

PART VII: Overcoming Through Knowledge (part II)

📅 Fecha	@March 8, 2023
📌 Práctica	Conocimiento E Investigación

WORSHIP AND PRAYER.

TALK ABOUT LAST WEEK'S PRACTICE.

The practice was memorizing Psalm 119:15-16, and Matthew 13:23, doing Lectio Divina, and practicing our new schedule for the purpose of spending time with Jesus

- One or two people that can tell us one or both verses
- Who got to practice their new schedule?
- Someone who would like to tell us something about last week's practice to encourage the rest of the people?
- Why do you think it is worth making difficult changes in order to be with Jesus?

READ THIS SUMMARY.

Jesus promised us that in this world we are going to have afflictions and difficulties, it is part of life and of following Jesus. In Ephesians, Paul left us the image of a soldier's armor where most of its parts are for defense, except one; the sword.

TALK ABOUT SUNDAYS TEACHING.

- What stood out to you about Sunday's teaching?
- Why do you think Paul associates the Bible with a sword?
- Can you recognize in your own life emotional and spiritual battles that you have lost because you did not know the Word of God and the Holy Spirit?

READ THE BIBLE TOGETHER.

Luke 4:8

- Why do you think Jesus responded to each of the temptations with it is written?
- What conclusions can you draw for your life, seeing the temptation of Jesus, how to fight against what happens in your life?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

The greatest spiritual war that each of us fights (regardless of age, gender, or economic status) is the battle of **TRUTH VS LIES**. Each of us fights a daily battle in the mind about what to believe, what God says or what the devil says through the news, circumstances, friends, or technology.

Today we are going to create a simple but effective plan against the lies that the enemy is putting in your mind.

The Practice.

1. First.

- Take 30 seconds to ask the Holy Spirit for guidance to show you what lies the enemy is filling you with.

2. Second

- Take a couple of minutes and write down what lies you struggle with the most.
- Remember, the lies the enemy uses are clever. Where they have a certain element of truth but are not 100% true, they have an element of lies.
- For example: What people think about me is really important and therefore I need to behave how they want me to behave. What people think about you it's important, because you are an example (that is truth). But you should not change how you behave (that is the lie)
 - some lies could be around

- friendships
 - being vulnerable
 - your sexuality
 - how you spend your time
 - taking the decision of giving your life to God
 - how you manage your money
 - your feelings
 - your singleness
 - how you feel in this stage of your life
 - what other people think about you
 - where your identity comes from
 - forgiving
 - and others
- A good way to know what lies you battle with is by identifying in your way of living, which area of your life, consciously, you are still not living according to God's will because you do not believe that it is the best you can do.

3. Third

- Now look for a verse that speaks the truth about that lie you are believing.
- You can use the back of your bible (the concordance) to look up the verses, you can ask someone in the group, or you can google it (just don't get distracted)

This week's practice

- During this week, memorize the verse. It doesn't have to be exactly the same, the important thing is to know what the Bible says.
- And when that lie comes to your mind, do what Jesus did; **resist the devil, say the verse, and command that lie to leave your life.**

- You may also want to write the verse and put it in a visible place, or put it as your phone background, or write on some cards and keep them in your pocket. Be creative.
- The best way to keep your mind and heart full of God's word is by constantly reading it. This week, keep practicing your schedule where you do your best to spend a couple of minutes in the Bible and prayer on a daily basis.

One or two people who would like to share the verse(s) God gave you? You do not have to share the reason you chose that passage

DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?

PRAY BASED ON THE PRACTICE TO END.