

# SHINE

## Discipleship Group Questions for January 18, 2017

**TOPIC/THEME:** “The Strategy: How to Win the Battle”

**MAIN TEACHING PASSAGE:** Ephesians 6:10-18

**Additional Verses:** Romans 8:5-6; Romans 12:1-12; 2 Corinthians 10:3-5; Colossians 3:2-5; Philippians 4:4-8; Psalm 119:9-12; Ephesians 4:21-24

**POSSIBLE ICE BREAKERS:**

- #1 - What’s your most memorable New Year’s Resolution?
- #2 - What are the things in life that bring you the greatest joy?

**QUESTIONS FOR DISCUSSION:** *Feel free to use whatever questions here you think best apply to your group. Remember the goal is go deeper in discussion and help the students to take the next step in their faith. All of these questions should help you get to the application of the lesson for each individual. The application may be different for each person in the group based on where they are at spiritually. Be sure to work from head to heart to hands!*

**HEAD QUESTIONS:** *Use these questions to get people talking, everyone answers based on their knowledge & understanding of the topic*

- \*Based on Romans 12:2, how do you think God changes the way we think?
- \*Tonight Eric said, “So much of life isn’t about what happens to you but how you think about what happens to you.” What do you think he’s getting at?
- \*Why do you think our thoughts are so important to the outcome of how we live our lives?
- \*What verse shared tonight impacted you the most and why?
- \*What did you learn (or re-learn) from tonight’s lesson?
- \*In your own words, what would you say was the main point of the lesson?

**HEART QUESTIONS:** *Use these questions to go deeper, answers should be specific to each individual rather than generic and in theory.*

- \*Is there anything you currently say to yourself or to God every morning? How does that impact you?
- \*What negative thoughts derail or dominate your thinking? What do they lead you to do or don’t do?
- \*What strongholds have you been trapped in?
- \*How do you feel about the direction your thoughts are taking you?
- \*What spiritual truth(s) will help you overcome and destroy your negative thinking? How can you build these truths into your life?
- \*What’s something that you feel God has been speaking to you personally in all of this?

**HANDS QUESTIONS:** *Use these questions to create application and action using what we’ve learned and discussed. Be specific about your plans and invite accountability & prayer to help affect change.*

- \*What strongholds do you need to remove in your life?
- \*How can you use God’s word this week to help you destroy strongholds in your life?
- \*What can you do to better identify the attacks of the enemy this week in your life?
- \*Do you have someone in your life who will speak truth to you when you have sin in your life? Why would that be helpful? If you don’t, who could be that person and what would that accountability look like?
- \*What’s an action plan that you will commit to this week because of what we discussed tonight?
- \*What can we do this week to hold you accountable and to encourage you in your commitments this week?

**RESOURCES:** *Here are some additional resources that might be helpful to you as you prepare or if someone in your group wants to research deeper on this topic.*

- What is a spiritual stronghold? <https://www.gotquestions.org/spiritual-strongholds.html>
- How can strongholds be overcome? <https://www.gotquestions.org/demonic-strongholds.html>