



# LIFEgroup STUDY GUIDE

## What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

## PURSUING LIFE TOGETHER

### SUNDAY MESSAGE REVIEW

**NOTE to the LIFEgroup Leader:** This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

## OPEN IN PRAYER

## STARTER QUESTIONS:

**Where have you seen God at work in your life since we last met?**

**What stood out to you from the message this week?**

## MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

**How did this verse speak to you in your life?**

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

**Is there an area that you feel God is speaking to you through this message?**

## FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

**Would anyone like to share your thoughts about what we discussed today?**

**How can we pray for you as a group?**

## CLOSE IN PRAYER

**DELIGHT**  
God is my Banner  
“Jehovah-Nissi”

**NAMES OF GOD**

Jehovah-Tsidkenu-"God is my Righteousness" (Jeremiah 23:6)  
You accept me and forgive me because of Jesus!

Jehovah-Shammah-"God is Present with me" (Ezekiel 48:35)  
You are here! I am never alone!

Jehovah-Rohi-"God is my Shepherd" (Psalm 23:1)  
You lead me and care for me like a good shepherd!

Jehovah-Jireh- "God is my Provider" (Genesis 22:14)  
You see what I need before I even ask!

Jehovah-Shalom-"God is my Peace" (Judges 6:24)  
You give me peace in spite of circumstances!

Jehovah-Rophe- "God is my Healer" (Exodus 15:26)  
You can heal my body, emotions, and relationships!

Jehovah-Nissi-"God is my Banner" (Exodus 17:15)  
You hear my prayers when the stakes are high!

*“The Amalekites came and attacked the Israelites at Rephidim. Moses said to Joshua, “Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands.” So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. When Moses’ hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up--one on one side, one on the other--so that his hands remained steady till sunset. So Joshua overcame the Amalekite army with the sword. ...Moses built an altar and called it The LORD is my Banner. He said, “For hands were lifted up to the throne of the LORD.”*  
Exodus 17:8-16 (NIV)

**How do we access God’s Power for the battles we fight?**

1. Identify your enemy

*“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 6:12 (NIV)

2. Realize your weaknesses

*“Remember what the Amalekites did to you along the way when you came out of Egypt. When you were weary and worn out, they met you on your journey and attacked all who were lagging behind.” Deuteronomy 25:17-18 (NIV)*

*“...Is the Lord here with us or not?” The Amalekites came and attacked the Israelites at Rephidim...” Exodus 17:7-8 (NIV)*

### **When are you most likely to be attacked?**

- When you're tired (“weary and worn out” - Deuteronomy 25:18a)
- When you're alone (“lagging behind” - Deuteronomy 25:18b)
- When you're doubting (“Is the Lord here with us or not?” - Exodus 17:7)

### 3. Learn to fight spiritually

Sometimes God fights for you – but sometimes God fights through you

*“So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.” Exodus 17:11-12 (NIV)*

*“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 6:12 (NIV)*

*“The weapons we use in our fight are not made by humans. Rather, they are powerful weapons from God.” 2 Corinthians 10:4 (GW)*

### **Here are a few of our Spiritual Weapons:**

- Ephesians 6:10-17            Spiritual Armor
- 2 Timothy 3:16,17        Scripture
- 2 Chronicles 20:21, 22    Praise
- Ephesians 6:18            Prayer

### 4. Don't try and fight your battles alone

*“When Moses' hands grew tired... Aaron and Hur held his hands up--one on one side, one on the other--so that his hands remained steady.” Exodus 17:13 (NIV)*

*“Moses built an altar and called it The LORD is my Banner. He said, "For hands were lifted up to the throne of the LORD.” Exodus 17:16 (NIV)*