

# Life Group Guide – Week Starting Sunday 8<sup>th</sup> February 2026

## Key Scriptures: Mark 5:1-20 & 1 John 3:8

### This week's BIG IDEA

Jesus is our mighty deliverer! We have a real and powerful enemy, Satan, who held the world in tyranny and oppression since Adam and Eve sinned. But Jesus overcame Satan through his death and resurrection and he has restored authority to his people as image bearers. We are kingdom bringers advancing into hostile territory, bringing liberation and freedom in Jesus' name.

Ask people to recap the story of the demonised man in Mark 5:1-20 in their own words.

### Focusing on God

Read John 1:1-5 and Colossians 2:15 – spend time worshiping Jesus. In this section encourage people to speak directly to Jesus out loud rather than to one another about Jesus. We want to encounter him. Suggested song: A Thousand Hallelujahs <https://www.youtube.com/watch?v=DeS49pSXDt>

### Opening Questions

- Do you ever think your life would be easier if you were not a disciple? Noting that the disciples have gone straight from a storm at sea to an encounter with a supernaturally strong, demonised man, why do you think Jesus often leads his disciples into challenging and potentially dangerous situations?
- How does understanding ourselves as an army under Jesus, invading and liberating occupied territory change our perspective on the challenges we face as disciples?

### Discipleship Discussion

Read the following verses – 1 Peter 5:8, John 8:44, 2 Corinthians 11:14, Revelation 12:9-10, 2 Peter 2:4

- What do these verses tell us about Satan and how he operates?
- What are the dangers in underemphasising or overemphasising the reality of demonic spiritual power? Which of these do you think you are more likely to do in your day to day life?

Read James 4:7, Ephesians 6:11, Ephesians 2:5-26

- Knowing that the devil is real and powerful, what are you likely to do more of? What are you likely to be more careful to avoid?

Thinking of the encounter between Jesus and the demons in Mark 5; who has the authority? What is the outcome for the man who had been oppressed by demons?

### Missional Prayer

Read; Matthew 16:18-19, Matthew 28:18-20 and Mark 5:19-20

Pray for one another as kingdom bringers, that we will be the means by which freedom and liberation comes to the people around us.

(Pastoral note for leaders: If people share concerns about their own vulnerability to demonic oppression or about unresolved demonic experiences, don't be afraid to pray for them. Be sensitive as to whether this is done in the group or later with one or two others. Perhaps point people to the next opportunity to do a Freedom in Christ Course. If you feel out of your depth please speak to someone in your Venue Leadership Team).

### Recommended further reading:

- Demolishing Strongholds, David Devenish
- Victory Over the Darkness, Neil Anderson