

## Week 3 – Freedom

January 17, 2021

Daily Discussion Guide



We know everyone here is at a different place in their faith and growth looks very different on a case-by-case basis. What does it look like, though, to grow from wherever we are now to continually making disciples? *What's Next* will help us to unpack and highlight possible next steps.

This week, we're looking at strongholds.

Remember, the defining mark of a stronghold is its recurring pattern. It literally has a "strong hold" on you and breaking free on your own is difficult. This could be a recurring, unconfessed sin, lies you've believed, or even unhealthy behaviors or thought patterns you've held for a long time.

Remember also that the issue of your identity is settled. If you are in Christ, you are a new creation! You are HIS. This does not change when you struggle. Jesus died to secure that for you. So as you work through these Scriptures and questions, remember *YOU ARE A CHILD OF THE LIVING GOD*.

### Scriptures to consider this week:

- Monday: John 5:1-15
- Tuesday: I Peter 5:6-11
- Wednesday: 2 Corinthians 10:4-5; Hebrews 12:1-2
- Thursday: Ephesians 6:10-18
- Friday: Isaiah 53:5; Psalm 103:2-4; Romans 8:1, 35-39

### Questions for reflection each day:

- What resonates with you from these verses?
- What is God saying to you through these Scriptures?
- What resistance do you have to these passages?
- As you read these verses, what is your hope?

### Additional questions for reflection:

- If Jesus asked you "Do you want to get well?", how would you respond?
- Are there strongholds you've been freed from before? If so, what are they? How did God deliver you?

- What would it look like for you to “get well”? Who can you share your struggle with? What would a plan to freedom look like moving forward? What can *you* do today that will help you break free? What step might God be inviting you to take?
- What thoughts do you have about Satan and his kingdom of this world? What comforts do you find knowing Jesus is victorious now and in the end?
- Where do you recognize spiritual battles in your life? Where do you feel prepared with the armor of God? Where do you not?
- Where is the love of the world creeping into your life? Where is it creating weaknesses? What is a constant battleground? What unhealthy habit or unhealthy thought pattern has a stronghold on you? What might be at its root?

**Practice:** Check out the Strongholds practice this week in the group guide. This will help you prepare to share in your group, so you don’t have to face your strongholds alone. Lean into the covering your group can provide as you confess to one another.