



The NIV version of the Bible is used for these questions.

1. Pastor Rick said that we have three enemies, what are they? Read John 8:44,45. How is Satan described by Jesus? What lies do you think Satan tries to get you to believe about yourself so you won't serve Christ?
2. Pastor Rick said that most of the time we are our own worst enemy, what do you think he meant? He said at these times, we do things with four incorrect motives, what were they? Which one causes you the most problems?
3. One of the things we are very good at as humans is rationalizing our behavior. What does that mean? Now days one of the methods of rationalization people use is to say that they are living "their truth". What do you think they mean? What is wrong with this statement?
4. What are the seven weapons of self-destruction? Which of these are most likely to cause you problems? Why do you think you are most affected by that one? Why is it important to know why a particular one trips you up?
5. Read Romans 8:5-8. According to this passage, when is it that we give in to the desires of our flesh? Read 2 Corinthians 10:3-5. In speaking about the spiritual warfare that we experience in our minds, what does Paul say we must do to win? What do you think it means to "take captive every thought and bring it into obedience to Christ"?
6. Read Romans 8:7,8 again. Is this a description of a believer or unbeliever? Why do you think so? Is it possible for a believer to allow himself to be governed by his flesh? When we are governed by our flesh, what can we not do? Is it possible for a Christian to live a life that is not pleasing to God and still be a Christian?
7. Read Romans 8:12. What is the promise in this verse? What lie of Satan does this defeat?
8. Challenge—As a group (or individually) memorize Romans 8:1-17 in order to keep these truths in your mind. (For the ambitious, memorize the entire chapter in 2025).

## ANSWERS

- 1. The three enemies we face are the world system, our own sinful flesh, and Satan. Satan is described as a liar and the father of all lies and no truth is in him at all. He is constantly telling us, many times in our own voice in our head, that we are not worthy, that we are horrible people that God could never use, so there is no sense in trying, God cannot use someone as bad as us.*
- 2. We are our own worst enemy when we believe the lies that Satan tells us about ourselves and we begin to believe them. We convince ourselves that we cannot do the things God wants us to. We pursue the desires of our sinful flesh which prevents us from serving God. The four incorrect motives are: a. we feel under obligation and guilt to do it; b. we want to do what our sinful nature wants because it is easy and it feels good; c. we want to be accepted by those around us; and d. we do not control our thoughts so we do whatever we think about.*
- 3. Rationalization is when we convince ourselves that what we are doing that is wrong is actually right to do. People who say they are "living their truth" are trying to justify what they do by saying that if they just believe it is true, that makes it true and therefore okay to do. The problem with this statement is that it assumes that you can determine what is truth, so there are many truths when there is actually only one thing that is true in any given situation, and God tells us what that truth is. If you jump off a tall building without a parachute, the truth is that you will probably die, no matter how hard you believe you can fly. We do not get to make up our own truth.*
- 4. The seven weapons of self destruction are: a. shame; b. insecurity; c. uncontrolled thoughts; d. compulsions of our flesh; e. fear; f. hopelessness; and g. bitterness. The reason it is important to know which ones cause you problems is because you are believing a lie about yourself in that area, and if you are going to overcome the lie, you have to identify what lie you are believing to be true. You cannot address the problem if you do not know the cause.*
- 5. This passage says we are controlled by our sinful nature when our mind (our thoughts) is thinking about the things that our sinful nature urges us to do. If you think about it, if you dwell on it, you will do it. 2 Corinthians 10 tells us that we must bring every thought into obedience to Christ if we are to win our struggle against sin. This means that we must strive to make every thought in our minds the thoughts that Jesus would think. Our thought life is where the Christian life is won or lost. What you allow yourself to think will dictate what you do.*
- 6. This entire passage is speaking to believers explaining how to live free from slavery to our sinful natures. It is our decision every day of our lives if we will yield to the Holy Spirit and do what God wants or yield to our sinful nature and do what it wants. When we decide to yield to the flesh, at that moment that we are controlled by our sinful nature, we cannot please God. It is very possible for a Christian to live in slavery to his sinful nature and not yield to the Holy Spirit in his life. He is still a Christian, just a disobedient one who is not pleasing his heavenly father.*
- 7. The promise is that it is possible to live free from slavery to our sinful nature, which defeats the lie that we cannot serve God because it is impossible to control our sinful nature. We will never be sinless, but as we grow spiritually, the Holy Spirit will control us much more than our sinful nature does. We can sin less.*