



In the Middle

Part 1 – Managing the Middle

Discussion Guide

No matter whether you're in a marathon, a work project, or a difficult relationship, the hard part is the middle. It's fun to start something new. It's satisfying to finish. In the middle, you sometimes see no progress, no end in sight, and no hope of a successful ending. But God...! This week, learn to put on the whole armor of God so that you stand and manage in the middle.

Jump Start

1. Is there someone that you consider an enemy?
2. **Read [Ephesians 6:10-12](#)**. Is your “enemy” (from the question above) accurate, according to this passage? Could there be something greater going on? Are all conflicts spiritual warfare?
3. **Read [1 Peter 5:8](#), [John 10:10](#), [John 8:44](#), and [1 John 4:4](#)**. Is the devil real? Should you fear him? How do you recognize his activity in your life?
4. **Read [Ephesians 6:14-16](#)**. We talked about standing firm last week. This week, we talk about the armor that allows you to stand firm, despite the enemy's attacks. Discuss the defensive weapons found in these verses and what they mean. Which do you regularly appropriate? Which have you never considered or used as part of your personal armor?
5. **Read [Ephesians 6:17](#), [1 Thessalonians 5:8-11](#), [Exodus 14:13](#), and [2 Timothy 2:15](#)**. What are the final, maybe even the most important, weapons for your spiritual protection and well-being? Which one is defensive, that you must put on for protection? Which one is defensive, wielded by the Spirit to fight your battles?
6. **Read [Ephesians 6:18](#) and [Philippians 4:6-7](#)**. We are protected and empowered by walking and praying in the Spirit. What actions and attitudes are present when you are walking with God, in sync with His Spirit?

If you would like more information on how to pray through God's beautiful gift of armor, you may access Wendy Blight's blog here: "[Armor of God Prayer](#)." Wendy Blight is the Biblical Content Coordinator for *Proverbs 31 Ministries*.

7. **Final thought:** Often, our spiritual battles are fought in our thoughts. Let God speak life into you. If you are interested in learning more about how to get “unstuck” and to move forward in victory to complete your task, you may find additional resources in the study and book entitled *Finish* by Jon

Acuff. Or you can jump on Right Now media and **watch [a six-part study](#)** based on the book. Right Now Media provides access to over 20,000 Biblically-based videos to equip and disciple the people of our church. If you do not already have an account, **you may create your free account through our church [here](#).**

Deeper

How to SOAP Scripture

We will learn how to complete a **SOAP Bible Study** by looking at one passage of Scripture and breaking it down. **SOAP** stands for **Scripture Observation Application Prayer**. Let's get ready to sit down with the Bible and see to what God wants to show us. Completing this study during your quiet time, then sharing with your Life Group, can allow for deeper understanding and revelation of new perspectives. **Things you will need:** Bible, Notebook, Pen.

8. **Scripture.** Read [2 Corinthians 10:3-5](#). What stood out to you the most about these verses?

Take time to read the passage and allow God to speak to you. Jot down anything that made you stop and pause or anything that you questioned. When you are done, look for a verse that particularly spoke to you and write it out fully in your journal.

9. **Observe.** What is God saying to you in this passage? What did the specific verse that you were drawn to teach you?

What do you think God is saying to you, personally and specifically, in this Scripture? (You can even have a short prayer at this point, asking the Holy Spirit to teach you and reveal Jesus to you. Remember that He promised to give us wisdom and reveal truth to us when we ask.)

10. **Application.** How does this apply to your life now? Is there something you are to be doing (as part of spiritual warfare) that you have never considered?

Personalize what you have read by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections in an area of your life. Write down how this Scripture applies to you today.

11. **Pray.** Pray about what you have read in [2 Corinthians 10:3-5](#). Pray your special verse back to God, asking Him to help you understand and apply it.

This prayer can be as simple as asking God to help you use this Scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so take time here! Be sure to listen to what God has to say! Now, write it out. Journaling your quiet time helps you to see what God is teaching you over time.