

## Week 2: The Daily Battle

**Overview:** The Christian walk is not easy! This week will cover the daily battle that Paul references in Galatians 5. This is a battle that is not against one another, but rather a battle between flesh and the spirit. We will help our students develop healthy daily practices to walk in the spirit and that help fight the daily battle while also reminding them that if they are in Christ, the battle has already been won!

**Key Scripture:** Galatians 5:16-21

**Supporting Scripture:** Ephesians 6:12, 1<sup>st</sup> Timothy 6:11-13, Romans 12:2

### Content

**Key Takeaway:** The battle against the flesh is unavoidable, but Christ provides a way to fight the battle, not by anything we do on our own, rather everything that Christ does through us.

#### Key Points:

- The battle is not lost when temptation comes your way.
  - Each response to temptation is chance to either gratify the flesh or to glorify God and rely fully on His strength.
- The battle...
  - Is a daily and active struggle
    - It's a continual battle where flesh(desires)tries to dominate and the spirit tries to gain control.
  - Is an internal conflict
    - A war for your heart and desires
  - Is a conflict between two separate natures
    - After becoming a believer, a person has a renewed spirit that desires to please God, but the flesh remains with its old desires
  - Is already won
    - In Christ we are already justified. Daily struggles come as we go through the process of sanctification (becoming more like Jesus). The Spirit convicts and empowers us as we surrender to Him.
- The Battle isn't...
  - A physical fight against people
  - A battle that can be fought on your own.
    - Rather a battle that we must give fully over to the Lord.
- The Battle Plan (how do we fight this battle)
  - Surrender the battle fully to the Lord
    - Knowing it's not your battle to fight.
      - The battle has already been won at the cross.

- Jesus' sacrifice provides the power and freedom from sin, and you can lean on his strength in every circumstance
- Live spirit led (Galatians 5:18)
  - A spirit led life is a life fully surrendered to Jesus and his guidance.
  - In a spirit led life we can rest in knowing that the battle has already been won and we can fully rely on the spirit for direction and guidance in the everyday life
- Put To Action (practical habits of grace)
  - Renew your mind daily (Romans 12:2)
    - Find ways to intentionally transform your mind to align with Gods truth by replacing your desires for His through...
      - Prayer, scripture reading and meditating on the Word of God daily
  - Focus on Gods strength and not your own
    - Knowing that it is though Christ in you that are able to fight this battle.

**Gospel Application:** Through Christ and his death on the cross, we have victory over sin and temptation and every desire of the flesh. In Christ, his victories become our victories. “It is no longer I who lives but Christ in me” (Galatians 2:20)

**Key Question:** Whose strength are you relying on to win the battle- how are you currently fighting?

## **Application**

**Activity Suggestion:** Go around and ask your students to share one practical habit that they might want to strengthen this week such as prayer, scripture reading....

**Community Group Questions:**

- How does knowing that temptation itself is not failure, change the way you respond when temptation comes?
- Where have you seen the battle of the flesh and the spirit in your own life. (your own desires VS Gods desires)
- How can daily habits like prayer, scripture, and renewing your mind help you live more spirit led?