



CORNER FRINGE MINISTRIES
FREEDOM IN MESSIAH

Student Guide | Week 10

Hold Up My Arms

THIS WEEK'S ISSUE

Chapter 10 is about this: spiritual conflict is not always dramatic. Often it looks like confusion, inexplicable discouragement, recurring defeat, or a sense that the ground you have gained keeps slipping away. This week we learn to recognize the patterns of spiritual attack and respond with authority rather than anxiety.

THE JOURNEY SO FAR

LAST WEEK

We dealt with forgiveness — the decision to release the debt and stop letting the past hold the present hostage. We brought the bitterness to God and trusted Him with the transformation.

THIS WEEK

We learn to stand in active spiritual conflict. Not reactively, not in fear, but from the position of authority we have been building since Week 1. The battle is real. So is the victory.

THIS WEEK'S MEMORY ANCHOR

"Submit therefore to God. Resist the devil and he will flee from you."

James 4:7

A THOUGHT TO CARRY INTO THE WEEK

The battle against Amalek was not won by a better strategy. Aaron and Hur stood beside Moses and held up his arms until the sun set. They could not quit when it became inconvenient. Victory required sustained, communal engagement.

The enemy does not attack abandoned territory. He attacks ground that has been taken. If you are facing intense spiritual conflict right now, that may actually be evidence that you have been making progress.

BEFORE YOU BEGIN — A PERSONAL REFLECTION

Take 2 minutes before your group starts. Read the question below and write your honest answer. You will not be required to share this — but you may want to.

WHEN SPIRITUAL CONFLICT ARISES — THE PULL BACK, THE RECURRING DEFEAT, THE SUDDEN DARKNESS — WHAT IS YOUR FIRST RESPONSE? BE HONEST. IS THAT RESPONSE WORKING?

BREAKOUT SESSION

Week 10 | *When Spiritual Conflict Arises*

Total time: 60 minutes | No facilitator needed — follow the steps

HOW THIS WORKS

There is no leader in this group — everyone follows the steps together. Each step has a time guide. Stay with the step you are on. If someone in the group needs more time on a particular step, the group can choose to stay — that is the right call. The structure serves the people, not the other way around.

The goal is not to get through all five steps. The goal is that every person in this group leaves having done real work — and none of you leaves alone.

STEP 1 LAND THE TEACHING 8–10 minutes

Someone in the group reads this aloud before anyone responds:

The teaching this week reframed spiritual conflict: it is not evidence of failure. It is evidence that you are in a war — and that you have been taking ground worth defending. The problem is that most of us have a strategy for peace but not for conflict. We are surprised by a battle we should have expected. Take 2 minutes of silence. Let each person answer this question privately before anyone speaks:

DISCUSS:

Where are you currently under the most intense spiritual attack — and do you have people around you who are holding up your arms, or are you trying to fight this alone?

MY HONEST ANSWER TO STEP 1:

Now go around the group. Each person shares their answer — as honestly as they are able. No cross-talk while someone is sharing. When everyone has spoken, move to Step 2.

STEP 2 THE ROOT WORK 15–20 minutes

Turn back to Page 1 and look at the Root Question Framework you began filling in. If you have not yet completed it, take 5 minutes now to do so — privately and honestly.

This is individual work first. Do not share yet. Write it down. The act of writing forces honesty in a way that thinking alone does not.

After everyone has had time to write, go around the group. Each person shares what they wrote — as much or as little as they are ready to share. The group listens. No fixing, no advising, no jumping to solutions. Just witness what each person brings.

After everyone has shared, reflect on this together:

GROUP REFLECTION

What does it look like practically to be an Aaron or Hur for each other — not just in a session like this, but in daily life? What would have to change in how this group relates to each other for that kind of sustained support to be real?

STEP 3 GO DEEPER TOGETHER 20–25 minutes

This is the heart of the session. The question below is harder than Step 1. It requires more honesty. Take 2 minutes of silence before anyone speaks — let each person sit with it privately first.

When you are ready, go around the group. Each person responds. The group listens fully before anyone else speaks.
 If someone in the group is particularly moved by this question — if the Holy Spirit is clearly doing something — let the group stay with that person. Do not rush past a real moment to stay on schedule. That is what the time margin is for.

DISCUSS:

What specific piece of the armor of God are you most often not wearing — and what does that exposed area cost you when the conflict comes? What would it look like to put it on deliberately this week?

THE AREA WHERE I AM MOST EXPOSED RIGHT NOW:

THE SPECIFIC PERSON I AM ASKING TO STAND WITH ME:

WHAT I AM COMMITTING TO DO DIFFERENTLY THIS WEEK:

PREPARE TO SHARE

When you return to the main room, your group may be asked to share. Together, decide on one thing — one insight, one moment, one declaration — that represents what happened in your group today.

Complete this sentence as a group: "We commit to holding up each other's arms this week by _____"

Write it here so you don't lose it:

Our group is taking away:

STEP 5 — CLOSING PRAYER 2–3 MINUTES

Designate one person to open in prayer. Then go around the group — each person prays one sentence if they are willing. No one is required. No one is skipped over without grace.

Suggested focus: Pray the Memory Anchor back to God as a declaration over your own life. Then ask Him to meet the specific thing you named today.

One person closes the prayer when the group is ready.