



SEPTEMBER 09 - OCTOBER 25
8 WEEKS

THE

Unseen BATTLE

A STUDY ON SPIRITUAL WARFARE

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THE Unseen BATTLE

INTRODUCTION:

We're so glad you're joining us for this message series as we move into the fall season and settle back in the rhythms of school, work and everyday life. Each week of this study includes a message summary, discussion questions, key Scripture, and a prayer focus. We encourage you to be intentional about spending time in prayer every day, even if it's just a few minutes. Make sure to also follow along with the series daily devotions that are available on our website and app.



Why are so many things in life so hard? Why does doing the right thing often feel like a battle? The Bible reveals that an unseen spiritual battle between good and evil is taking place all around us, and within us. In this eight-week series, we'll learn how God's Word equips us to face spiritual warfare with confidence. Whether you're struggling to persevere, longing for freedom, navigating hardship, or learning to stand firm in a faithless world, you'll find practical, biblical encouragement to help you win the unseen battle within.

1

I FEEL LIKE
GIVING UP



WEEKLY SUMMARY:

When the battle feels overwhelming, it can be tempting to give up. To start the series, we looked at the heroes of the faith in Hebrews 11 before turning to Hebrews 12 and its encouragement to run with perseverance. We learned some practical things every believer needs to faithfully run the race, keep their eyes on Jesus, and finish well.

SCRIPTURE: HEBREWS 11:35-12:4

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. ... Hebrews 12:1-2

DISCUSSION QUESTIONS:

1. Think of a time when you had a task or challenge that required perseverance. What motivated you to keep going?
2. This series is all about an unseen battle that is happening in your life. It's the war inside yourself. Describe to the group what that means in your own words.
3. As you think about the heroes of faith in Hebrews 11, which story encourages you the most?
4. Read Hebrews 12:1-3 together. In 12:1 it says to "throw off everything that hinders." What are some distractions or things in your life right now that you might need to throw off?
5. What does it practically look like for you to then run with perseverance and fix your eyes on Jesus? Is there something that you've started that you need to finish?
6. As a small group, what are some ways we can encourage each other throughout this series?

NOTES:

PRAYER FOCUS:

This week, read through Hebrews 11–12. Each day spend some time in prayer and ask God to show you one distraction to lay aside and then one step of faith you can take this week.

Throughout this series, as you are praying, consider placing your hands in front of you, with your palms up in an open position. This posture can symbolize both your surrender to Him, but also your readiness to receive what He has for you.



HOW TO WIN THE BATTLE INSIDE US



WEEKLY SUMMARY:

This week we looked at Paul's relatable message in Romans 7 as he describes the battle we all experience: *"For what I want to do I do not do, but what I hate I do."* We also walked through the emotional consequences of this struggle and some key thoughts that help us win the battle inside us.

SCRIPTURE: ROMANS 7

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. Romans 7:14-15

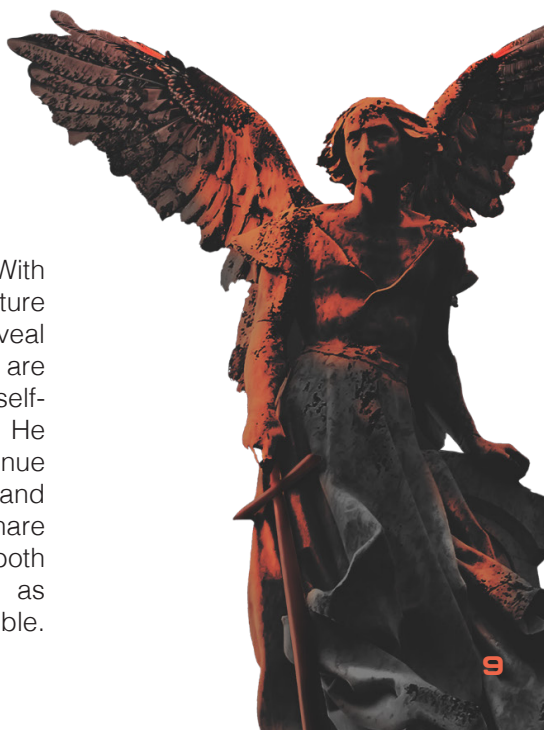
DISCUSSION QUESTIONS:

1. What is a one household chore that you know you should do, but will find any excuse to avoid?
2. Read Romans 7:15-25. What stands out to you most about Paul's honesty in this passage?
3. Which of the emotional consequences mentioned in the message do you think most people struggle with? Why?
4. Romans 7 ends by pointing us to Jesus as our hope. How does the Gospel change the way we respond when we fail?
5. Most of us want to obey God, but sin is an ongoing struggle. Thankfully, we have hope and redemption through Jesus! Spend some time in prayer as a group thanking Him for that!

NOTES:

PRAYER FOCUS:

Read through Romans 7. With your palms open in a posture of prayer, ask God to reveal to you one area where you are struggling with sin and self-destruction. Listen for what He is revealing to you. Continue to pray over it each day, and if you are comfortable, share it with someone who can both encourage you as well as help you stay accountable.



3

HOW TO BE SET FREE



WEEKLY SUMMARY:

In this message, we walked through Romans 8 and how to be set free from the self-destruction of sin. We often hurt ourselves through the way we think and live, but our lives can be transformed, and we can experience freedom through Christ.

SCRIPTURE: ROMANS 8

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. Romans 8:1-2

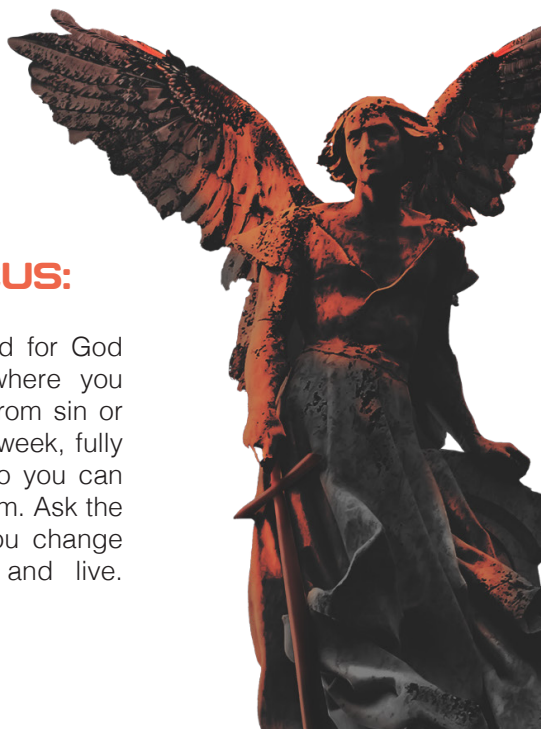
DISCUSSION QUESTIONS:

1. What is one habit you wish you could break? (keep it light: spending too much time on your phone, staying up too late, drinking too much coffee or eating too much dessert!)
2. Romans 7 is about the defeated Christian life, and it explains what self-destruction does. Romans 8 is about the victorious Christian life and gives us the answer on how to be free. How does that give you hope?
3. Most of our unhappiness in life is because we listen to ourselves, and not to God. How do you find that to be true in your own life, present or past?
4. What role does the Holy Spirit play in helping us change the way we think and live?
5. Romans 8 reminds us that God is good, He is in control, and nothing can separate us from His love. Which of those truths is easiest for you to believe? Which is hardest? Why?

NOTES:

PRAYER FOCUS:

Last week you prayed for God to reveal an area where you need to be set free from sin or self-destruction. This week, fully surrender it to Him so you can begin to live in freedom. Ask the Holy Spirit to help you change the way you think and live.



HOW TO MAKE THE HARD CHANGE IN ME



WEEKLY SUMMARY:

Why is it so hard to change? This week, we followed the words of Ephesians 4 and talked about what it means to put off the old and put on the new in Christ. It can be difficult to change our old patterns and defects, but we can make lasting, Christ-like changes in our lives and grow into the person God has called us to be.

SCRIPTURE: EPHESIANS 4:21-27

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

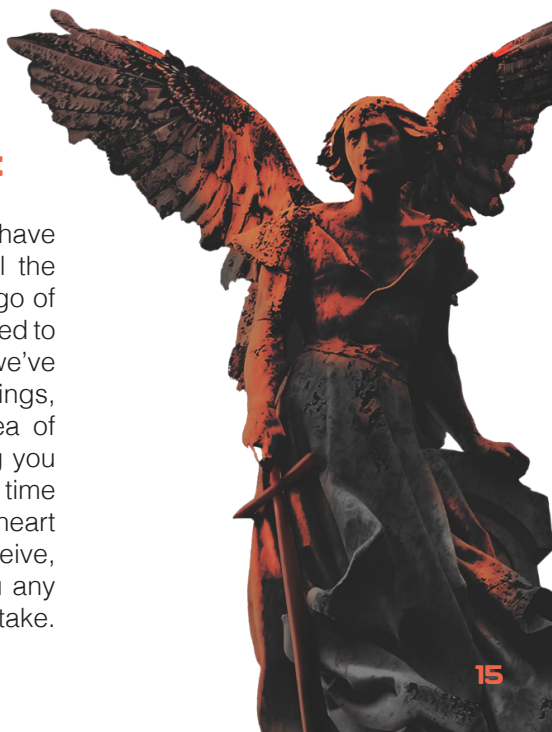
DISCUSSION QUESTIONS:

1. What is one popular trend that you are really glad has changed?
2. If you could give your younger self one piece of advice about change, what would it be?
3. Why do you think change can be so difficult, even when we know the change would be good for us?
4. What is one old habit, or way of thinking that God may be asking you to “put off,” and what could you “put on” in its place?
5. Read Ephesians 4:26-27. It warns us not to let anger give the devil a foothold. What are some ways unresolved emotions can keep us stuck in old patterns?

NOTES:

PRAYER FOCUS:

For the last few weeks, we have been asking God to reveal the distractions we need to let go of and the patterns of sin we need to break free from. Now that we've identified some of those things, ask God to reveal one area of your life where He is asking you to make a change. Spend time in prayer with an open heart and in a posture to receive, asking Him to reveal to you any next steps you need to take.



WHY IS LIFE SO HARD?



WEEKLY SUMMARY:

Why is there suffering in the world? It's a question that has been asked for centuries. This week we talked about this difficult topic, the reasons for suffering, how it affects our lives, and how we can respond when we face difficulties. Rebellion against God has broken everything, but through Jesus, we can find hope even in the midst of suffering.

SCRIPTURE: JOB 7:1

"Do not mortals have hard service on earth? Are not their days like those of hired laborers?" Job 7:1

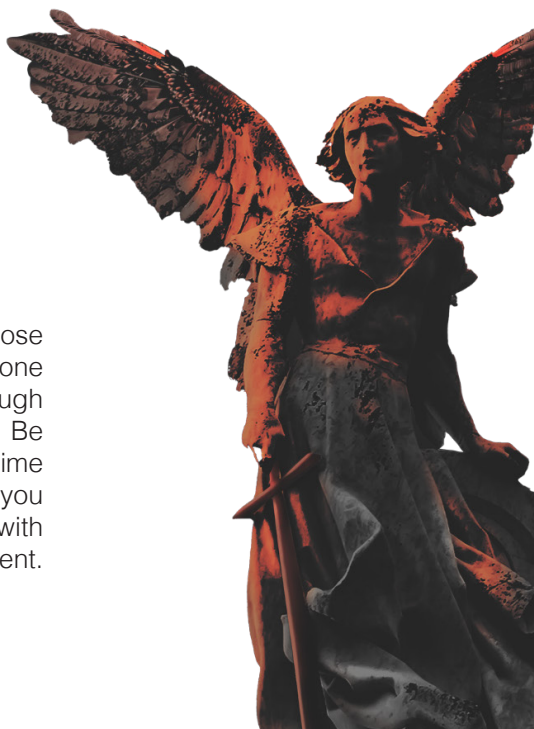
DISCUSSION QUESTIONS:

1. What is a completely minor inconvenience that drives you crazy?
2. Why do you think we sometimes choose what is easy over what we know is right?
3. Read Romans 5:12. Rebellion against God has broken everything. How does understanding the brokenness of our world help you make sense of suffering?
4. When you are going through a difficult season, what is your natural response? Do you tend to turn toward God, pull away from Him, try to fix everything yourself, or something else? Why do you think that is?
5. Read John 16:33 together. In a broken world, how does it give you hope?

NOTES:

PRAYER FOCUS:

This week let's focus on those around us. Think of someone you know who is going through a difficult season right now. Be intentional about spending time in prayer each day for them. If you feel led, reach out to them with some words of encouragement.



B E I N G
FAITHFUL IN
A FAITHLESS
W O R L D



WEEKLY SUMMARY:

In week six of this series, we looked at how our faithfulness is often tested. But God can use those tests and our everyday circumstances to strengthen our character, grow our faith, and bless us. Being faithful can also help build the faith of those around us and lead others to Jesus.

SCRIPTURE: LUKE 18:8

"I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?" Luke 18:8

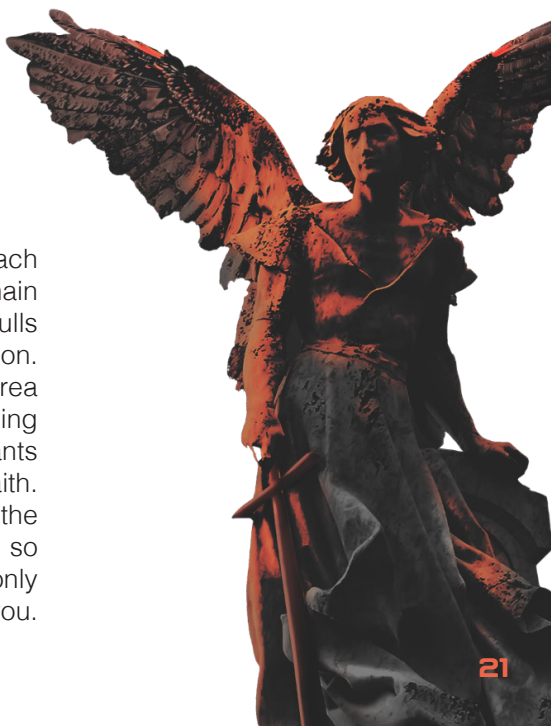
DISCUSSION QUESTIONS:

1. What's something you are surprisingly faithful to? (Your morning coffee, a favorite restaurant, a TV show, your workout, etc.)
2. Read Proverbs 20:6. When you hear the word faithfulness, what comes to mind? Why do you think faithful people can be hard to find?
3. Why do you think the little things matter so much to God?
4. Where is God asking you to remain faithful right now, even if you don't see the results or understand what He is doing?
5. Faithful people help build the faith of others. How can our faithfulness influence the people around us? Can you think of someone whose faithfulness has helped strengthen your faith?

NOTES:

PRAYER FOCUS:

This week, read Luke 18:8 each day. Ask God to help you remain faithful in a world that often pulls you in the opposite direction. Ask Him to reveal any area where your faithfulness is being tested and one person He wants you to encourage with your faith. Pray for that person and for the strength to remain faithful so you can encourage not only them but others around you.



WHEN THE
W O R L D
FALLS APART



WEEKLY SUMMARY:

What do you do when your world falls apart? In this message, we looked at Lamentations 3 and Jeremiah's lament as his world falls apart. But in his struggle, there are lessons we can apply to our own lives when we face pain, disappointment or difficult circumstances.

SCRIPTURE: LAMENTATIONS 3

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." Lamentations 3:19-24

DISCUSSION QUESTIONS:

1. When you were little, did you dream of what your life would be like? What you would be when you grew up? Spouse, kids, house, etc.? Was it different than the reality? How?
2. Sometimes life doesn't go like we planned. Think of a time in your life when you really wanted something and you didn't get it, but looking back you are thankful you didn't. Share that experience with the group.
3. Read Lamentations 3:17-18. Have you ever called out God, like Jeremiah does? He can handle it, and He won't love you any less. How does that make you feel?
4. Now read Lamentations 3:21-26. Hope returns when he remembers God's unfailing love. How does that make you feel?
5. What makes it hard for you to wait on God?

NOTES:

PRAYER FOCUS:

This week, read Lamentations 3:21-24, then spend some time alone and wait on God. Find a comfortable place with no distractions and sit in silence, palms in the air, for 5-10 minutes each day. Start your time with a simple prayer like “Here I am!” or “Speak Lord, your servant is listening”.

When your mind starts to wander, just remind yourself that God is with you in the silence and try to refocus.



DRESSING FOR BATTLE



WEEKLY SUMMARY:

This week we wrapped up The Unseen Battle series by looking at Ephesians 6:10–18 and the armor of God. We learned how to dress for battle, know our enemy, use every piece of armor God provides, and understand how prayer helps us put on and use each piece.

SCRIPTURE: EPHESIANS 6:10-18

Finally, be strong in the Lord and in his mighty power. 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 6:10-12

DISCUSSION QUESTIONS:

1. What is your favorite or most comfortable piece of clothing you own? What do you love about it?
2. Read Ephesians 6:10-12. Paul tells us to “put on the full armor of God.” Why do you think we need every piece of armor rather than just one or two?
3. Continue reading verses 13-17. Which piece of the armor of God stands out to you the most, and why?
4. Now read verse 18. How does prayer help us put on and use the armor of God? What does that look like practically?
5. What can happen when we try to fight spiritual battles in our own strength instead of relying on God?
6. As the series comes to an end, share with your group some things that God has revealed to you throughout these eight weeks. Spend some time in prayer together.

NOTES:

PRAYER FOCUS:

Read through Ephesians 6:10–18. Prayer is how we put on the armor of God. Which piece of spiritual armor are you missing that you need to ask God to help you put on as you prepare for battle this week? Ask Him to reveal it to you. Thank Him for equipping you with everything you need to stand firm in the battle.

