

RESISTANCE

GROUP GUIDE

This guide is designed to help you grow in your relationship with God and develop meaningful, lasting relationships with others. Get together with friends, or visit brookwoodchurch.org/groups to find a group that's already meeting. *Let's seek God together!*

Message Series: Resistance

Topic: Spiritual Warfare

Message 8: Overcoming the Flesh

March 16, 2025

Connect

Here are a couple questions to get the conversation rolling. Feel free to discuss either or both!

- If you were surprised with a 3-day paid break to rest and recuperate, what would you do?
- Describe a time you suffered consequences for going along with the crowd.

Pray

Spend a couple minutes quieting your heart and drawing your attention toward God.

Consider these prayer points:

- God, I pause to recenter myself in You. I pray You'd restore my union with You.
- I confess the ways I've looked for life apart from You (If you're in a group, you may want to pause and give people personal prayer time with God).
- I pray You'd protect me against the attacks of the evil one.
- I pray You'll help me experience new life that comes only from Jesus.
- Father, today I pray You would father me.

Introduction

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.

1 John 2:16 (NIV)

Satan often uses the things of this world to draw our attention and affection away from God. In this verse, *the world* does not refer to the beauty of creation but might be better understood as *the collective set of values and systems designed to make life work apart from God*. John tells us that our fallen nature, our lust and our pride can pull us away from the love of the Father.

Last week we considered ways to resist the *lust of the eyes*. This week we'll consider ways to resist the *lust of the flesh*. Next week, we'll explore ways to overcome *pride*. Thankfully, we can resist the devil as we follow the example of Jesus and rely on the power of the Holy Spirit.

Read

Matthew 4:5-7 (NIV)

⁵Then the devil took Him [Jesus] to the holy city and had Him stand on the highest point of the temple. ⁶“If You are the Son of God,” he said, “throw Yourself down. For it is written:

“He will command His angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone.’”

⁷Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’”

Explore and Discuss

1. The highest point of the temple was about 200 feet from the floor of the Kidron Valley. Why did Satan want Jesus to *throw Himself down*? What did he think would happen?
2. Satan wanted to have his own way rather than following God's way. Describe a time you wanted to do things your own way rather than following God's direction. What was the result?
3. Have you ever demanded God to do something spectacular to prove His love for you? Explain.
4. How has the enemy attacked your trust in God?

Romans 7:15-25a (NIV)

¹⁵ I do not understand what I do. For what I want to do I do not do, but what I hate I do. ¹⁶ And if I do what I do not want to do, I agree that the law is good. ¹⁷ As it is, it is no longer I myself who do it, but it is sin living in me. ¹⁸ For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. ²⁰ Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

²¹ So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

5. What's the power inside us that leads us to do wrong?
6. Paul describes the fierce and constant battle between our flesh and God's Spirit. What reasons does he give for this battle?
7. What examples of this kind of struggle have you seen in your own life?
8. Paul says *I have the desire to do what is good, but I cannot carry it out* (vs. 18). What does this imply about having a relationship with God?
9. Have you ever felt powerless against sin? Explain.
10. How does focusing on the rules (i.e., the unbending demands of the law) prevent us from experiencing the power of the Spirit?
11. What did Paul conclude about himself? Do you think this was a fair assessment?

12. What did Paul do in response to his inner turmoil?

13. How does Paul's experience as a Christian both warn you and comfort you?

14. How would you use this passage to:

- a. Challenge a Christian who is complacent about their sin?
- b. Encourage a Christian who is burdened by their sin?
- c. Inspire a non-believer to open their heart to God?

Make a Move

Spend a few minutes in silence and ask God what He wants you to know and remember from this week's study and discussion. Is there an emotion or thought He's stirring in you? Is there a specific step God is leading you to take? Jot down some thoughts and share them with your group or with a close friend.

Meditate

Meditation is the practice of slowly gazing at God, His work and His Word. This is an effective way to slow our hearts and minds and give Him our undivided attention. Meditate on these passages and note words and phrases that stand out to you.

*²³ Sing to the LORD, all the earth;
proclaim His salvation day after day.*

*²⁴ Declare His glory among the nations,
His marvelous deeds among all peoples.*

*²⁵ For great is the LORD and most worthy of praise;
He is to be feared above all gods.*

1 Chronicles 16:23-25 (NIV)

God is spirit, and his worshipers must worship in the Spirit and in truth.

John 4:24 (NIV)

Memorize

One of the best ways to hear God throughout the day is to store His words in your heart and mind.

Based on this week's theme, commit these words of Scripture to memory:

*So I say, let the Holy Spirit guide your lives. Then
you won't be doing what your sinful nature craves*

Galatians 5:16 (NLT)

O Lord, there is much ill about us and sin within us - crucify it,
much flesh within us - mortify it... Grant us more and more of
the resurrection life: may it rule us, may we walk in its power,
and be strengthened through its influence. For the glory of our
living Savior. Amen. *A Puritan Prayer, Valley of Vision*
