

## **Spiritual Warfare: Renewing Our Minds | Week 3 - Resources in The Battle**

### **Big Idea**

In the battle for our minds, God has given us both spiritual and mental health resources.

### **Scripture**

Genesis 2:7, Mark 12:30, 1 Corinthians 15:20-22, John 14:16-18, and John 14:26-31

### **Overview**

In our current series, we are delving deep into the heart of spiritual warfare to address a battlefield that often goes unnoticed: the battleground of our minds.

### **Opening Question**

What's your most memorable summer vacation and why?

### **Bible Discussion**

1. Read Genesis 2:7. What significance do you see in the act of God forming man from the dust of the ground? How does the breath of life from God impact your understanding of the relationship between God and humanity?
2. Mark 12:30 emphasizes the four aspects of loving God. What are they, and how are they different? How do you personally experience these aspects in your own life?
3. Read 1 Corinthians 15:20-22. In what ways does Adam's role as the first man contrast with Christ's role as the resurrected Savior? Discuss how even Jesus involved his whole body and spirit to save us.
4. God has given us a spiritual resource in the Holy Spirit. Read John 14:16-18 and John 14:26-31. What does Jesus promise regarding the Holy Spirit's role in teaching and reminding us of His words? How do these verses give you hope in the spiritual battle of our minds?

### **Life Application**

5. Share a time when you had to bring your whole self to a task. How did you bring both your body and spirit to accomplish what you set out to do?
6. Do you see the spiritual battle of our mind involving both our bodies and spirit? Why or why not? Have you experienced this in your own life? If so, how?
7. Which comes the most naturally for you in loving God with your whole heart, soul, mind, and strength? What are some ways you can grow in each of these aspects?
8. How has the Holy Spirit been your advocate? If you have yet to experience the Spirit's transformative work in your life, pray and ask for the Holy Spirit to open your heart, empowering you to navigate challenges, discern God's will, and experience the fullness of God's love and grace.