

Rock Wall 2 Notes

"Full Custody"

June 12, 2022

Matt Mizell

- **Make it your _____ to not give a single foothold.** (Ephesians 4:27, Ephesians 4:1-3)

Foothold #1: Spend your life on things that are _____. (Ephesians 4:17)

Foothold #2: _____ your understanding. (Ephesians 4:18a)

Foothold #3: _____ yourself from God. (Ephesians 4:18b, Matthew 6:9-11, John 15:5)

Foothold #4: _____ your heart. (Ephesians 4:18c)

Go Deeper:

1. In Pastor Matt's opening story, he shared about Alex Honnold, the rock climber who scaled El Capitan at Yosemite National Park without the use of ropes. Alex's climb was impressive not only because he used no ropes, but also because many of the footholds he used were smaller than a thumbprint. The enemy does not need much of a foothold to crawl into your life and cause devastation. How have you personally experienced this in your life?
2. How often do you think about whether you are giving the enemy a foothold? Do you feel it is often enough? Why or why not?
3. Read Ephesians 4 and look for the 22 footholds Paul mentions. Which of the 22 footholds do you struggle giving the enemy the most?
4. What actions can you take to avoid giving the enemy that specific foothold in the future?
5. Read each verse listed above and pick one verse and apply SOAP (Scripture, Observation, Application, Prayer).