

A Word from Pastor Stephen

This study is a personal favorite. Worship has carried me through some of the most confusing, stretching, and soul-shaping seasons of my life. Not because everything made sense, but because worship reminded me Who was still in control.

There’s something powerful about choosing to worship when life doesn’t give you a reason. That’s what this guide is about. It’s about learning to fight differently—not with frustration or fear, but with praise and surrender. I believe this Worship Series can shift the atmosphere of your heart, your home, and even your future.

I’m praying for every group walking through this together—that you’ll encounter God in a deeper way, lift your voice louder than the storm, and come out of this stronger, bolder, and more anchored in His presence.

Let’s worship through it.

— Pastor Stephen

“This Is How I Fight”

This guide explores how worship acts as a spiritual weapon in the midst of life’s battles. Based on 2 Chronicles 20 and Romans 12, we’ll examine how worship re-centers our hearts, releases God’s power, and resets our focus.

Each session includes full scriptures, discussion questions, and life application. Let’s dig deeper together.

POINT 1 – Worship Precedes the Breakthrough

2 Chronicles 20:21-22 (NIV) – ‘After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army, saying: “Give thanks to the Lord, for his love endures forever.” As they

began to sing and praise, the Lord set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.'

Supplemental Scripture: Psalm 149:6 (NLT) – 'Let the praises of God be in their mouths, and a sharp sword in their hands.'

Discussion: Why did Jehoshaphat choose worshipers to lead the army? What does this say about spiritual strategy versus natural instinct?

Application: This week, begin each day with a declaration of praise before asking God for anything. Write down what changes in your attitude.

POINT 2 – Worship is Surrender

Romans 12:1 (MSG) – 'So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.'

Supplemental Scripture: John 4:23-24 (NIV) – '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.'

Discussion: How do we offer our everyday lives to God in worship?

Application: Identify one area of your life you tend to compartmentalize—invite God into it this week as an act of worship.

POINT 3 – Worship Resets My Focus

Psalm 34:1 (NIV) – 'I will bless the Lord at all times; his praise will always be on my lips.'

Supplemental Scripture: Hebrews 13:15 (NLT) – 'Therefore, let us offer through Jesus a continual sacrifice of praise to God, proclaiming our allegiance to his name.'

Discussion: What does 'continual praise' look like when life gets hard?

Application: Write a personal declaration of praise to speak when discouragement tries to dominate your thoughts.

POINT 4 – Worship Is My Weapon

Acts 16:25-26 (NIV) – 'About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.'

Supplemental Scripture: 2 Corinthians 10:4 (NIV) – 'The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.'

Discussion: Why do you think worship had the power to shake a prison?

Application: Identify one situation that feels like a prison in your life. Begin declaring praise in that area this week—out loud and in faith.

GROUP PRAYER

Pray for hearts that are quick to worship and slow to fear.

Ask God to teach your group how to respond to life with praise, not panic.

Invite His presence into your battles—declare that He is the One who fights for you.

5 Day Devotional

Day 1 – Lead With Praise

Scripture: 2 Chronicles 20:21-22 (NIV)

Worship came before the battle. Jehoshaphat didn't send his army first—he sent his praise. There's something powerful about praising God before you see the victory. It says, 'I trust You in advance.'

Challenge: Start your day by praising God for who He is, even before anything changes. Write one area you're believing for a breakthrough and praise Him for the outcome before it arrives.

Day 2 – Your Life Is the Worship

Scripture: Romans 12:1 (MSG)

God isn't only looking for a song—He's asking for your daily life. Every task, every attitude, every moment can become worship when surrendered to Him.

Challenge: Choose one routine today (driving, cooking, working) and consciously offer it to God as an act of worship. Say, 'God, I give this moment to You.'

Day 3 – True Worshipers

Scripture: John 4:23-24 (NIV)

Jesus said the Father is seeking worshipers who worship in spirit and truth. That means worship that's real—raw, honest, and from the heart. Not fake. Not formula. Just truth.

Challenge: Today, turn off distractions and worship privately. No crowd. Just you and God. Pour out your heart to Him and let Him speak to you.

Day 4 – At All Times

Scripture: Psalm 34:1 (NIV)

David said he would bless the Lord at all times—good or bad. Praise isn't about perfection—it's about positioning. Praise positions your heart above fear and focuses your faith.

Challenge: Write down 3 things you're grateful for today—even if life feels heavy. Speak them out loud in praise.

Day 5 – Chains Break in Worship

Scripture: Acts 16:25-26 (NIV)

Paul and Silas worshiped in prison—not after their chains fell, but **before**. Their worship wasn't circumstantial; it was supernatural. And it opened the doors—literally.

Challenge: Declare your worship in the middle of your 'prison.' Choose a song and sing it as a declaration of faith and freedom today.