

Rooted Group Notes

Week 5 || There is an Enemy

INTRODUCTION

This week we are inviting the Holy Spirit to search our hearts and share strongholds in our lives. When we get to the Group Discussion items and prayer time, we will break up by gender for the conversation. Through our conversation this week, we want to break strongholds and find freedom in our lives through the power of Jesus.

CONVERSATION STARTERS (5 minutes)

1. Have the person you asked last week share their story of saying Yes to Jesus and how they ended up in this group (2-3 minutes). Who would like to share their story during group next week?
2. Since we have had some experience with prayer during Rooted, where have you seen, heard, and/or experienced God? How is this different from your previous experiences with God?

ROOTED BOOK / SERMON NOTES REVIEW (10 minutes)

Looking back at your notes from your Rooted book or this weekend's teaching, was there anything that caught your attention, challenged you, or confused you?

GROUP DISCUSSION (Part 1 - 25 minutes)

1. Read [Colossians 1:13](#). Where in your life have you experienced freedom from darkness?
2. Have you ever contemplated the fact that we live in a spirit-filled world and have an enemy? If yes, share your thoughts with the group.
3. Not every bad thing or every struggle in our life is spiritual warfare. Much of what we struggle with is our own sin and the consequences of it. Some people tend to overemphasize spiritual warfare while others tend to underemphasize it. How have repeated patterns of sin in your life caused problems or challenged your relationships?

[WATCH THE VIDEO](#) (10 minutes)

Continued...

GROUP DISCUSSION (30 minutes)

Part 2: At this time, break up by gender for the Group Discussion items and Prayer.

Please go through the following steps for each person in your group:

Step One -**Share what stronghold(s) have you struggled with?**

As you share, you may decide to share some of your story, or you may simply say, “*I struggle with ____.*” Share openly while also being mindful of the time and our desire for everyone in the group to have an opportunity to share.

Step Two -

Have someone in the group read a scripture from the *Freedom Scriptures* page over the person who just shared. Example: In the video, Chad shared that bitterness has been a stronghold in his life. For Chad, you would read 2:Corinthians 5:17-19, and you would say:

*Therefore, if **Chad** is in Christ, the new creation has come. The old has gone, the new is here! All this is from God, who reconciled **Chad** to himself through Christ and gave **Chad** the ministry of reconciliation: that God was reconciling **Chad** to himself in Christ, not counting **Chad's** sins against **him**. And he has committed to **Chad** the message of reconciliation.*

Step Three - Then, have someone in the group pray aloud the following prayer over the person who shared their stronghold.

- **Before you pray:** Ask the person who shared if it would be okay if the group members place a hand on their shoulder as you pray.
- Identify the “Freedom” in place of their “Stronghold” from the Freedom Scriptures page below.
- Have the group members place a hand on the person’s shoulder, if you have permission, and pray these words over the person who shared their stronghold:

Father, we come before you in the name of Jesus. We recognize the power You have given us by the shed blood of Jesus to demolish spiritual strongholds in our lives. (Person’s name who shared) has confessed that he/she has given a foothold to sin, and we renounce the stronghold of _____.

We claim the truth of (Specific Freedom) by the authority of the name of Jesus Christ. Through Your power, we take back the ground (Person’s name) has surrendered to the enemy. We pray You will enable (Person’s Name) to trust and obey Your Holy Spirit so that this area of his/her life will be in conformity to the image of Christ. Amen.

***Repeat Step One through Three for each person in your group.**

If you have time remaining, discuss the following questions:

- Where in your life is the Holy Spirit winning over the flesh?
- What questions do you still have about the spiritual realm or spiritual warfare?

PRAYER (5 minutes)

Close your group time in prayer. You can use your own words or these words: *God, protect us from the schemes of the devil. Protect us from the world. Help us to surrender our flesh to you. Amen.*

ANNOUNCEMENTS (5 minutes)

- Sign up for a [serve experience at serveday.sv.cc](https://serveday.sv.cc).
- For a list of counselors and Care Groups, visit care.sv.cc.
- Remember to do your “Daily Response” prompts each day found in your Rooted Book and at the end of each Daily Devotional. If you haven’t signed up for the Sun Valley Daily Devos, do so today! Daily.sv.cc

Freedom Scriptures Section Below...

Freedom Scriptures

Use these scriptures to read and pray over yourself and one another in your areas of struggle. You can find the chart below in the **Rooted Journal. (pages 107-109)** Insert your own name or the name of the person you are praying for in the scripture, where appropriate, as you read aloud.

For example, from Matthew 16:24-25, *“I must deny myself and take up my cross and follow Jesus. For if I want to save my life, I will lose it, but if I lose my life for Jesus I will find it.”*

STRONGHOLD	FREEDOM
<p>BITTERNESS</p> <p>Lie: I have power and protection when I don't forgive others.</p>	<p>FORGIVENESS</p> <p>2 Cor 15-17: <i>Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.</i></p>
<p>CONTROL</p> <p>Lie: I can control my own life.</p>	<p>SURRENDER</p> <p>Matthew 16:24-25: <i>Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.</i></p>
<p>IDOLATRY</p> <p>Lie: If I just had a little more, I would be content.</p>	<p>CONTENTMENT</p> <p>Matthew 6:25-26: <i>“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”</i></p>

<p>DESPAIR</p> <p>Lie: Even God has abandoned me.</p>	<p>HOPE</p> <p>Psalm 34:17-18: <i>The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.</i></p>
<p>JEALOUSY</p> <p>Lie: I am entitled to all that I have.</p>	<p>GRATEFULNESS</p> <p>1 Chronicles 16:34: <i>Give thanks to the Lord, for he is good; his love endures forever.</i></p> <p>Matthew 7:9-11: <i>“Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!</i></p>
<p>FALSE TEACHINGS & RELIGIONS</p> <p>Lie: What I believe to be true is more trustworthy than God.</p>	<p>GOD’S WORD</p> <p>John 1:1-5: <i>In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.</i></p> <p>John 14:6-7: <i>Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”</i></p>
<p>SEXUAL IMMORALITY</p> <p>Lie: I am free to satisfy all of my desires.</p>	<p>PURITY</p> <p>Galatians 5:13-6, 19-21</p> <p><i>You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: “Love your neighbor as yourself.” If you bite and devour each other, watch out or you will be destroyed by each other. So I say, walk by the Spirit, and you will not gratify the desires of the flesh.-The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord,</i></p>

	<p><i>jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.</i></p> <p>Genesis 2:22-25 <i>Then the Lord God made a woman from the rib he had taken out of the man, and he brought her to the man. The man said, "This is now bone of my bones and flesh of my flesh; she shall be called 'woman,' for she was taken out of man." That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame.</i></p>
<p>REJECTION</p> <p>Lie: I am unlovable.</p>	<p>ACCEPTANCE</p> <p>Psalms 139:14: <i>I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.</i></p> <p>John 3:16: <i>For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.</i></p>
<p>INSECURITY</p> <p>Lie: I am less than everyone around me.</p>	<p>SECURITY IN CHRIST</p> <p>Ephesians 2:10: <i>For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.</i></p> <p>Romans 8:38-39: <i>For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.</i></p>
<p>DECEIT</p> <p>Lie: My actions are justifiable if it gets me what I need.</p>	<p>TRUTHFULNESS</p> <p>John 8:32: <i>Then you will know the truth, and the truth will set you free.</i></p> <p>Psalms 23:1: <i>The Lord is my shepherd, I lack nothing.</i></p>

<p>FEAR</p> <p>Lie: Being afraid keeps me from harm.</p>	<p>TRUST IN GOD'S SOVEREIGNTY</p> <p>2 Chronicles 20:6: <i>"Lord, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you.</i></p> <p>Matthew 10:29-31: <i>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.</i></p>
<p>PRIDE</p> <p>Lie: I am here because of all that I have done.</p>	<p>HUMILITY</p> <p>Matthew 16:24: <i>Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me.</i></p>