

DISCUSSION GUIDE

HOW TO WIN THE BATTLE WITHIN: Guard Your Heart

January 1, 2023



1. Read Proverbs 4:23, Proverbs 19:21, Jeremiah 17:9, 2 Corinthians 10:4-5, Romans 6:1-2.
2. What impacted you most from this week's sermon?
3. What does it mean to "guard your heart"?
4. What thoughts do you need to take captive? How does the Bible tell us to do this?
5. On a scale from 1-3, which battles are you winning, and which battles are you losing?
6. What stronghold(s) are you struggling with? How can your Group or close friends pray for you in this area?
7. From the previous list, memorize the verse that impacted you the most and encourage someone with it this week.

Happy New Year!

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