



Week One: Who's in Charge? – Study Guide

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Our mind is the battlefield, and our actions reflect what war is raging in it. Don't allow continual assaults from Satan to lead you to defeat; instead, know that you can be victorious in Jesus Christ. If He has power even over demons, He has the power you need to overcome whatever you are going through. How are you making sure you are equipped and standing firm in Christ? Let's take a look at that in this study.

Where Am I Today?

- 1) It's easy to say that God is in control, but it's harder to live that out when we are faced with the realization that we are never in control. Reflect on your own life. What might be some areas where you struggle with letting go of control?

Into the Bible

- 2) Let's take a look at a time early on in Jesus' ministry where He exercised His authority. Read **Luke 4:31-42**. What do we learn about Jesus' authority over evil and His power to heal?

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- 3) Read **1 Peter 5:8-9**. Knowing that God is in control and even has authority over evil doesn't mean we don't need to pay attention or take action. Why does Peter tell us to be firm in our faith, sober-minded, and watchful? What kind of imagery comes to mind when you read these verses?

- 4) Our strength comes from God. There's hope in knowing that we can draw our strength from Him, and not be left to defend ourselves on our own. Read **Ephesians 6:10-18**. In what way is putting on God's armor an action step that is our responsibility to take?

How Does This Apply?

- 5) The armor of God is not the kind of armor we tend to put on. Often we want to trust in our own wisdom or ability to outsmart adversity. How are you putting on the whole armor of God to help you gain traction in a situation right now, instead of relying on your own strength?

- 6) It may not be a literal demon that is holding you captive. For example, could it be negative talk or thoughts, an unhealthy relationship or discontentment with your current circumstances, or finances that are holding you back from your next step towards Christ? What is your next move?

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- 7) With Jesus, we have all the hope we need. We only have strength because He's given it to us. It takes recognizing and receiving His strength intentionally. What are some things you are currently doing to know you are standing firm in Jesus Christ?

Continue Learning on Your Own

- 8) Know your enemy, but do not be devoured by him. If you subject yourself to him long enough, you will eventually become his subject. This could be anything that takes the place of Christ being all you need. Read **2 Corinthians 5:17**, **Romans 8:1**, and **1 Peter 2:9**. What are some reoccurring themes in these verses that tell us we have a distinct identity and victory in Christ?