



# GROUPS AT CROSS POINT

## BREAKING THE ICE

To start things off, let's have a pop culture preferences battle:

Backstreet Boys or NSYNC?

American Idol or The Voice?

Mac or PC?

iPhone or Android?

Starbucks or a local coffee shop?

## MAIN CONTENT

We all want to be good and want to win. But our lives may not portray winning every day. We have struggles and battles all the time. In order to win, we have to work at it. But how do we actively work towards winning?

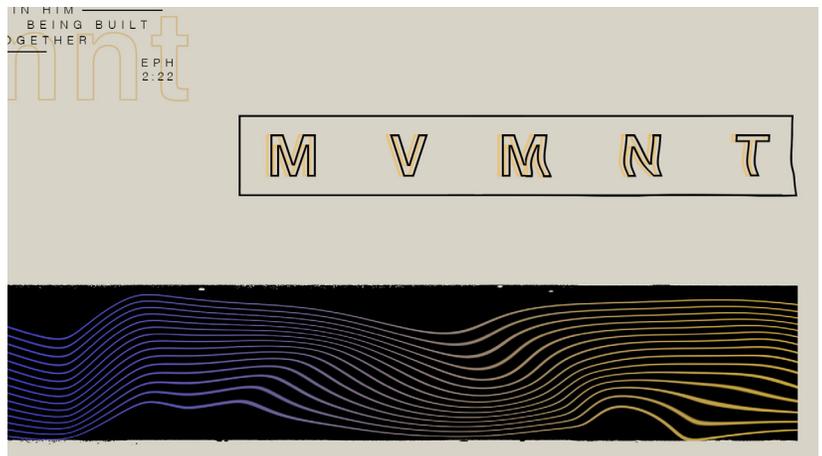
This week, as we continue with our MVMNT series, we finish up with Ephesians 6. In this chapter, Paul is speaking on how to fight the good fight and win battles against the evil in this world.

When you hear that there is evil in this world, you usually fall into one of two categories:

1. There is evil all around me. People in this category may say things like, "The devil made me do it."
2. The devil does not exist.

1. Which category do you usually fall into?

Ephesians 6:10-18 tells us about the evil that is around us, and how we should protect ourselves from it.



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Read Ephesians 6:10-18

How does the devil distract you from winning? He will try to distract you with temptation, with doing something you know you shouldn't, or with accusation – telling you lies about yourself.

If we don't pay attention, we can lose our fight and let the enemy win by allowing ourselves to be tempted and/or accused. We let the devil win when we ignore the fight, misunderstand the fight or neglect the fight by not being prepared to fight.

2. Have you ever felt like you lost a fight because you ignored it, misunderstood or neglected to fight back? Explain.

We prepare ourselves for the fight by acknowledging God and how He prepares us with the armor He has given us. God has truths in His word that He has spoken over us. Paul talks about this in Ephesians 6. We utilize the Belt of Truth with the truths God has proclaimed over our lives. When you hear lies about yourself and you have the truth from the Bible in your heart, you can stand firm in what God says about you.

- You are a son or daughter of God.
- You are fearfully and wonderfully made (Psalm 139:14)

3. What truths from God do you need to hear about yourself?

A list of some truths God says about you can be found here.

The Gospel of Peace is what keeps you standing strong against the enemy. God's peace makes you aware that He has it under control and will always bring you the peace you need to get through difficult times. (Philippians 4:7)

4. Where and how do you need to feel God's peace in your life?

When we have the Shield of Faith, we lock in together with community that also helps us stand strong in faith believing God has His best for us and wants us to win the fight we are up against.

5. Where have you needed faith to help you get through a tough time?

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6. Do you currently need faith to help you get through a difficult time?

The Helmet of Salvation helps guard your mind. We need to be reminded of what God did for us when He sent Jesus to die for us and save us.

Jesus saved us from our sins, and our sins cannot keep us from what He has for us and what He wants to do in our lives. He loves us and wants us to live a life full of forgiveness, joy, compassion and love.

The enemy will try to come in and bring shame and guilt in to your life distracting you from the joy, forgiveness and love God has for us. But God says you are set free from shame and guilt when you ask Him for forgiveness and make the decision to follow Him.

Our identity is not our struggle, our shame, our guilt, or what we have done. Our identity is who we are in Christ.

7. Have you ever struggled with your identity in Christ from a past mistake? Feel free to explain.

God wants us to support each other and pray for one another in the midst of our struggles. He also wants us to worship through the struggle and fight. When we worship, we win the battles. Worship Him, pray to Him, and He will show himself faithful to help you through the battles you are up against.

8. Where and what struggle do you need prayer for right now?

9. Where have you seen success when you have prayed and worshiped God through your battles?

## CLOSING PRAYER

Jesus, we know we can't do this without You. We need you to heal our hearts, take our shame and guilt and know our true identity in You. Help open our hearts to the things in our lives that are causing us pain and struggles. Help us support each other through prayer and love to know who You have called us to be in You. Our identity is in You, not our struggles. In Jesus' name, amen.

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## NEXT STEP

Take some time praying with each other about your struggles. Continue to pray for one another through the week and follow up with each other.

If you need to know who you are in Christ, check out the following Scriptures:

<https://bible.org/article/who-does-god-say-i-am>

## GROUP LEADERS, PLEASE READ:

As a group leader, you do not have to be a counselor. You can listen and pray, but please do not feel the pressure to answer any questions you may not know the answer to. It's OK if you don't have all the answers. We have resources for you and your group members to use if you need more guidance and help with some of the difficult battles you or your group members may be going through. You can call your campus pastor, campus groups director or professional help if you need it.

Some of our professional counseling partners are listed below as a good resource if you feel you need more help.

Marriage and Family Institute: 615-295-3729

Lipscomb Family Therapy: 615-966-5300

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