. -John 10:27

POINT 3: _____ you'll hear God.

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in the Spirit and in truth. -John 4:23-24

*Then I heard a loud voice in heaven say:
“Now have come the salvation and the power
and the kingdom of our God,
and the authority of his Messiah.*

*For the _____ of our brothers and sisters,
who _____ them before our God day and night,
has been hurled down. -Revelation 12:10*

Therefore, there is now _____ for those who are in Christ Jesus, -Romans 8:1

*Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find
grace to help us in our time of need. -Hebrews 4:16 NLT*

To the one who is victorious, I will give the right to sit with me on my throne, -Revelation 3:21

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VIDEO: WEEK 6 ■ FIGHT IN POWER

“With faith we can overcome our problems. Without faith, our problems will overcome us.” -Unknown

“With prayer God works. Without prayer, _____ work.” -African church saying

To fight in power is to...

POINT 1: Stand strong.

Finally, be strong in the Lord and in his mighty power. -Ephesians 6:10

How To Fight In Power

Instruction: Be _____. (aka: Don't be a wimp.)

Method: Remind yourself that the _____ of God, His Holy Spirit is _____.

Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

-Ephesians 6:11-12

Instruction: Put on the protection that God has for you.

Method: Put on the _____ of God.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done _____, to stand. -Ephesians 6:13

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. -Ephesians 6:14-17

Belt of Truth = _____ Jesus. _____ His Word.

Breastplate of Righteousness = Know that you are _____ by Christ.

Shoes of the Gospel = _____ in confidence and stability.

Shield of Faith = Being _____ in who you are in Christ.

Helmet of Salvation = Keeping your _____ in check.

Sword of the Spirit = _____ yourself with truth.

POINT 2: Move _____.

Simon Peter, a servant and apostle of Jesus Christ, To those who through the righteousness of our God and Savior Jesus Christ have received a faith as precious as ours: Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. -2 Peter 1:1-2

Instruction: Make sure your _____ is in Christ.

Method: _____ as a member of your new family.

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature, having escaped the corruption in the world caused by evil desires. -2 Peter 1:3-4

Instruction: You're equipped for a _____ . Live it.

Method: Choose God's _____ every time. No question.

For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But whoever does not have them is nearsighted and blind, forgetting that they have been cleansed from their past sins. -2 Peter 1:5-9

Instruction: Work on _____.

Method: Get _____ and _____.

"If you had to give a sermon each Sunday, how _____ would your life be?" -Pastor's question

Therefore, my brothers and sisters,[a] make every effort to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ. -2 Peter 1:10-11

POINT 3: Be _____.

Now to him who is able to do _____ than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. -Ephesians 3:20

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VIDEO: WEEK 7 ▪ LIVE IN VICTORY

What living a life of victory requires:

POINT 1: Focus on changing your _____ not your _____.

The purposes of a person's heart are deep waters, but one who has insight draws them out.

-Proverbs 20:5

Dr. David Jeremiah:

"Too often we give attention to _____ because staying busy is easier than taking responsibility for who _____."

"Often Christians focus first on doing what we ought to do...without giving due consideration to _____ what we ought to _____."

Matthew 22:36-40: **Love God, Love _____.**

Joshua 1:9: **Be Strong, Courageous, _____.**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. - Colossians 3:12

When you press in with God, to fully understand what it means to be His child, you will not _____ with your _____.

POINT 2: It's not about what you _____, but about what you've _____.

This automatic creative mechanism within you can operate in only one way. It must have a target to shoot at. As [golf instructor] Alex Morrison says, you must first clearly see a thing in your mind before you can do it. When you do see a thing clearly in your mind, your creative "success mechanism" within you takes over and does the job much better than you could do it by conscious effort, or "will power." - Dr. Maltz

Each day he [had] his students close their eyes, relax the body as much as possible, and create a "mental motion picture" of themselves as they would like to be.

-Dr. Maltz regarding Edward McGoldrick's approach with those battling alcoholism

POINT 3: Know that there is _____.

We all long to be _____ and _____.

What God says about those who love Him: Psalm 139

See how very much our Father loves us, for He calls us His children... -1 John 3:1