

STRONG

DEVOTIONS

Discussion Guide

NOTE TO LEADERS

- The Declarations at the end of each day's reading are a great addition to any time together as a group. This is something that you could add to each week's discussion as you feel it is beneficial.
- The following discussion questions correspond with each of the daily readings. Please feel free to choose the questions that you believe will cultivate the best conversations. You most likely will not need to use all 9 for each section.
- Discussion questions do not include the material covered in the optional video session from Lisa Bevere. Feel free to add time to discuss takeaways from the session or questions that group members may have.

Part 1

STRONG IN GOD

1. Have you ever felt that being a Christian means you shouldn't be Strong?
2. What/Who have you looked to, to make you feel confident or strong?
3. What lie or accusation from the enemy do you tend to believe? (How can you as a group pray for and encourage each other when these lies surface?)
4. Have you ever thrown a "tantrum" to God? Tell of a time it seemed He wasn't listening, but you later saw he was?
5. Is there anything you feel like you are leaning on or stomping your feet to get for fulfillment?
6. What worry do you need to let him carry tonight before you lay down to sleep?
7. Have you ever pictured God rejoicing over you with singing, or comforting your fears like a father tenderly rocking His daughter back to sleep?
8. How can you guard your heart? What is something you see creeping in to pollute it (bitterness, offense, lack of prayer or praise, attaching it to unreliable things...)?
9. Have you ever sat in silence and opened your heart to the Lord? Tell us about it?

Part 2

STRONG IN SPIRIT

1. What is your favorite worship song?
2. Have you/do you invite the Holy Spirit to breathe upon the Scriptures as you read?
3. How have you seen a cheerful heart bring health and life?
4. What is a healthy way to express your emotions instead of bottling them up and exploding?
5. Have you tried to use a soft or gentle answer as things heat up in conversation? What has happened?
6. What do you get passionate about? Do your passions align with what is important to God?
7. How does a lifestyle of worship invade your friendships and other relationships?
8. What can you do when a spirit of fear tries to invade your mind?
9. How can you make your prayers more powerful?

Part 3

STRONG IN PURITY

1. How does the counsel of man differ from the wisdom and insight of God?
2. How do we take captive every thought and make them obedient to Christ (2 Corinthians 10:5)?
3. When others look at you, what message are you hoping to send by what they see?
4. Were you raised with the knowledge that you were woven in wonder and known by your Creator? Or was the message you grew up with more like you were a bother or a mistake?
5. Do you have a healthy soul tie with a friend or family member? Unhealthy?
6. Do you believe You're forgiven, and a life waits for you on the other side?
7. Married or single, how can you honor marriage and guard intimacy?
8. How does a relationship change the rules?
9. Do you picture God rejoicing over you as a bridegroom rejoices over his bride?

Part 4

STRONG IN TRUTH

1. What are the most healing words you have heard recently?
2. What are some things you have been led to transform because of your relationship with God?
3. What is a promise or statement from God's Word that you can use to build walls of protection around your heart?
4. Do you have a friend or close "sister" that you have given permission to help you examine your decisions from all sides and angles?
5. Have you been able to redeem your regrets and "if onlys" and turned them into purpose and "even now" lessons that you can share?
6. Isaiah describes God as our "husband" who is calling us back and is full of unfailing love. Does this accurately describe your view of God or do you struggle with the fear of displeasing Him?
7. What are some truths God says about you that you can use to combat the lies you hear or believe?
8. Have you tried to rely on a person for love and protection? What is different when you rely on God for those things?
9. As we seek to live the truth that comes from the Light of God, are there apologies that you might need to circle back around to and take out the "but" or blame?

Part 5

STRONG IN RELATIONSHIPS

1. When you know you are wrong, do you tend to quickly turn to God and ask for forgiveness, or do you have a hard time believing he wants to forgive you?
2. Do you have anyone you need to work towards reconciliation with? Do you have anyone you need to let go of (you have asked for forgiveness, you have reached out, and you have gotten no response)?
3. What words do you need to speak and declare to God, to influence your affections toward Him?
4. Do you have any toxic relationships you need to set boundaries on?
5. Do you have a friend that sharpens you? Are you a friend that sharpens others?
6. Would you rather mete out your own punishment, or wait for the justice of God?
7. How do you guard against gossip, both from your own mouth, and into your ears?
8. Lisa said she looks for people to notice throughout her day. Have you been intentional to do this, to compliment, help, or simply greet someone?
9. Which of the characteristics of being a good friend are you strong at? Which ones do you need to work on to be a better friend?

Part 6

STRONG IN BATTLE

1. Are you alert and vigilant, watching for places the enemy might attack?
2. Are you seeking fulfillment in the wrong places? How can you adjust your aim?
3. Do you have a story of forgiveness you can share, either you being forgiven or offering forgiveness?
4. Worshipping is one way to seek shelter in God's presence. How do you seek refuge when the storm is raging?
5. How does realizing our fight is not against flesh and blood help us to fight right?
6. Do you have a scripture that you use to fight the attacks the evil one aims at your mind and thoughts?
7. How can you make the shift to fight "for" instead of fighting "against"?
8. What practices can you put into place to experience more of the light of God to help you fight the darkness of the enemy?
9. Is there a battle you keep drawing back from? What do you need to do to stand firm and allow God to fight for you?

Part 7

STRONG IN GRACE

1. Moving forward in freedom and forgiveness, what are some dreams for your future?
2. What happens when you hold on to unforgiveness? How can you move towards forgiveness even when you don't "feel" like forgiving?
3. What is a practical thing you do to overlook offenses and not hold on to them?
4. Is it harder for you to forgive others or yourself?
5. Have you taken time to "weed" the garden of your heart recently, checking for roots of bitterness?
6. Besides the measure of judgement placed back on us, what are some of the other dangers of "judging" others sins or failures?
7. Share a few great things you have seen God's power do? How does this help us accept God's forgiveness and mercy?
8. Have you ever considered hatred as murder?
9. What do you think the accused woman was feeling after her accusers all left without a single stone thrown?

Part 8

STRONG IN SELF-CONTROL

1. Do you consider yourself a good listener? How can you improve?
2. Are there appetites you need to work on balancing in your life?
3. Has your expression of anger matured so that you can be angry, and yet not sin?
4. Who is someone you can intentionally speak life over today?
5. What places of pain has God triumphed in by turning them into living examples of beauty and freedom that you can use to teach others about the love and truth that has set you free?
6. Do you have a set plan for reading and studying God's word?
7. Do you have scriptures that you are planting in your heart to reap a righteous harvest?
8. Do you struggle to rest and take a Sabbath? What can you do to help yourself move towards periods of rest?
9. Do you consider yourself an ambassador of Christ? What would change in your life if you remembered that you are standing on the "podium" representing God's kingdom?

Part 9

STRONG IN FREEDOM

1. Are you still judging yourself for past mistakes and not living in the mercy God is offering you?
2. Is there something in your heart you are allowing to remain and harden your heart?
3. How has confession helped bring you healing?
4. What weapons over the power of sin do we have access to as beloved daughters of God?
5. Have you released your pain to Jesus? How did it help you?
6. Do you use declarations of freedoms to help you live in the freedom God has granted to you?
7. Lisa identified with the tough image of the women in the James Bond films. Is there an imaginary image that you identify with, or one that you have identified with at some point? What is missing from that picture compared to our true identity of a Royal Daughter of God?
8. What are some things you have seen God make new in your life?
9. How is the promise of a restored relationship with God better than just having our place saved in heaven?

Part 10

STRONG IN HOLINESS

1. What are some things that are different from our culture as we seek to live as a Christ follower?
2. Are there things God is asking you to do that you feel like a small child refusing to obey quickly and easily?
3. What kinds of things are easier to “act” out rather than “be” as we strive to Be Holy?
4. Tell us about a season of refinement you have come through and describe how you are stronger because of it.
5. Have you ever fasted before? What did you learn or experience?
6. How does it make you feel to know that God is pursuing you and desiring you to return to him?
7. What does it mean when Jesus tells us to take up our cross?
8. How do you surround yourself with Scripture?
9. Why would we consider it pure joy when we face rough times?



CHRIST FELLOWSHIP
Groups