

Sermon Discussion Questions

Healthy Deliverance (Part 2) – Matt Slocum

5 July 2026

Sermon Text: Romans 8:37-39

AGENDA

- People arrive, talk, snack, and icebreaker – 5 min
- Worship – 5-10 min
- Relational Time – 20-30 min
- Discussion Questions – 35-45 min

RELATIONAL TIME (20-30 min)

Have everyone in the group use one word to describe how they feel **physically**, **emotionally**, **mentally**, and **spiritually**. (Physically I feel _____. Emotionally I feel _____. ...)

Have each person expand on one of the ways they are feeling by using the **IFAB** method: “**I feel** _____ **about** _____ **because** _____.” (For example, “**I feel frustrated about the sudden change of plans because I rearranged my schedule for a different time.**”)

MESSAGE INTRODUCTION

The enemy’s greatest strategy isn’t ownership - it’s isolation and oppression. In Romans 8 and Colossians 1, Paul reminds us that we have been completely transferred out of the domain of darkness and into the kingdom of light, yet we still find ourselves fighting cycles of anxiety and depression. The enemy wants to pull you out of the present. Our greatest defense is learning to stand ground right where the Holy Spirit dwells. The battle isn’t about finding a specialized expert to free you. The battle is about realizing you are already united with Christ. This message, **Healthy Deliverance (Part 2)**, will equip you to break free from the loop of temporary relief, shake off the enemy’s shame, and learn how to stand firm in the abundant life Jesus has already secured.

DISCUSSION QUESTIONS (35-45 min)

1. Last week you were asked to think about how the enemy is engaging you in spiritual warfare right now? How were you able to use what you learned from the message to help you with healthy spiritual warfare deliverance?
2. What is something that stood out to you from the message this week?
3. In the Bible, the opposite of truth is captivity. “You will know the truth and the truth will set you free” (John 8:32). What is it about believing in a lie that binds us in captivity? How do we know what the truth is?
4. The idea of demon possession does not occur in the Bible. The Greek word, *daimonizomai*, doesn’t declare ownership. It means to be *demonized* (harassed or oppressed) by a demon. With this new understanding, can believers be demonized? How does this differ from our typical understanding of *demon possession*? How do these help us better understand the difference between ownership or oppression?
5. We can be demonized by teachings (1 Timothy 4:1). We can be demonized by opponents (2 Timothy 2:26, Ephesians 4:27). We can be demonized by temptations (1 Thessalonians 3:5). What are some examples of how each of these things can cause us to be demonized? How are we able to overcome these things?

Icebreakers

Pick one of the icebreaker questions below and go around in a circle (starting with the leader) and have everyone answer. (If you have new members or guests have each person introduce themselves.)

1. What is your favorite thing to do at an amusement park?
2. What condiments go on a hotdog?
3. What is your favorite summer-time comfort food?

6. The main goal of the enemy is to destroy humanity by separating us from the love and power of God. (John 10:10). What are some ways the enemy tries to separate us from the love and power of God? What is the only power the kingdom of darkness has to affect the life of a believer (remember from last week)?

7. Anxiety causes us to live in the future (What If Land). Depression is living in the past (Why Land). If we are living in the future or the past, we are not living in the present (embodied). Living anywhere other than the present, where the Spirit of God dwells, leaves us vulnerable. What are some common ways we see the powers of darkness try to destroy humanity and separate us from our body? What happens when we dwell in the “what if”? What happens when we dwell in the “why”?

8. The powers of darkness also work to destroy humanity by attacking our unity (2 Corinthians 2:10-11). Darkness is so deceptive that it can even use ministry to try and destroy humanity. Think about the example Matt gave to illustrate this point. Can you think of something else you’ve seen or experienced that might also draw people into this same deceptive trap? How do we make ourselves aware of deceptive ministries? Then, when we become aware of deceptive ministries, what steps can we take to avoid them?

APPLICATION

Take some time this week to acknowledge you are truly engaged in spiritual warfare. Ask the Holy Spirit to reveal to you places where you might be vulnerable to attacks by the enemy. Search yourself to find out if you are being pulled away from your embodied person and living somewhere other than the present. If you find yourself becoming disassociated, move back into the present. Share with your group.

COMING UP

To join a small group or find out more about what is going on, click on the NWC App, the website <https://nwckc.com>, or the New Wine Church Community Group Facebook page. Sermon study questions can also be found in all three locations.

The PRESS Summer Youth Retreat, 21-24 July, BOLD conference in KC. Retreat cost is \$350 and is for incoming 6th graders - graduating 12th graders welcome! BOLD is a powerful gathering of students from across the nation who are passionate about pursuing God. Over four days, students will experience passionate worship, impactful messages, powerful moments of prayer, and opportunities to grow deeper in their faith alongside thousands of other young people.

The Call - Men’s Breakfast, 25 July, 9:00-11:00, New Wine Church building, 7102 N. Prospect Ave Gladstone, MO. All men are invited to The Call – Men’s Breakfast, a special gathering for men to connect, grow, and be refreshed. There will be powerful ministry, heartfelt prayer, and an inspiring devotion to encourage you in your walk. And don’t worry about breakfast—food will be provided, so come hungry and ready for fellowship. Don’t miss this opportunity to recharge and strengthen your faith alongside other men! See you there!

FINAL THOUGHT

The main goal of the enemy is to destroy humanity by separation from the life and love of God.