

# LIFE GROUP DISCUSSION GUIDE

## FIGHT CLUB - PT 2, THE DELIVERER

Scripture: Luke 22:39-46

Pastor Miles McPherson, 13 Sep, 2015

Special Guest: Cristiane "Cyborg" Justino

Today Pastor Miles continued with the series Fight Club. He brought in a special guest today to share her experience with fighting. Christiane "Cyborg" Justino is a Mixed Martial Arts World Champion and helped give perspective on the preparation, training and mindset that is needed to enter into a fight. Although our fight is not in the physical realm, the same ideals apply. In order to be successful we have to be prepared, trained and have the right mindset.

## MEMORY VERSES

### Ephesians 6:12-13

<sup>12</sup> For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*. <sup>13</sup> Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

## DISCUSSION STARTERS

1. Pastor Miles started off today's message talking about a story where he wanted to fight someone but they kept trying to delay the confrontation; and that the devil will also try and get you to avoid fighting the battles God wants you to fight. Can you think of any time you have experienced something like this?
2. Think of something you either: **currently still have** (and don't really need) or... **finally got rid of it** after holding on to it for a long while. **SHARE** with the group why it has been or was so hard to finally let go.



# STUDY QUESTIONS

1. The difference from where we are today verses where God wants us to be is the change we should be fighting for. SHARE about a time when something happened that instilled a fighting spirit or a fighting attitude caused those changes to happen.
2. We have been taught in society to avoid pain at all costs. This has resulted in a conscious and/or subconscious fear of any type of discomfort. Knowing that God uses difficult situations to help us grow, **why is it so hard for us to NOT change our hearts and behaviors?**
3. Fight and pray through discomfort
4. Christiane discussed the mistake she made in choosing to take steroids and the consequences she had to face. She also talked about how God used that situation to strengthen her in many ways. Have you ever experienced a similar situation where God used a mistake you made or the consequences thereof to grow you in some way?

**READ Luke 22:39-46**

**For these questions, suggest breaking into groups of 2 or 3.**

5. Discuss for a moment some of the things that Jesus was agonizing over. What specific elements was He going to endure within the next 24 hours?
6. What was the difference between how the disciples prepared for the next 24 hours and how Jesus prepared? What were the results?
7. What are the benefits of facing your battle in the spiritual realm before facing it in the physical?
8. What are some things that you are about to face that you are stressing, or worrying over? What steps are you taking to prepare yourself spiritually, before you face it physically? What do you need to stop doing, or start doing?



## PUT IT INTO PRACTICE

1. Share your current battle with one other person. Commit to pray for each other throughout the week and check in see how they are doing.
2. FOR THE NEXT MEETING: Reflect on this question: How different would your life be if you battled more and ran less? Praying for God to reveal Himself in the battle, not rescue you from it.

## TAKE IT HOME!

What are you going to fight in prayer for?

### Prayer Guide

I am going to fight in prayer for \_\_\_\_\_

I affirm that I am \_\_\_\_\_

I reject the lie that \_\_\_\_\_

I will not let go or stop praying until you \_\_\_\_\_

