

STUDY GUIDE

THE BELIEVER'S BATTLE STRATEGY

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INTRODUCTION



The Believer's Battle Strategy Study Guide

Welcome to *The Believer's Battle Strategy (BBS) Study Guide*. I'm so glad you've decided to strategically walk through this strategy. By using this guide along with the BBS book, you will achieve a more 1) targeted experience of reflection, application and action for each concept, 2) self-guided approach and 3) intentional experience in community.

To learn what we hear (or read), we must apply what we learn to our personal lives. To maintain what we learn, we must continue applying what we now know.

This guide will help you achieve that. Be sure to grab others to strategize with you. Plan a specific time to meet (either in person or online in one of the various apps or chat platforms) and make a commitment to discuss what God reveals. You will discover so much more by listening to what others are learning as well as sharing what

you are learning. May God bless your efforts as you experience strategy living.

The BBS is about forming new habits and creating lifestyle change. Studies show it takes approximately 2 months to form a new habit. Through this guide, we've set up your BBS experience to model this approach so life giving habits have time to form and stick. Also, this guide breaks down your strategy into more manageable chunks so proper focus and effort can be attained for each important concept. You will be encouraged daily to practice habits through the Battle Tools given for each session.



The BBS Study Guide is set up in two parts:

- Part 1: STRATEGIZE is 6 Sessions long and walks you through Chapters 1-9.
- Part 2: BREAKTHROUGH is 6 Sessions long and walks you through Chapters 10-18.

The BBS Study Guide has been broken up into two parts to offer different study options:

- Option 1 – a 12-week discussion study of the full guide.
- Option 2 – a two-part study with a break in between parts.
- Option 3 – flexibility for the group to determine the duration.

Each Session consists of a 5-day plan to incorporate the battle tool habit, the BBS book reading and the reflection questions. I purposely didn't make each session include every day because we all need time to marinate and flexibility for when life gets crazy. With that said, since habit forming is our focus, make every effort to always implement the Daily Challenge regardless of if you're able to complete your day's homework.

How The BBS Study Guide Works:

Through the BBS Study Guide, the *Believer's Battle Strategy* book's chapter *Battle Orders* has been broken down into more comprehensive bite-sized chunks so you will not miss marinating on any concepts covered in the book reading. Each day is set up to include the following components:

1. **Daily Reading:** Listed at the top of each day under the heading, you will receive instruction on the day's BBS book reading. Our goal is to spend each day on a specific concept so try your best to just read the day's selected pages and spend more time on reflection and application. Some sessions cover two chapters at a time making some weeks more time-consuming than others. If time permits for your group, consider tackling one chapter per week and prolonging your strategy training.

2. **Battle Tool with Daily Challenge:** This is the central part of our strategy. When life gets overwhelming and you're pushed for time, commit to always implementing this step. Here, you are challenged daily to implement and form life-giving "battle" habits revolving around God's Word, your victorious weapon that:

- Brings life those who find it and healing to their body. (Proverbs 4:22)
- Is sharper than a double-edged sword, penetrating even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (Hebrews 4:12)
- Will never return void. (Isaiah 55:11)

We can rest in our Weapon when we wield and apply it daily. Battle Tools offer a practical way to do this. The goal is for these "Word" habits, or tools, to become second nature so that you can receive and thus live in Christ's abundance day to day.

In each session, you will learn a new Weapon wielding habit, or Battle Tool. Each tool builds upon itself so don't let yourself get overwhelmed. Practice the daily challenge each day and experiment with what works best for you in battle. Battle Tools are not meant to become a legalistic approach that brings condemnation when not practiced. Instead, their purpose is to provide the believer with an arsenal of ways to remain in the Word.

3. Questions: This section covers reflection from your reading. In addition, you will dive deeper into how the book's daily concept pertains to you. **While space is given for homework on the adjacent page, I strongly recommend investing in a separate journal for ample space to go where God leads.** This also makes it easier to refer back to your strategy in a different season or lend the guide to a friend who may need to up their strategy.



Group Discussion Time:

While it is not required to walk through the study with a group, it is highly recommended. We were made for community and need truth tellers in our lives to help us see clearly as well as encourage us when we are down. We are soldiers going out into the battlefield daily. Soldiers do not travel alone, nor should we.

The BBS Study Guide was set up to take as a group (where two or more are gathered) and meet weekly either locally in person or via an online group meeting app (i.e Zoom, Voxer, etc.) to discuss homework. Meeting weekly to share what God is revealing through His Word and this study brings about dramatic results in strategy. Not only are you learning what God is showing you, you have an opportunity to share it with others, as well as hear what they are learning.

Here are a few pointers for a successful weekly group meeting:

- Assign a discussion leader to carryout discussion for the allotted time. The leader can change each session. See below for troubleshooting discussion tips.
- Meet to discuss a session AFTER the homework is completed.
- Pray before you begin.
- Start discussion with the 5 minute author summary video. Visit <https://www.believersbattlestrategy.com> for more information.
- Discuss one session per meeting. Some sessions cover two chapters. If time permits, consider discussing one chapter per meeting.
- Have a set start and finish meeting time (1 - 2 hours depending on your group's needs). Plan time to get to know one another outside of deep discussion and commit to remaining on topic during the set time.
- The video will prompt discussion time. As the leader, be prepared with 3-5 questions from the session's homework if needed to keep discussion flowing and on topic.

Discussion Trouble shooting:

- Commit to confidentiality. This has to be a safe and comfortable place to share.
- Be careful veering off and remaining in life's circumstances, this can be easy to do and is a time stealer! As a group, help one remain on topic by focusing on what what God says.
- When speaking into a situation, always offer Truth (what God says) instead of opinions.
- Be mindful of time and allow everyone (especially the quieter ones) an opportunity to share.

More resources are available online at
<https://www.believersbattlestrategy.com>

BATTLE TOOL APPENDIX



Battle Tools offer a practical way to wield our weapon, the Word of God. Each tool builds upon itself so don't let yourself get overwhelmed. Practice the daily challenge when prompted and experiment with what work best for you in battle. Battle Tools are not meant to become a legalistic approach that brings condemnation when not practiced. Instead, their purpose is to provide the believer with an arsenal of ways to remain in the Word.

PART I – STRATEGY

- Chapter 1: COMMIT (pg. 11)
- Chapter 2: PRAY Scripture (pg. 25)
- Chapter 3: SAY Scripture (pg. 39-40)
- Chapter 4: WRITE – Take Mental Inventory (pg.53-54)
- Chapter 5: TRUTH BINDER (pg. 68-69)
- Chapter 6: DRESS – Armor Up (85-86)
- Chapter 7: RENEW – Set New Default (pg. 103)
- Chapter 8: REPLACE – Eliminate Lies with Truth (pg. 119)
- Chapter 9: CHOOSE – Choose Life Plan (pg. 136-137)

PART II – BREAKTHROUGH

- Chapter 10: PURGE – The Triage Challenge (pg. 152-157)
- Chapter 11: TRANSFORM – Heart Surgery (pg. 171-176)
- Chapter 12: MEDITATE – God Loves Me (pg. 191)
- Chapter 13: REMEMBER – Identity Object (pg. 206)
- Chapter 14: EXERCISE – Authority Prayer (pg. 222)
- Chapter 15: WAIT (pg. 239-240)
- Chapter 16: SERVE – Walk in Love (pg. 255)

Chapter 17: FORGIVE – Radical Love (pg. 270-271)

Chapter 18: MAINTAIN – Form a Maintenance Plan

PART 1 —STRATEGIZE

THE BELIEVER'S BATTLE STRATEGY STUDY GUIDE



SESSION 1 — THE BATTLE

BBS CHAPTERS 1-2

S1:DAY 1 — Ch 1 The Battle

READ BBS PGS. 1-5 (TOP)

Battle Tool: In this section, you will focus on a strategic action revolving around God's Word to implement. This is the central part of your strategy, so at the minimum, always put this tool into practice. If we don't apply what we hear we will not learn it. If we don't form a habit of applying what we learn, we will not maintain it.

Daily Challenge: Commit to daily implementing *The Believer's Battle Strategy Study Guide*.

1. **What do you hope to get out of this study?** Write down your expectations here.
2. **What struggle (hurt, habit or hang up) are you currently facing?** For help identifying read through the questions on pg. 3 of your book.
3. **What do you most often find yourself fighting?** Think on your struggle from question 1 and the three things (self, others and circumstances). Explain your answer.
4. **Read Ephesians 6:12.** According to this verse, what or who is your fight really with?

NOTES

S1:DAY 2 — CH 1 THE BATTLE

READ BBS PGS. 5-9

Commit: Three key components to winning the battle.

- Show up – Commit to your homework and meeting for discussion.
- Armor up – Prepare and train for battle.
- Open up- share your struggles and what God reveals with those you trust.

Daily Challenge: Initial and sign commitment on pg. 12 of your BBS book and identify a battle buddy to strategize with. _____

1. Complete this statement from pg. 7:

If I don't _____ what I've heard or read, I will not
_____. If I don't keep _____ what I've
learned, I will not _____ it.

2. Why is it important to walk through strategy in community?

3. What does it mean to be a Christ follower (Matthew 4:19, 16:24)?

**4. If you were to die today, would you spend eternity in heaven?
How do you know? (John 3:16, 14:6; Ephesians 2:8)**

5. Complete this statement: In order to follow Christ, I must
(Romans 10:10, John 10:27)

**6. What is the difference between being a Christian and being a
soldier for Christ? (Ephesians 5:11, 6:10-18; Romans 12:1-2)**

NOTES

S1:DAY 3 — CH 2 EYES TO SEE

READ BBS PGS. 13-17

Pray Scripture: There is power in prayer. There is exponential power in praying the Word of God. Form a habit of praying the Word that is alive an active, sharper than any double-edged sword.

Daily Challenge: Pray Psalm 119:18, *Lord, open my eyes so that I may see the wonderful things in your law.*

1. Have you experienced an eye-opening moment like Elisha's servant? In other words, can you remember a time when your situation looked hopeless but God's miraculous provision or defense revealed a victory you never saw coming? Explain.
2. Reread Ephesians 6:12. What do you believe about the spiritual battle?
3. Seeing your struggle with new eyes, what is the real battle you are facing? Continue praying for eyes to see (Psalm 118:18).

NOTES

S1:DAY 4 — CH 2 EYES TO SEE

READ BBS PGS. 18–22 (HIS STORY)

Pray Scripture: There is power in prayer. There is exponential power in praying the Word of God. Form a habit of praying the Word that is alive an active, sharper than any double-edged sword.

Daily Challenge: Pray John 16:33, *God thank you for your peace. I know that in this world I will have trouble but I take heart because you have overcome the world!*

1. Our story is intertwined with His story. To fully understand ours, we must see the spiritual side of the story and the parallels that affect our daily lives. **What part of His story (beginning, middle, end) is hardest for you to believe? Why?**
2. **How does the spiritual realm affect your earthly life? your daily life?**
3. **How can we have peace in the midst of this battle?**

NOTES

S1:DAY 5 — CH 2 EYES TO SEE

READ BBS PGS. 22-24

Pray Scripture: There is power in prayer. There is exponential power in praying the Word of God. Form a habit of praying the Word that is alive an active, sharper than any double-edged sword.

Daily Challenge: Pray I Timothy 6:12, *God, help me to fight the good fight of the faith. Help me take hold of the eternal life to which I was called...Open my eyes and ears so that I may fully understand this promise.*

1. What if any point/verse(s) from the reading do you need eyes to see and believe? Stop, confess and pray Mark 9:24: *“I believe; help my unbelief!”*
2. What mission has God given you in His greater story?
3. If you are unsure of your mission, stop and pray, “God you say in James 1:5 *If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.* I ask for wisdom to know what you have called me to do.” (NIV)
4. What is holding you back from your mission?
5. Pray Hebrews 12:1-2 and step out into your mission with faith. *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.* (NIV)

NOTES

SESSION 2 — THE THIEF’S PLAN

BBS CHAPTER 3

S2:DAY 2 CH 3 DOUBT

READ BBS PGS. 27-30

Speak Scripture: There is power in prayer. There is power in praying the Word of God. There is exponential power in the spoken Word. Claim God’s Word by speaking aloud scripture each day.

Daily Challenge: Speak aloud Hebrews 4:12: *For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.*

1. Do you have a tendency to lean more towards listening to others’ interpretations of scripture (i.e. through books or speakers) instead of going straight to the Word for direct instruction? What is the danger of not receiving direct instruction?

2. Can you think of a time when you, like Eve, became an easy target? If so, explain.

3. How might the enemy be using doubt in your life?

4. Identify scripture(s) to speak against doubt in your life. Search the Bible app, a concordance or Google for “verses on doubt,” or even search the opposite of doubt. You will be asked to do this for each steal tactic. As God reveals scriptures, record these verses. Consider putting your verses into a notecard system and starting your Truth Binder tool (found on pg. 68 of your book) now. This will give you a place to store your verses and not become overwhelmed.

NOTES

S2:DAY 2 — CH 3 DISTRACTION

READ BBS PGS. 31-34

Speak Scripture: There is power in prayer. There is power in praying the Word of God. There is exponential power in the spoken Word. Claim God's Word by speaking aloud scripture each day.

Daily Challenge: Speak aloud 1 John 2:16 *For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world.*

1. What is your tendency toward distraction? (Do you tend to fall into a mental dialogue with either the enemy or yourself? Take a moment and ask the Lord to give you eyes to see your tendencies. Write what comes to mind.)

2. How might the enemy be using the steal tactic of *distraction* on you through the following?

- Pride
- Temptation
- Busyness
- Inner Noise (Inner Dialogue)

3. Identify scripture(s) to speak against each area of distraction in your life. Record your verse(s) into your notecard system for future reference.

NOTES

S2:DAY 3 — CH 3 ACCUSATION & ISOLATION

READ BBS PGS. 34-35

Speak Scripture: There is power in prayer. There is power in praying the Word of God. There is exponential power in the spoken Word. Claim God's Word by speaking aloud scripture each day.

Daily Challenge: Speak aloud Ecclesiastes 4:9-10 *Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!*

1. Complete this statement from pg. 34.

While the _____ brings condemnation (_____ accusation which leads to _____) when we sin, _____ brings conviction (an _____ which leads to _____).

2. How can you recognize the difference between condemnation and conviction?

3. How might the enemy be using the steal tactics of shame and isolation in your life?

4. Identify scripture(s) to speak against shame, accusation or isolation in your life. Record your verse(s) into your notecard system for future reference.

NOTES

S2:DAY 4 — CH 3 FEAR

READ BBS PGS. 36

Speak Scripture: There is power in prayer. There is power in praying the Word of God. There is exponential power in the spoken Word. Claim God's Word by speaking aloud scripture each day.

Daily Challenge: Speak aloud Psalm 27:1 *The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?*

1. Define Fear.

2. Define Worry.

3. How might the enemy be using the *fear* steal tactic in your life. In other words, what are you afraid of

- Physically?
- Emotionally?
- Spiritually?

4. What do you spend your time worrying about?

5. Identify scripture(s) to speak against fear in your life. Record your verse(s) into your notecard system for future reference.

NOTES

S2:DAY 5 - CH 3 BLAME & CONSEQUENCES

READ BBS PGS. 36-38

Speak Scripture: There is power in prayer. There is power in praying the Word of God. There is exponential power in the spoken Word. Claim God's Word by speaking aloud scripture each day.

Daily Challenge: Speak aloud Proverbs 3:11-12 *My son, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves him whom he loves, as a father the son in whom he delights.*

- 1. How do you default to blame when confronted of a wrong?**
- 2. Who do you tend to blame, man or Satan? Do you believe you are at fault when you blame? Why or why not?**
- 3. When faced with the consequence of sin, how do you respond? How does God call us to respond?**
- 4. Identify scripture(s) you can speak against blame or dealing with the consequences of sin. Record your verse(s) into your note-card system for future reference.**

NOTES

SESSION 3 — THE ATTACK

BBS CHAPTER 4

S3:DAY 1 — CH 4 THE ATTACK

READ BBS PGS. 41-43

Take Mental Inventory: We unconsciously listen to and believe what we hear, think and feel. From the words spoken over us, to the words we say, to the thoughts we think, these are often not of God and very destructive. Ask the Lord for eyes to see. Identify what you are listening to, thinking on and believing. Commit to spending five minutes each day this week taking mental inventory. Write down whatever comes to mind from the daily promptings. Continue to pray and speak scripture over what the Lord reveals.

Daily Challenge: Think about your life, what you've been through, your hopes and dreams, where you are in this season of life, etc. Spend five minutes writing down what comes to mind. There are no wrong answers.

1. Can you relate to scenario reading? Why or why not? **What inconveniences play out for you on a typical day?**

2. Write John 10:10 in its three different parts.

1. _____
2. _____
3. _____

3. Think on your life and reread today's mental inventory journaling. **Which part of John 10:10 is hardest for you to accept as true or remember? Why?**

NOTES

S3:DAY 2 — CH 4 CIRCUMSTANCE

READ BBS PGS. 43 – 45

Take Mental Inventory: We unconsciously listen to and believe what we hear, think and feel. Taking mental inventory regularly is needed. Keep a journal close by to write down what the Lord reveals. Listen for and identify what you are listening to, thinking on and believing. Ask the Lord to open your eyes and ears. Continue to pray and speak scripture over what the Lord reveals.

Daily Challenge: Think about your circumstances (past or present) and the thoughts and feelings you have about them. Spend five minutes writing down what comes to mind.

1. Read Job 1-2. What are three things can you learn about the attack from Job's story?

2. What power does Satan have over circumstances?

3. In what ways is the enemy using your circumstances to steal your joy? Refer to the above mental inventory exercise.

4. Complete this statement from the last bullet on pg. 44.

The _____ can have some say in the _____
is what we _____ to do with the _____
we _____ in those circumstances.

5. How can I apply this statement to my current situation?

NOTES

S3:DAY 3 — CH 4 OTHER PEOPLE

READ BBS PGS. 45-47

Take Mental Inventory: We unconsciously listen to and believe what we hear, think and feel. Taking mental inventory regularly is needed. Keep a journal close by to write down what the Lord reveals. Listen for and identify what you are listening to, thinking on and believing. Ask the Lord to open your eyes and ears. Continue to pray and speak scripture over what the Lord reveals.

Daily Challenge: What thoughts do you have about difficult people (past or present) in your life? Spend five minutes writing down what comes to mind.

- 1. Who negatively affects you the most** (i.e. ex-spouse, politician, family member, etc.)?
- 2. How do you feel about this statement:** “They are not your enemy, but a counterfeit Satan is using to distract you from his schemes?”
- 3. In what ways may you be blinded or distracted by your relationships?** Refer back to the above mental inventory exercise.
- 4. How is Satan trying to cause disunity between you and another believer(s)?**
- 5. Locate a scripture to help you in this area.** Record your scripture in your notecard system to pray and speak often.

NOTES

S3:DAY 4 — CH 4 THE MIND

READ BBS PGS. 47-50

Take Mental Inventory: We unconsciously listen to and believe what we hear, think and feel. Taking mental inventory regularly is needed. Keep a journal close by to write down what the Lord reveals. Listen for and identify what you are listening to, thinking on and believing. Ask the Lord to open your eyes and ears. Continue to pray and speak scripture over what the Lord reveals.

Daily Challenge: How do you feel about yourself? What do you say about or to yourself? What things you hear or do confirm this? Spend the next five minutes writing down what comes to mind.

1. Complete this statement from page 47.

*The attacks of _____ and _____
are only as powerful as our _____ and
_____ about them.*

2. Refer back to your mental inventory from days 1-4 and answer the following questions.

- What negative or life stealing thoughts and attitudes can you identify?
- Do you notice a negative or reoccurring pattern? If yes, explain.

3. The Bible says all Christ Followers are free, yet the majority believe they are not. They are held captive by enslaved thinking. How may you have fallen into enslaved thinking (fallen prey to fighting the strategy instead of the strategist)?

4. Pray and speak aloud Galatians 5:1: *It is for freedom Christ has set “me” free; “I will” stand firm therefore, and do not submit again to a yoke of slavery.*

NOTES

NOTES

S3:DAY 5 — CH 4 WRONG FOCUS

READ BBS PGS. 50-52

Take Mental Inventory: We unconsciously listen to and believe what we hear, think and feel. Taking mental inventory regularly is needed. Keep a journal close by to write down what the Lord reveals. Listen for and identify what you are listening to, thinking on and believing. Ask the Lord to open your eyes and ears. Continue to pray and speak scripture over what the Lord reveals.

Daily Challenge: Think back over your week. Who, what or where do you tend to focus? Spend 5 minutes writing down what comes to mind.

1. In regards to the thief, our real enemy, and his attack, are you hyper-focused? How would you rate yourself? (Circle a number and explain in the notes section).

UNSEEN focused — 1 — 2 — 3 --- 4 — 5 --- 6 — SEEN Focused

2. Read Hebrews 12:1-2. Where is our focus meant to be?

3. How can you shift your daily focus to the author and perfecter of life? Use your journaling from today to tweak and help you create an example to follow.

NOTES

SESSION 4 — GOD’S PLAN

BBS CHAPTER 5

S4:DAY 1 — CH 4 THE ABUNDANCE SHIFT

READ BBS PGS. 55-60

Truth Binder: Allow scripture to become your ammunition. Select a notecard system to add specific scriptures to that speak directly to you in your struggle. This week, keep these scriptures on hand ready to utilize. You will be forming a practice to read, declare and speak scripture not only each day, but also in the moments you feel yourself losing your peace, joy or patience. In doing so, you can refute lies you have come to believe and begin stepping into abundant thinking.

Daily Challenge: If you have not already started your binders, ask the Lord to reveal two scriptures and record them in your binder. Read, declare and speak aloud these scriptures right now. If you’ve already started your Truth Binders, read, declare and speak aloud your scriptures now. Keep your binder with you all day. When you feel an attack or steal tactic being used, utilize your ammo.

1. **What does a typical day look like for you?** On a separate sheet of paper, write out a typical day including all the mundane, frustrating and inconvenient events, circumstances and people. Include your default thoughts, feelings and attitudes about them (see pg. 41 as an example).

2. **Change comes from deciding ahead of time to do something different. How can you respond differently to your day?** Go back through your answer to #1 and create a “Take Two” option, changing your negative responses to aid the shift from enslaved to abundant. (Use the example from pg. 59 and how it’s contrasted with pg. 41.)

NOTES

S4:DAY 2 — CH 5 ENSLAVED TO ABUNDANT

READ BBS PGS. 61-62

Truth Binder: Allow scripture to become your ammunition. We need to immerse ourselves in God's Word to combat the enemy's attacks. Form a habit to read, declare and speak your verses each day, especially when you feel yourself losing your peace, joy and patience. In doing so you can refute lies you have come to believe and begin to step into abundant thinking.

Daily Challenge: Refer back to previous sessions (i.e. Session 3's steal tactic verses) and identify at least 5 new verses to include in your Truth Binders. When finished, flip through your binder and speak each verse aloud.

1. Complete this statement from pg. 61.

*I can choose to _____ and _____
even when I don't feel like it. If I do this _____,
my _____ will eventually follow. God promises His
Words are not empty. They have _____.*

2. Decide ahead of time to implement the abundance shift today.

Walk out the following steps before you start you day:

1. Pray Philippians 2:13: *God, give me the desire and power to do what pleases you.* Record this verse in your binder.
2. Reread your "Take Two" option created from Day 1. Ask the Lord to help you respond accordingly to your upcoming day with this new perspective.
3. Ask the Lord to remind you to use your Truth Binder today when you begin to fall into enslaved thinking.

NOTES

S4:DAY 3 — CH 5 ABUNDANCE IS FRUIT

READ BBS PGS. 62-63

Truth Binder: Allow scripture to become your ammunition. We need to immerse ourselves in God's Word to combat the enemy's attacks. Form a habit to read, declare and speak your verses each day, especially when you feel yourself losing your peace, joy and patience. In doing so you can refute lies you have come to believe and begin to step into abundant thinking.

Daily Challenge: Flip through your binder and speak each verse aloud. If the Lord reveals more scripture, record them now.

1. According to Galatians 5:22-23a, what is Spiritual Fruit?

2. Complete this statement from pg. 62.

How can you recognize a spiritual attack? By looking at our _____ . An attack is when we feel our Spirit-given fruit like _____ or _____ being stolen. It's when you are tempted and _____ is needed, but we don't feel strong enough. It's when we experience _____ or _____. It's when we get angry and don't want to show _____ or _____ to our offender.

3. What Spiritual Fruit is commonly attacked in your life? Explain.

4. Locate a scripture(s) to speak when you feel yourself losing your Spiritual Fruit (i.e. if it's peace, search verses about peace). Record this verse in your binder.

NOTES

S4:DAY 4 — CH 5 ABUNDANCE IS SPIRITUAL

READ BBS PGS. 63-64

Truth Binder: Allow scripture to become your ammunition. We need to immerse ourselves in God's Word to combat the enemy's attacks. Form a habit to read, declare and speak your verses each day, especially when you feel yourself losing your peace, joy and patience. In doing so you can refute lies you have come to believe and begin to step into abundant thinking.

Daily Challenge: Flip through your binder and speak each verse aloud. If the Lord reveals more scripture, record them now.

1. Answer the following question(s) before your reading this week.
What comes to mind when you think of the word "abundance"?
What does an abundant life look like to you?

2. How has the world personally clouded your perspective of abundance?

3. After reading what's assigned, has your answer to question 1 changed? If so, answer question #1 again here.

4. Pray Paul's revelation of Philippians 4:11-13 over your life: *Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.*

NOTES

S4:DAY 5 — CH 5 ABUNDANCE IS CHRIST

READ BBS PGS. 65-67

Truth Binder: Allow scripture to become your ammunition. We need to immerse ourselves in God's Word to combat the enemy's attacks. Form a habit to read, declare and speak your verses each day, especially when you feel yourself losing your peace, joy and patience. In doing so you can refute lies you have come to believe and begin to step into abundant thinking.

Daily Challenge: Flip through your binder and speak each verse aloud. If the Lord reveals more scripture, record them now.

- 1. Look back over your answer to question #1 in Day 4. What scripture(s) back up your view of abundance?** If your answer does not line up with Truth, correct your definition of abundance by seeking the Truth in scripture and add them to your Truth Binder.
- 2. How are you living now in the abundance God speaks of? How are you not?**
- 3. What is keeping you from living in His abundance?**
- 4. What practical step can you take today towards Christ and abundant thinking?** Tell a friend for accountability.

NOTES

SESSION 5 — POWER & PROTECTION

BBS CHAPTERS 6 & 7

S5:DAY 1 — CH 6 GOD'S POWER

READ BBS PGS. 71-75

Armor Up: Ephesians 6:11 says *Put on the whole armor of God, that you may be able to stand against the schemes of the devil.* As soldiers in Christ, how can we expect to be battle ready if we are not battle dressed? Just like we physically dress for the day, we must understand the importance of being spiritually dressed. This week, ask God to:

- Reveal His armor to you. 2 Samuel 2:40: *You have armed me with strength for the battle; you have subdued my enemies under my feet (NLT).*
- Show you how to put and keep on His Armor. Ultimately, this is a daily choice of remembering Whose you are and God's power available to you.
- Help you form a dressed for battle ritual. Commit to not going another day with His Armor.

Daily Challenge: Identify one action step you can take today to clothe yourself in God's power.

1. What steps do you currently take to mentally and spiritually prepare for your day?
2. Have you put on the Armor of God today? If not, why? If yes, how can you tell it is on?
3. What is the Lord revealing to you about His power and protection? (If time permits, read Psalm 91, Ephesians 6:10-18).

NOTES

S5:DAY 2 — CH 6 GOD'S ARMOR

READ BBS PGS. 75-84

Armor Up: As soldiers in Christ, how can we expect to be battle ready if we are not battle dressed? Spiritually dressing is a daily choice of remembering Whose you are and His armor available to you. If this is your first time studying the Armor of God or if time permits, spend an extra day working through the reading and application. There is so much to learn here, so be sure to refer back to continue forming your daily armor ritual.

Daily Challenge: Record your armor action step experience from day 1 and how it affected your day. What else can you do ritually to remind yourself of each piece of God's Armor?

1. Write down one takeaway point in your studies for each piece of armor.

- Belt of *Truth*
- Breastplate of *Righteousness*
- Shoes of *Peace*
- Shield of *Faith*
- Helmet of *Salvation*
- Sword of the Spirit
- Pray in the Spirit

2. Which piece do you find most difficult to put on or Keep on? Why?

NOTES

S5:DAY 3 — CH 7 GUARD YOUR GATES

READ BBS PGS. 87-94 (TOP)

Mind Renewal: Each tool builds upon itself. Armor up is part of renewing your mind which includes praying and speaking Truth against lies uncovered. The Bible highlights renewing our minds as our part in the spiritual transformation process. If we don't intentionally reset our default to His for the day and recognize moments when we need spiritual refills, we will not be strong enough to recognize and combat Satan's daily attempt to steal, kill and destroy.

Ask for God's help in forming a daily ritual that can become second nature. Experiment with activities you enjoy and bring you closer to God, including the Word. Listen and allow Him to tweak this sacred time.

Daily Challenge: What action step can you take today to renew or put on the mind of Christ?

1. What thoughts, words or phrases are you programmed to wake up to or fall back into when life gets tough?

2. Complete this statement from pg. 89.

What we allow to _____ in our minds is our _____.

If we want _____, we have to protect our gates, _____.

3. How do you know when God's Word has reached your heart and not just your mind?

4. Read Romans 12:2. Why is it important for you to renew your mind every day?

5. Identify three ways you are tempted to conform to the ways of the world. Locate a scripture for each way. Record your scripture here and in your Truth Binder.

NOTES

S5:DAY 4 — CH 7 INCREASE GOD WEIGHT

READ BBS PGS. 94-98

Mind Renewal: Romans 12:2a says *Do not be conformed to this world, but be transformed by the renewal of your mind.* We guard our gates best by getting “spiritually dressed” and filling our mind with God’s Word *before* we enter the battlefield, or go out into the day. Mind Renewing is not a one-time action, but a process. It’s a diluting of the world’s ways ingrained at birth and the filling of God’s Ways. It takes time and intentionality.

Daily Challenge: Record your renewing action step experience from day 1 and how it affected your day. How else can you ritually renew or put on the mind of Christ today?

1. Complete the Life Scale Exercise. Based on a life scale of 1 to 5, circle the number that best describes your current state in each category. (see next page for full exercise)

My MOTIVES for daily time with God:

An Item on my “To Do” List — 1 — 2 — 3 --- 4 — 5 — My Lifeline

My FOCUS is on:

Myself and the World — 1 — 2 — 3 --- 4 — 5 — God

My THOUGHTS are on:

My Plans, Ideas and Feelings — 1 — 2 — 3 --- 4 — 5 — God’s Promises

My TIME is spent in:

Joy-Stealing Ways — 1 — 2 — 3 --- 4 — 5 — Life-Giving Ways

I surround myself with the following RELATIONSHIPS:

Joy-Stealing Ways — 1 — 2 — 3 --- 4 — 5 — Life-Giving Ways

2. Based on your findings from question #1, what areas do you feel God leading you to grow in? What action can you implement this week to drawing closer to God in this area? How can your group hold you accountable?

3. What thoughts, habits, persons or activities are stealing your joy and peace? Write down what comes to mind. For each one listed, determine one positive action or habit you can implement to replace what steals.

NOTES

S5:DAY 5 — CH 7 RENEW/REFILL

READ BBS PGS. 98-101

Mind Renewal. We guard our gates best by getting “spiritually dressed” and filling our mind with God’s Word *before* we enter the battlefield, or go out into the day. Mind Renewing is not a one-time action, but a process. It’s a diluting of the world’s ways engrained at birth and the filling of God’s Ways. It takes time and intentional action.

Daily Challenge: Identify and commit to a renewing/refilling ritual you will implement into your strategy moving forward. Record here for accountability.

1. Reset your mind to a gospel default. Write a few short sentences to personalize and summarize the gospel for you from God’s Word (see example on pg. 99). Consider making this a part of your daily mind renewal.

2. What does (or should) your quiet time with God look like?

3. Evaluate your expectations from question #2. Are they realistic and intimate, or legalistic and overwhelming? What lies might you be believing about this sacred time?

4. How can you incorporate an activity you enjoy into your time with God today?

NOTES

SESSION 6 — CHANGE YOUR THOUGHTS

BBS CHAPTERS 8 & 9

S6:DAY 1 - CH 8 ELIMINATE LIES

READ BBS PGS. 105-III (top)

Replace Lies with Truth: *2 Corinthians 10:5* says *We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.* This is a two-step vital process: Identify the lie AND replace it with Truth. We change our thoughts by casting out what is false and replacing it with what is true. According to this verse, every thought must be assessed to see if it lines up with God's Word. Any time you identify a thought or feeling, assess it and cast out what is not of God.

Daily Challenge: Identify a lie from past session and follow these instructions:

1. Write lie (i.e. *I'm not good enough*): _____
2. Cross through the lie in step one and speak the following
"I cast out the lie (place identified lie here) and make it obey Christ."
3. Ask God to reveal the feeling, root or heart issue behind your lie (i.e. *I'm not good enough* could cause *discouragement*, *condemnation* or *doubt*, etc.). This will help you know what to search for in step four. Write your specific finding(s) here: _____
4. Locate a scripture to combat the enemy's lie. Write your scripture here and in your Truth Binder.
5. Declare aloud this scripture over your life by boldly speaking it aloud.

1. According to 2 Corinthians 10:5, what are we to do with our thoughts? Which thoughts? Why?

2. Complete and record the following on a separate sheet of paper:

1. What negative thoughts or feelings come to mind as you think on your past, present or future?
2. What do you say about yourself, others or your circumstances?
3. What do others say about you or speak over you?
4. Go back through past sessions' findings and record any identified lies.

3. Next, cross through what is wrong or negative in your findings and speak *"I cast out the lie (place identified lie here) and make it obey Christ.* We will tackle steps 3-5 of the battle tool in Day #2.

NOTES

S6:DAY 2 — CH 8 REPLACE WITH TRUTH

READ BBS PGS. 111-117

Replace Lies with Truth: We change our thoughts by casting out what is false and replacing it with what is true. Every thought must be assessed to see if it lines up with God's Word. Any time you identify a thought or feeling, assess it and cast out what is not of God.

Daily Challenge: When prompted, complete the Replace Lies with Truth process from Day 1's findings.

1. According to 2 Corinthians 10:4, what is our weapon to eliminate the lies in our mind?

2. What is the danger of replacing a lie with a positive thought instead of Truth?

3. Read Philippians 4:8. What are we to think on? Underline the first requirement.

4. Complete this statement from pg. 115.

*We will believe what we _____. Who do you hear the most?
It's _____. Whatever you _____ you are
listening to and will eventually believe.*

5. Why do we speak aloud our replaced Truths? Name two reasons.

6. Take each revealed thought or feeling from question #2 on Day 1 and filter it through Philippians 4:8 to finish your thought assessment. Then, complete steps 3-5 of the Replace Lie with Truth Battle Tool from Day 1's challenge. (i.e. Lie: _____, Root: _____, Truth: _____)

NOTES

S6:DAY 3 — CH 9 LIVE BEYOND FEELINGS

READ BBS PGS. 121-129

Choose Life: Replace lies with Truth. We change our thoughts by casting out what's false and replacing it with what's true. Any time you identify a wrong or negative thought or feeling, cast it out declaring aloud the Truth.

Daily Challenge: When prompted, choose to complete the feelings exercise. Speak your Truths against your lies especially in the moments you don't feel like doing it.

1. Read Deuteronomy 30:19. What stands out most to you in this verse and why?

2. What are some ways that you choose death in your daily life?

3. Identify one past life changing event and one current or recent event. In each, which perspective (worldly or kingdom) did/have you chosen to view these events through? If it is a worldly perspective, identify a way you could choose a kingdom perspective in it? Use the scenarios from Chapters 4 and 5 as examples for a perspective shift.

4. Complete this statement from pg. 127.

We are not meant to _____ our feelings, for they are real...Feelings are actually an _____ of what's really going on in our _____ and, therefore, what needs to be _____.

4. Identify 2-3 negative emotions you feel at times. (For help identification feelings, google a "Feeling Wheel" chart.)

5. Complete the “I feel but I know” exercise for every identified feeling. Locate a scripture that speaks to the feeling, its opposite or the heart issue. Examples are listed on pg. 129 of your book. Speak them aloud. Write your verses in your Truth Binders. Use this exercise when feelings overcome you. (i.e. “I feel (add feeling or heart issue), but I know (add scripture)”)

NOTES

S6:DAY 4 — CH 9 CHOOSE TO ACT

READ BBS PGS. 129-131

Choose Action: *I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live, Deuteronomy 30:19.*

Daily Challenge: Choose to take the physical posture of speaking your Truth Binder scriptures aloud. Is there an additional action God is calling you to today? If yes, do so now.

1. Complete the following statements from pg. 130.

1. *Allowing our Heavenly Father to _____ our steps as our spirits _____ is a must.*
2. *One way to allow God access is by surrendering our _____ to a repetitive _____.*
3. *When we take an _____ towards God, He will _____.*

2. What weaknesses, moments, or habits get the best of you during the day?

3. What repetitive action can you take to surrender your flesh in these weak moments? See pg. 130-131, 136 for examples.

NOTES

S6:DAY 5 — CH 9 CHOOSE TO BELIEVE

READ BBS PGS. 131-134

Choose Belief: *I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live, Deuteronomy 30:19.*

Daily Challenge: Choose to believe and receive your scriptures from your Truth Binder.

1. Believe:

1. Define believe.
2. Which of God's promises are hard to believe for yourself?
3. Where do you feel doubt or hesitation is coming from?
4. Write down the promise in your *Truth Binder* and ask God to increase your faith. Speak aloud His word. Plead Mark 9:24: *"I do believe; help me overcome my unbelief!"* Speak your promise often and trust your Great Provider for the rest.

2. Receive:

1. Define receive.
2. Be honest with yourself. Have you *received* God's plan of abundance for you? If not what is holding you back? Our part is to take a posture of surrender while pleading His Word one day at a time. He will do the rest.
3. What posture (or action) is God calling you to take in order to fully receive? Reach out your hands and thank Him out loud in advance for this abundance Christ died to give you!

NOTES

YOU HAVE JUST COMPLETED PART 1

THE BELIEVER'S BATTLE STRATEGY STUDY GUIDE



When ready, advance to
Part 2: Breakthrough

PART 2 — BREAKTHROUGH

THE BELIEVER'S BATTLE STRATEGY STUDY GUIDE



PART 2 — INTRODUCTION

THE BELIEVERS BATTLE STRATEGY STUDY GUIDE



Welcome to Part 2 of *The Believer's Battle Strategy*. We've formed our strategy and now comes breakthrough. Dictionary.com defines breakthrough as the advancement all the way through and beyond our enemy's front-line. In the next six sessions, you will cover chapters 10-18 of the book. You will be challenged in common areas where the enemy attempts to deceive God's people and you will be challenged to uncover his more specific steal, kill and destroy plan against you. This is a time of stretching and also a time of healing. If more time is needed in any particular session, then take it. Stay the course, persevere within community and trust the process.

Breakthrough comes when we do our part and allow God to do His. When I think of our part, a couple of key verses (ESV) come to mind:

- *Romans 12:1-2: I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

- *Hebrews 12:1-2: Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*
- *Proverbs 3:5-6: Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.*

Renew. Look. Trust. This is our part. Transformation is His part. *The Believer's Battle Strategy Study Guide* will walk you through how to put our part into practice and trust God with the rest. Please note: It is important for you to have completed Part I of this study or have at least read Chapters 1-9 and implemented the battle orders before moving forward. Continuing in the habits you've formed through the first half of the BBS is necessary to continue in your strategy. If you've completed Part I, please proceed now to Session 7. You will need to allow extra time to reflect and apply sessions 7 and 8. Stay the course, because it's worth it. See you in out in the field!

Sincerely, Christie Punch Michaud

SESSION 7 — EXPOSE DARKNESS TO LIGHT

BBS CHAPTER 10

S7:DAY 1 — CH 10 TRANSPARENCY

READ BBS PGS. 139-144 (top)

Choose Life: Seek breakthrough in your unique story. Choose to remain battle ready. Keep implementing your battle tools.

- *Pray* and *Speak* scripture recorded in your Truth Binders.
- *Take Inventory* to identify negative thoughts and feelings.
- *Renew your Mind* and *Spiritually Dress* for your day.
- *Replace Lies* (what Satan says) *with Truth* (what God says).
- *Choose life* – to Act, to Believe and to Receive.

Daily Challenge: Look back at your battle tool habits from Part 1. What tool(s) is He calling you to pick back up or dive deeper into?

1. The lie, “I have to be fixed before I can be used” keeps many from stepping into God’s best. What are you waiting to overcome before you can be used?

2. Complete this statement from pg. 140.

To walk as children of Light, we are to let Him shine through us in _____ circumstances. Not so we _____ . Not so we can be lifted up for the good deeds we do; but instead, so others can see _____ , and how we allow Him to come in and _____ .

3. Who do you feel you have to hide the deeper things about you from (friends, family, acquaintances, small group, etc.)? Why do you feel you have to hide these parts of you?

4. If time permits, read and meditate on 2 Corinthians 3 and 4. What is God's direct instruction to you?

NOTES

S7:DAY 2 — CH 10 TESTIMONY

READ BBS PGS. 144-149 (TOP)

Choose Life: We are seeking breakthrough in very specific areas according to our unique stories. Choose to remain battle ready.

- *Pray* and *Speak* scripture recorded in your Truth Binders.
- Take *Inventory* to identify negative thoughts and feelings.
- *Renew your Mind* and *Spiritually Dress* for your day.
- *Replace Lies* (what Satan says) *with Truth* (what God says).
- *Choose life* – to Act, to Believe and to Receive.

Daily Challenge: Evaluate your experience with yesterday's daily challenge? What action will you take today?

1. **How do you fall into the isolation temptation?** (Remember close proximity does not always mean you're not isolating).

2. **Are you hiding something from your Battle Buddy? Regardless of your answer, share something new with them today** (i.e. a wrong or irrational thought, struggle, event from your past, etc.). Make note of it here for accountability.

3. **Why does keeping your story a secret hurt you? Hurt others?**

5. **Complete this statement from pg. 145**

_____ is our ministry. It's taking off our _____
and being _____ by letting
others know _____ and what we are _____.

6. **What is your story?** Let God use it for His glory. Start now by writing down your story (whether in bullet or paragraph form).

Consider the triangle approach as a guide to know how much to share (using the least amount of time on your life before Christ and the most on what God is currently teaching you). Use a separate sheet if needed for more space.

7. Fight offensively. Share your story with your inner circle of friends, then consider who outside of your circle God is calling you to share with? **When God prompts, obey and watch Him work though and bless your obedience!**

NOTES

S7:DAY 3 — CH 10 TRIAGE: FEELINGS

READ BBS PGS. 149-151

Triage: In Day 2, you started opening up by sharing your story. Our next step is undergoing heart surgery where the Great Surgeon does his mighty work. Before surgery can take place, triage, or an honest evaluation of the heart's condition, is needed. In order to understand your condition, the noise, the hurt, wrong beliefs, negative feelings and misperceptions that have formed over time need to be identified and exposed. This is a purging of the junk (what steals, kills and destroys) so what's good and true can bring healing and life. When implementing this tool, stay protected.

This Battle Tool can be difficult, therefore, this will be the only homework for today. Keep your Battle Tools close and seek the Lord's presence during triage. If you begin to struggle, do not isolate. Reach out to a battle buddy, a pastor or a counselor. Keep your Battle Tools close and seek the Lord's presence during this exercise.

Daily Challenge:

1. Pray and speak 2 Timothy 1:7 *for God gave us a spirit not of fear but of power and love and self-control.*

2. Read the instructions and complete Triage: Step 1 Expose your Feelings to identify specifically what you are feeling. *A Feeling Wheel* (see Google) can help tremendously in this process.

1. Pray this prayer, then let these questions open your eyes to what you are feeling. Record your findings.
2. Spend at least 10 minutes writing what comes to mind. If you are unable to finish, return to the exercise when able.
3. If you feel yourself losing your peace, lift your faith shield and utilize your Truth Binder.
4. Be mindful of feelings today, recording what is revealed.

Prayer: *Father, forgive me for living by my feelings. I know they are not what's true; however, they are mine, and I bring them to You to show me what's true. Jesus, you came to heal my heart and bind up my wounds. I allow You full access to my feelings. Give me eyes to see how Satan is attacking me in this area and the grace to expose his plan through my writings. Thank you in advance for your protection, revelation, and healing. In Jesus' name, Amen.*

TRIAGE Step 1: Expose your Feelings.

1. How do you feel about exposing your feelings? If negative, why do you feel this way?
2. Think back on your past week. What discouraging thoughts or feelings can you identify?
3. What was happening in those moments, and/or why do you think you felt this way?
4. What thoughts go through your mind when you feel frustrated, overwhelmed,
5. stressed, discouraged or just bored?
6. At what point during the day do you feel yourself losing your peace or joy? Can you
7. identify a common trigger (i.e. a specific time, place, action, or person)?

**If time allows, turn the page and complete Step 2 of heart surgery.
If not, be sure to add an extra day to your session week.**

NOTES

S7:DAY 3 — TRIAGE: THOUGHTS

3. Read through and complete Triage Step 2: Expose your Thinking following the guidelines from Step 1. Thoughts are constantly running through our minds. Many are re-occurring subconscious ones about our past, ourselves, others, or our circumstances. If we hear these thoughts enough, we will believe them and accept them as true. This becomes our inner dialogue or self-talk. Pray this prayer, then let these questions open your eyes to your thoughts. Record your findings.

Prayer: *Father, forgive me for allowing my thoughts to rule over me. I know your Word is Truth and nothing else. I allow you full access to my thoughts. Give me eyes to see how Satan is attacking my thought life and self-talk. Give me grace to expose his plan through my writings. Thank you in advance for your protection, revelation, and healing. In Jesus' name, Amen.*

TRIAGE Step 2: Expose your Thinking.

1. What thoughts, no matter how random, run through your mind often?
2. What do you believe, think, or say about yourself?
3. What negative or false statements have been spoken over (or communicated to) you?
4. What Fruit of the Spirit is most difficult for you to keep (Galatians 5:22)? Why?
5. What do you think would bring you joy, peace, relief, or freedom in general or in your specific situation?

NOTES

S7:DAY 4 — TRIAGE: HABITS

READ ROMANS 8:5-6 & GALATIANS 2:20

Triage: This session's Battle Tool can be difficult. Keep your Battle Tools close and seek the Lord's presence. If you begin to struggle, do not isolate. Reach out to a battle buddy, a pastor or a counselor.

Daily Challenge:

- 1. Read and meditate on Romans 8:5-6 & Galatians 2:20.** What is God saying to you?
- 2. Read through and complete Triage Step 3: Expose your Triggers and Habits.** What we think and feel eventually pours out into our actions. This is how habits are formed. Specific feelings can become habits because we get used to them. We each have something in our lives that competes with God for our attention. The enemy, who knows our tendencies and triggers, is constantly working to form bad habits and is determined to keep us focused on them. Pray this prayer, then let these questions open your eyes to your triggers and habits. Record your findings.

Prayer: *Father, forgive me for allowing life-stealing habits to form. I know they steal from me as well as take my focus off of You and what's true. Jesus, you came to heal my heart and bind up my wounds. I allow you full access to my feelings, thoughts, and actions. Give me eyes to see how Satan is attacking me in this area and the grace to expose his plan through my writings. Thank you in advance for your protection, revelation, and healing. In Jesus' name, Amen.*

TRIAGE Step 3: Expose your Triggers and Habits

- 1. In hard times, what do you go to instead of God when your heart aches and you want to "get away"? What do you believe this action will bring?**

2. What thoughts, feelings and actions occur when you want to hide or isolate?
3. What area(s) do you feel stuck, addicted, out of control, empty, broken? Why do you feel this?
4. What feelings occur after you have indulged in this specific outlet? Why do you feel this?
5. What may have led to this habit and what triggers it now? Why do you think this?

NOTES

S7:DAY 5 — TRIAGE: WOUNDS

READ ROMANS 8:28 & ISAIAH 61:1-7

Triage: This session's Battle Tool can be difficult. Keep your Battle Tools close and seek the Lord's presence. If you begin to struggle, do not isolate. Reach out to a battle buddy, a pastor or a counselor.

Daily Challenge:

1. **Read and meditate on Romans 8:28 & Isaiah 61:1-7.** What is God's direct instruction to you?
2. **Read the instructions and complete Triage Step 4: Expose Wounds following the guidelines from Step 1.** Our flesh wants to cover up past experiences that have left us hurting. Negative reactions to situations today come from beliefs and perceived experiences from the past. We often act like all is well and try to forget the past, but we cannot heal if we don't expose our wounds to the light. If left hidden, they will cause further infection. If you feel yourself losing your Spiritual Fruit during step 4, use your faith shield and speak scripture from your Truth Binder. Consider Genesis 50:20: *What Satan intended for harm, God intended for good*, as well as the scriptures above.

Pray this prayer, then let these questions open your eyes. Record your findings.

Prayer: *Father, forgive me for believing the lie that I am broken beyond repair. You came to heal all of my heart and bind up all of my wounds. I grant you full access to all of my past wounds and beliefs about them that I have bandaged and tried to forget. Please give me eyes to see how Satan is using my wounds to keep me from freedom and abundance. Give me the wisdom and grace to expose his plan through my writings. Remind me to use my tools during this process. Thank you in advance for your protection, revelation, and healing. In Jesus' name, Amen.*

TRIAGE Step 4: Expose Wounds

1. **Pick three defining moments from your past.** Describe your experience and the thoughts, feelings, and consequences that have resulted.
2. **Identify a negative feeling that consumes you at times.** This feeling may well be a defense mechanism formed from a past event. When is the first time you remember feeling this way?
3. **Can you identify a theme, pattern or specific area you see Satan at work?** Explain.
4. **How has your past shaped you (thoughts, feelings, beliefs) and how you view life?**
5. **How has your past shaped your view of God?**
6. **What has happened in your life that you try to hide, forget, or not deal with (i.e. sin, thoughts, events, secrets, etc.)?** What is holding you back from opening up and giving it to God?

NOTES

SESSION 8 — HEART SURGERY

BBS CHAPTER 11

S8:DAY 1 — PROCEDURE TIME

READ BBS PGS. 159-164

Heart Surgery: Congratulations! You've just made it through the hardest part of Surgery. Triage challenged you to purge the junk, call the enemy out and force your flesh to surrender and trust the Lord with your broken places. This was our part, and now as we show up for surgery, the Great Surgeon can do His mighty work.

Daily Challenge: When prompted, complete Step 1 of heart surgery.

1. Quiet your Mind Exercise. Find a quiet place, set a timer for 30 seconds, close your eyes and try to quiet your mind.

2. Record your experience: Were you able to quiet your mind? If not, what thoughts or feelings did you experience. Many find this exercise difficult because there is a lot of noise fighting for our attention. If this was you, be encouraged, the enemy's plans are being exposed!

3. Complete SURGERY Step 1: Target Strongholds to be Demolished. Pray this prayer, then follow these instructions.

Prayer: *Father, prepare me to walk through part two of this process. As I review my thoughts, please grant me a spirit of wisdom and revelation. Flood the eyes of my heart with light so I may see clearly how the enemy is deceiving me. What pieces of my heart has he taken from me? Where have I given him a foothold? Flood my mind with your Truth. For you Lord are my one and only Stronghold, My Refuge, my Fortress in whom I trust. I surrender my thoughts and trust You to reveal anything in my mind that*

contradicts Your Word. Thank you in advance for your revelations. In Jesus' name, Amen.

1. **Read through your journal findings** from Session 7's Triage Exercise.
2. **Examine each negative thought** by asking "Why?" (i.e. *Why do I believe that? Or why do I feel that way?*). Record.
3. **Filter your writing through Philippians 4:8, highlighting anything that does not fit the criteria:** *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things* (NIV).
4. **Read your journal aloud a second time to see if you can identify anything else.** If so, highlight and/or make note.
5. **Speak 2 Corinthians 10:4-5 over any negative or untrue thought:** *For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We (I) destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,* (ESV).

NOTES

S8:DAY 2 — DEMOLISH

READ BBS PGS. 164-170

Heart Surgery: By faith, you have purged the junk, called the enemy out and forced your flesh to surrender while trusting the Lord with your broken places. Procedure is a continual process:

- Handing over what has been revealed
- Thanking the Lord in advance for healing and breakthrough
- Watching Him do His mighty work.

Daily Challenge: When prompted, complete Step 2 of heart surgery.

1. Complete the statements below from pg. BBS 164-165.

While a _____ was originally meant for good as a _____, Satan has twisted the term to mean a wound or accusation deeply rooted, adopted and _____ by us to be held captive to.

A stronghold starts with a _____ we now identify as a _____. This is anything that _____. Unhealthy thinking patterns can from an _____, _____ over us or simply a random thought that pops in our minds because of something _____.

2. Read 2 Samuel 22:3 & 2 Corinthians 4:1. What is God saying to you?

3. Complete SURGERY Step 2: Demolish Enslaved Mindsets. The enemy uses different tactics to keep our minds from operating the way God intended. Any time the mind is not in a state of peace (even amongst chaos), it is operating via a worldly mentality. It is held captive and seeing things through foggy lenses. This is the enemy's method of distraction – keeping us from who we were meant to be.

We were made in the image of God and have the mind of Christ. Pray this prayer, then let these questions open your eyes wrong mindsets.

Prayer: *Father, remove any pride and make me open to clearly evaluate the condition of my mind. I know the enemy's plan is to keep me busy and consumed so I cannot hear you. Give me understanding of how he attacks me personally in this area and the wisdom to recognize it. Thank you in advance for revealing Satan's deception and what triggers enslaved mindsets. In Jesus' name I pray. Amen.*

- 1. How does the enemy keep you distracted?**
- 2. Which prison does your mind tend visit:** negativity, anxiousness, doubt, selfishness, fear, pride, control, criticalness, confusion, busyness, indifference, etc.?
- 3. What enslaved mindsets hold you captive?** Give each a name and find at least one scripture (For assistance, search the web topically) that speaks against each.

Example:

Enslaved mindset - Worry and **Anxiousness**.

Philippians 4:6-7 *Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus (ESV).*

- 4. Record these verses in your *Truth Binders*.**
- 5. Speak your Truths aloud when tested.**

NOTES

S8:DAY 3 - DEMOLISH

READ JAMES 4:6, ECC 4:10-12, PROV 27:17

Heart Surgery: Trust the Lord with your broken places by continuing in surrender to what He reveals and speaking His Word over it. Thank God in advance for the healing and breakthrough to come as you wait expectantly.

Daily Challenge: When prompted, complete Step 3 of heart surgery.

1. Read James 4:6, Ecclesiastes 4:10-12 & Proverbs 27:17. What is God saying to you?

2. Complete this statement from pg. 147

Transparency is our _____. When you _____ what you are going through, the enemy can no longer hold that _____, _____, _____ or _____ over you. He has lost his _____ because you've called him out and started the _____ process.

3. Complete SURGERY Step 3: Demolish through Humility and Transparency. You've walked through the humbling process of being honest with God and yourself. Now it's time to take the courageous step of being honest with others. Identify one battle buddy, trusted friend, family member, pastor or counselor who you will allow to read through your journaling in Triage and Surgery steps one and two or feedback.

1. What do you feel when being asked to share what you've written?
2. Why do you feel this way? Can you identify any deception trying to keep you hidden and from this powerful step?
3. Take a step of faith and list your trusted person

here_____. I know this is tough, but I guarantee you will experience a sense of freedom just by allowing others in. When something hidden is brought out into the open, healing occurs! You're picking up your defense weapon of testimony and calling the enemy out. You're beginning to use your story for His glory. Do not let Satan steal this blessing from you! You will be amazed at what others can see just by being on the outside looking in.

4. **Pray this prayer, remove your mask, step out implementing these action steps, and watch God work!**

Prayer: Father, give me courage to take this step of obedience as I come out of hiding. I trust you to show me a safe person to share my mental garbage with. I speak against any fear that is holding me back. Protect me from receiving shame or offense as they read through and point out what they see. Give me a humble heart to what they see. May I openly listen and bring it back to you for revelation. Protect my mind from the enemy's tactics to keep me stuck. I thank you in advance for freedom and protection from my strongholds. In Jesus' name I pray. Amen.

Action Steps:

1. Give your identified person permission to read through your Triage findings.
2. Ask your person to highlight any wrong thoughts, attitudes, mindsets, or habits that may be deceiving or holding you back.
3. Humbly receive their feedback. Write it down and take it to the Lord.

S8:DAY 4 — BREAK AGREEMENTS

READ ISAIAH 55:9-11 & PSALM 27:13-14

Heart Surgery: Trust the Lord with your broken places by continuing in surrender to what He reveals and speaking His Word over it. Thank God in advance for the healing and breakthrough to come as you wait expectantly.

Daily Challenge: When prompted, complete Step 4 of Heart Surgery.

1. Read Isaiah 55:9-11 & Psalm 27:13-14. What is God saying to you?

2. Complete this statement from BBS pg. 169

*Applying _____ to our _____ and overall
lives is how e remain in our _____.*

3. Define Agreement. What does it look like to make an agreement with the enemy?

5. Complete SURGERY Step 4: Demolish Lies and Agreements with Truth. As long as we allow deception a place in our mind, we are inviting the enemy into that wound instead of God. When a lie or agreement is identified and exposed, it must be taken captive (cast out and no longer permitted entry). There is a second equally important step. Our mind has to be refilled with something and you choose the content. When wrong thoughts and beliefs are cast out, you must choose to replace them with what is True. God's Word is absolute Truth – our antibiotic. Follow theses steps to use your *Word Weapon* and speak against uncovered lies, agreements, mindsets, and beliefs.

1. Take the identified lie(s) or wrong thought captive. Mark through any you've highlighted or uncovered so far. Speak

aloud 2 Corinthians 10:4-5 in present tense: *"My weapons have divine power to demolish strongholds. I take (specific thought, sin, lie, etc.) captive and make it obedient to Christ."*

2. Break any identified agreement. What wrong messages have you heard and agreed with? When you agree with the enemy and his lies, you've given him a footing and opened a door. As God's child, you have the power to take back that ground through prayer.

Pray the following: *Father, forgive me for any unconfessed sin and for making the following agreement*
"_____ with the Enemy. Thank you for bringing it to the light and exposing it for what it is – UNTRUE. In Jesus' name, I break this agreement I have made and ask for your future wisdom, discernment, and protection in this area. Thank you for your truth that sets me free! Amen.

3. Replace with Truth. Locate a scripture to combat the lie(s) or agreement(s) made.

Example: Lie / Made – *"I'm not good enough"*

Root Stronghold: *"Fear that I'm failing, unbelief that Jesus is enough"*

Truth: (speak aloud against identified wrong thought)

Zechariah 4:6: *Not by might, nor by power, but by my Spirit, says the Lord of hosts. (ESV)*

1 John 4:18: *There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. (ESV)*

4. Record your Truths in your Truth Binder.

5. Continue to identify lies and replace with Truth to speak aloud against deception and negative thinking.

NOTES

S8:DAY 5 — BREAK FREE

READ PSALM 18:30, ISAIAH 40:29-31, HEB 4:12 & MT 4:10

Heart Surgery: Trust the Lord with your broken places by continuing in surrender to what He reveals and speaking His Word over it. Thank God in advance for the healing and breakthrough to come as you wait expectantly.

Daily Challenge: Continue to use Heart Surgery Step 4 to demolish lies and break agreements.

- 1. Read Psalm 18:30. Isaiah 40:29-31, Hebrews 4:12 & Matthew 4:10.**
What is God's direct instruction to you?
- 2. Use this time to continue in Step 4: Demolish lies and break agreements from your Heart Surgery findings.**

NOTES

SESSION 9 — WHO AND WHOSE YOU ARE

BBS CHAPTERS 12 & 13

S9:DAY 1 — KNOW

READ PGS. 177-182

God Loves Me Meditation: God loves you. Do you believe it? Have you received it? In order to experience God's love, you must meditate on it. To meditate means to think deeply on or focus one's mind for a period of time. Romans 10:17 says *So faith comes from hearing, and hearing through the word of Christ.* This week you will practice meditating on and speaking of God's love.

Daily Challenge: Follow these instructions and begin.

1. Find a solitary place, asking the Lord to quiet your mind.
2. Speak aloud "God Loves Me" when ready.
3. Repeat step 2 three more times, emphasizing and focusing on a different word each time. "GOD loves me. God LOVES me. God loves ME." (Consider doing this exercise while looking in a mirror.)
4. Sit with God and think on these three powerful words.

1. **God Loves Me.** What does this statement mean to you? What feelings or thoughts did it bring up? Describe your experience in speaking and meditating on these three words.

2. Which group from pg. 179-180 best describes you in this season and why?

3. Complete this statement from BBS pg. 182

Satan knows if you truly understand _____, you will

*God, you will know _____ God is, and, therefore, you will know
who_____.*

**4. Close your eyes, and picture God, what do you see? Record what
you see and feel.**

NOTES

S9:DAY 2 — MEDITATE

READ BBS PGS. 182-189

God Loves Me: GOD loves me. God LOVES me. God loves ME.

Daily Challenge: Experience God's love by meditating on it. Follow these steps and form the "God Loves Me" habit to speak before, during and after an attack.

1. Quiet your mind and speak aloud "God Loves Me". Mediate on repeat this phrase at least three more time, emphasizing and focusing on a different word each time.
3. Sit with God until you experience His love. Try standing in front of a mirror and speak it. Ask the Lord to show you what you mean to Him and how He see you. If you're struggling, ask Him to help you.
4. Execute this tool three times today.

1. Review your findings from your God picture (question #4 in Day 1). Is your picture true? Locate two scriptures to prover or combat your thinking. Record them in your Truth Binder.

2. What lie do you hear that keeps your "lid" closed off from receiving *all* of God's love?

3. Complete these statements from the BBS daily reading:

- Love is _____, *not a feeling.*
- Love is _____, *not based on condition.*
- Love is _____, *not earned.*

4. What do you feel you need to do before or keep doing so God will love you?

5. Walk back through Heart Surgery Step 4 with your findings on God's love, open your "lid" and let the Truth set you free.

NOTES

S9:DAY 3 — BELOVED

READ PGS. 193-196 (TOP)

Who I am: This Battle Tool is an extension of the God Loves Me Meditation in that you will be meditating on your identity (who God says you are) beginning with the Word “Beloved.”

Daily Challenge: Walk through the God Loves Me mediation adding these additional steps.

1. Do an internet word search on God’s love. Locate scripture that speak to God’s love for you.
2. Follow the Battle Tool steps from Day 2.
3. Speak “I am Beloved.”
4. Think on, speak and write your verses in your Truth Binder.

1. Identity Exercise. Spend ten minutes creating a bullet form list of who you are. Write down anything that comes to mind using the following questions as a guide. Your Triage writings can assist you greatly. **You will be coming back to this list throughout this session so be sure to create your list on a separate sheet to paper.**

1. Who are you?
2. What defines you? (i.e. appearance, education, who you know, what you do, people, etc.)
3. Who or what determines your days as successes or failures?
4. What or who determines your worth?
5. What do you focus on or give your time to the most?
6. What do you want to be like? Who do you compare yourself to? Why?
7. What negative thoughts about yourself consume your mind?

3. Complete this statement from BBS pg. 194-195

God loves you _____ and _____.
What if we all stepped out and embraced John's kind of _____
in the Father's love? What if the next time someone asks you about
yourself you told them you are _____
_____? My friends, that's exactly_____.

NOTES

S9:DAY 4 — WHOSE YOU ARE

READ PGS. 196-200

Who I am: To understand who you are, you must truly know who God is. In order to remember who and whose you are, you must then be constantly reminded. Because of our default settings we wake up to and the noise we face throughout each day, the aim to remember is a constant struggle.

Daily Challenge: Find a physical object to place on your wrist (i.e. bracelet, string, marker, etc.) for a reminder. You will wear this object everyday of this session (and longer if you choose) to remind you who you are. Every time you see, feel or remember the object you're wearing today, speak aloud who you are starting with the following:

1. "God Loves Me."
2. "I am Beloved."
3. "I am a child of God."

1. Refer to your identity list from Day 3. Draw a line through any identifications that are negative. At the top of your list, with a marker, write "I am Beloved."

2. Read 1 Peter 2:9-10: *But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy. Underline what God says about you. Then, write down and speak aloud the "I am" declarations this verse gives (I.e. "I am chosen").*

1. I am chosen
2. I am _____
3. I am _____

3. Complete this statement from BBS pg. 197.

*God is three persons (_____, _____ and _____
_____. Each Person of the trinity has a different _____
and _____, yet they are all _____.*

4. Read Genesis 1:1-2, 2 Corinthians 13:14, Matthew 3:16-17 & John 14:16-17. What do these scriptures reveal about the three Persons of God.

NOTES

S9:DAY 5 — IN CHRIST

READ BBS PGS. 200-204

Who I am: In order to remember who and whose you are, you must be constantly reminded. Continue to wear your identity object, speaking “I am beloved, chosen, royalty, holy” each time you remember, feel or see your object.

Daily Challenge: From man-made to God-made. Refer back to your man-made list from Day 3, following each step to complete and correct your identity.

1. **Draw** a line through any other identities on your list (even if they are good things) that are not what God says about you. Remember what you do does not define you.
2. **Research** what God says about you (i.e. from the reading and the following declarations list).
3. **Create** a new identity list using God’s Word and not your feelings as the filter.
4. **Pick three scriptures** hard for you to believe or accept about yourself from your list. Record them in your Truth Binders.
5. **Declare these scriptures over yourself today.** *Ex: There is no condemnation for me, for I am in Christ (Romans 8:1).*
6. **Complete the statement**, “I am (what God says I am) IN Christ,” with each of your three verses. *Ex: I am forgiven in Christ.*
7. **Place your identity list** in a visible spot so you will see it regularly.
8. **Speak your identity** verse or phrases each time you see, feel or remember your identity object. Make this tool part of your mind renewing plan.

2. **Complete these statements from today’s reading.**

*When we came to Christ, our _____ was removed;
and through _____, we were _____,
and _____. This is Truth, even when we don't _____ or
_____ like it yet on the outside. (pg. 202)*

When we _____ the Holy Spirit, He provides (pg. 203):

- G_____ for our mission.
- Moment by moment _____ ,
_____ and _____.
- I _____ on our behalf.
- Sufficient _____ in our weakness.

3. What thoughts do these statements instill within you? Do you believe and receive the Truth?

NOTES

"I AM ... IN CHRIST" DECLARATIONS

PICK THREE IDENTITY TRUTHS TO PROCLAIM

- *I am GREATLY LOVED by God. He is rich in mercy and has chosen ME. (Rom 1:7; Eph 2:4; Col 3:12; 1 Thess 1:4).*
- *I am fearfully and WONDERFULLY MADE. (Ps 139:4)*
- *I am COMPLETE in Him who is the Head of all (Col 2:10).*
- *I am ALIVE with Christ and FREE from the law of sin and death (Eph 2:5, Rom 8:2).*
- *I am FAR FROM OPPRESSION AND FEAR (Isa 54:14).*
- *I am BORN OF GOD, the evil one does not touch me (1 Jn 5:18).*
- *I am HOLY and WITHOUT BLAME (Eph 1:4; 1 Pet 1:16).*
- *I have the MIND OF CHRIST and hold the THOUGHTS of his heart (1 Cor 2:16).*
- *I have GOD'S PEACE that passes all understanding (Phil 4:7).*
- *I have the GREATER ONE LIVING IN ME; greater is He Who is in me than he who is in the world (1 Jn 4:4).*
- *I have received the gift of RIGHTEOUSNESS and reign as a king in life by Jesus Christ (Rom 5:17).*
- *I have received the spirit of WISDOM AND REVELATION in the knowledge of Jesus (Eph 1:17,18).*
- *I have received the POWER of the Holy Spirit ... I have power over the enemy in Jesus' name (Mk 16:17,18; Lk 10:17,19).*
- *I have put off the old man & have put on the NEW man, which is renewed in the knowledge after the image of Him Who created me (Eph 4:24).*
- *I have no lack for my God SUPPLIES all of my NEED according to His riches in glory by Christ Jesus (Phil 4:19).*
- *I can quench all the fiery darts of the wicked one with my SHIELD OF FAITH (Eph 6:16).*
- *I can DO ALL THINGS through Christ Jesus (Phil 4:13).*
- *I show forth the PRAISE of God Who has CALLED me out of darkness into His marvelous light (1 Pet 2:9).*

- *I am GOD'S CHILD born again of the incorruptible seed of the Word of God, which lives and abides forever (1 Pet 1:23).*
- *I am GOD's WORKMANSHIP, created in Christ (Eph 2:10).*
- *I am a NEW CREATURE in Christ (2 Cor 5:17).*
- *I am a BELIEVER, and the light of the Gospel shines in my mind (2 Cor 4:4).*
- *I am a JOINT-HEIR with Christ (Rom 8:17) and an ambassador for Him (2 Cor 5:20).*
- *I am more than a CONQUEROR through Him (Rom 8:37).*
- *I am an OVERCOMER by the blood of the Lamb and the word of my testimony (Rev 12:11).*
- *I am part of a CHOSEN generation, a ROYAL priesthood, a HOLY nation, a PURCHASED people (1 Pet 2:9).*
- *I am the RIGHTEOUSNESS of God in Christ (2 Cor 5:21).*
- *I am the TEMPLE of the Holy Spirit; not my own (1 Cor 6:19).*
- *I am the LIGHT of the world (Mt 5:14).*
- *I am FORGIVEN and washed in the Blood (Eph 1:7).*
- *I am DELIVERED from the power of darkness and translated into God's kingdom (Col 1:13).*
- *I am REDEEMED from the curse of sin, sickness, and poverty (Dt 28:15-68; Gal 3:13).*
- *I am firmly rooted, built up, established in my faith and overflowing with GRATITUDE (Col 2:7).*
- *I am CALLED to be the VOICE of His praise (Ps 66:8).*
- *I am HEALED by the stripes of Jesus (Isa 53:5; 1 Pet 2:24).*
- *I am STRENGTHENED with all might according to His glorious power (Col 1:11).*
- *I SUBMIT to God, and the devil flees from me because I resist him in the Name of Jesus (Jm 4:7).*
- *I PRESS ON toward the goal to win the prize to which God in Christ Jesus is calling us upward (Phil 3:14).*
- *For God has not given us a spirit of fear; but of POWER, LOVE, and a SOUND MIND (2 Tim 1:7).*
- *It is not I who live, but CHRIST LIVES IN ME (Gal 2:20).*

SESSION 10 — BATTLE LIKE YOU BELIEVE

BBS CHAPTERS 14-15

S10:DAY 1 — BATTLE WITH GOD’S WORD

READ PGS. 207-214 (TOP)

Speak with Authority. In Christ, we have all the power we need to overcome evil. The enemy is banking on you *not* exercising your God-given authority because it’s only as powerful as our belief in it.

Daily Challenge: In Christ, come against the enemy’s steal, kill and destroy plan for you. Speak God’s Word out loud with confidence against the enemy when he attacks, following Jesus’ example He left for us in Matthew 4:10: “Be gone Satan, for it is written, (Speak a scripture over the attack/ steal tactic - i.e. fear, temptation, etc.).”

1. Read Luke 4:1-13. What are three things you can learn from Jesus’ example?

2. What keeps you from following Jesus’ example when you hear lies running through your mind, when you feel yourself losing your Spiritual fruit, or you feel heaviness and oppression?

3. Do you speak the Word out loud in the midst of an attack? If not, why? Where do these thoughts come from?

4. Complete this statement from BBS pg. 211

Satan will try any and all things to _____ us, so do not fall into the _____ that you are _____ to something you don’t currently struggle with. As soon as _____ sets in, the _____ for the enemy.

5. In what ways have you opened the door to the enemy? STOP right now and address your answer. Implement your battle tool and speak with authority.

6. Complete this statement from pg. 214

*Satan's power (_____) cannot be compared to God's
(_____). In fact, Satan's power cannot be
compared to _____ when we are _____.*

7. What power and authority do we have over Satan? How? Locate verse(s) to back up your answer.

NOTES

S10:DAY 2 — RECLAIM AUTHORITY

READ BBS PGS. 214-220

Pray with Authority: The enemy is banking on you not believing or exercising your God-give power and authority. In Christ, we have all the power we need to overcome the evil one. Prayer is our offense and defense. To come against the enemy's steal, kill and destroy plan, use your God-given authority and in Christ, and speak God's Word out loud in prayer. Form a habit of praying with authority and watch what happens (i.e. reclaim authority over your home, marriage, family, etc.).

Daily Challenge: Start now and pray this prayer.

Father, I believe I am a beloved child of God. I have been crucified with Christ, therefore it is no longer me living, but Christ in me. I now speak against Satan and all of his work coming against me, my family, my calling, and God's church. There is no place for you here and you must leave in the mighty name of Jesus. (You can specify the ways and attacks here – I come against fill in the blank (fear, anxiety, oppression, anger, discontentment, discouragement, etc.). Greater is He who is in me than he who is in the world. Christ has given me all the power I need to defeat, banish, and reject you and all your efforts. I am covered by the blood of Jesus and you must leave. Thank you, Jesus – for your power, authority, and victory. I give you full reign in my life. Amen.

1. What is the believer's calling (generally speaking)?

2. Complete this statement from BBS pg.216:

*Your calling usually will come from an area you are _____
_____, and most likely it's birthed from an area of _____
_____.*

3. What unique mission or calling has God given you specifically?
If you are still unsure, pray for wisdom and consider taking a spiritual gifts test online or at your church.

4. Read Daniel 10:1-21. What three things can you learn from this passage?

5. Rate your belief in your God-given power and authority (On a scale of 1 to 10)? _____. *If your belief is weak, your power and authority will also be.* What keeps you from believing you have Christ's same authority?

6. What does it look like to exercise your God-given authority? See pg. 218 to help you come up with your practical action plan.

NOTES

S10:DAY 3 — WAITING WEAPONS

READ 1 THESS 5:16-18

Waiting Weapons: We will spend much of our life waiting. We're called to worship while we wait. James 4:7 says, *Submit yourselves therefore to God. Resist the devil, and he will flee from you.* We worship and resist the enemy by using our waiting weapons.

Daily Challenge: In this session, we've already been implementing prayer and speaking God's Word. How else is God prompting you to battle while you wait for your breakthrough? Spend today forming your waiting weapon action plans below.

The believer's standing battle orders can be summed up in three steps through 1 Thessalonians 5:16-18: *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

1. Rejoice Always: Rejoicing in all things comes out of a heart of joyful praise and adoration through worship. Romans 12:1 (NIV) says because of His great mercy, *offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship.* Worship is not just church attendance, reading the Bible, or even singing or prayer. It's moment-by-moment sacrificial living, trusting and rejoicing no matter our situation. Practically speaking, worship is inviting our Victor into each day, seeking to honor Him in all we think, do or say.

Rejoice Always Action Plan:

1. Meditate on God's goodness daily through His Word.
2. Proclaim God's goodness by speaking His Word in faith.
3. Praise Him by listening to and singing of His promises.

4. Ask the Lord to reveal any area(s) of disobedience. Seek to follow his precepts and promptings.

2. Pray Continually: Prayer should always be our first line of defense, but unfortunately, it's often used as a last resort. Do you have a tendency towards self-sufficiency? Stop and repent. Then choose to trust and seek His instruction.

Pray Continually Action Plan:

1. Listen to and examine your prayer life (write down if it helps.) Do pray in the midst of the battle? Do you only pray when you're in a battle? What perspective (Kingdom or worldly) are you choosing as you pour out your prayers to the Father?
2. The next time you're faced with a situation, decision, or dilemma; stop immediately and pray. (Before the thought *I don't know what to do* can come into your mind).
3. Reframe your prayers from a worldly (all about me) perspective to a Kingdom (loving God and others) one by speaking of God's sovereignty, love, and promises. Watch your faith grow and heart's desire follow.
4. Pray with Authority against the enemy's advances.

NOTES

Form your waiting weapon plan praise and prayer here.

S10:DAY 3 WAITING WEAPONS

CONTINUED

3. Give thanks in all circumstances: There is so much to be thankful for. Even if you're in the "pit" and nothing comes to mind, *consider it pure joy, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance* (James 1:2-3). If you can force your flesh to choose right perspective in the moment, you are calling out the enemy's bluff and he will not know what to do. With thanksgiving, focus on God instead of the circumstance, on Truth instead of wrong thinking.

Give thanks Action Plan:

1. **Create a thankfulness list.** Use the questions given to help you expand your thankfulness list. God has given you a plethora of blessings that are often taken for granted. When we stop and write down all the things to be thankful for, our perspectives change.
2. **Keep your list where you can see it often.** Add to your list as more comes to mind. Challenge yourself to come up with at least ten things a day for one week.
3. **When you can't see anything to be thankful for, choose a posture of thankfulness by reciting James 1:2-3.** Thankfulness in the midst of your "junk" opens your eyes to a Kingdom perspective, but also how He loves and cares for you individually.
4. **Share your list** to help boost more blessings.
5. **Read your list aloud** when self-pity, doubt, and impatience try to take over.

THANKFULNESS LIST

CREATE LIST ON A SEPARATE SHEET

Write down anything that comes to mind in bullet form before moving to the next question. Be sure to continue to add to your list and keep it in a place where you often see.

1. List 5 thankfulness things you **can see and touch**.
2. List 5 thankfulness things you **cannot see or touch**.
3. Name 5 **people** you are thankful for.
4. List 5 things that **make you smile**.
5. List 5 **things about yourself** you are thankful for.
6. What can you find to be thankful for in the midst of your current battle?

S10:DAY 4 — BATTLE LIKE JEHOSHAPHAT

READ BBS PGS. 223-230

Waiting Weapons: We worship and resist the enemy by using our waiting weapons.

Daily Challenge: Implement your waiting weapon action plans from Day 2. For your thankfulness list, add five more specifics (i.e. parts of God's creation, favorite things to do, favorite foods, etc.)

1. What can you learn from King Jehoshaphat's response in battle?

Read 2 Chronicles 20:1-23 if time permits.

2. Complete this statement from BBS pg. 225.

*What we _____ is an indicator of where our _____,
_____ and _____ lie. We are to only act in fear
of _____, not man.*

3. Refer to statement 2. Who do you fear, man or God? Explain.

4. What promises do you need reminding of? Like Jehoshaphat, grow your faith now by adding promises to your prayer action plan to recite in the midst of battle.

5. Complete this statement from BBS pg. 228

*Before battle, a soldier receives his _____, _____
and _____. He is then sent out on _____.
He does not act without _____, and he definitely _____
_____. His job is to _____
and _____ until he receives further orders.*

6. Consider your current “battle.” What are your standing orders?

NOTES

S10:DAY 5 — OUR WINNING STRATEGY

READ BBS PGS. 231-237

Waiting Weapons: We worship and resist the enemy by using our waiting weapons.

Daily Challenge: Continue implementing your waiting weapon action plans.

1. **What is your default response** when faced with a difficult circumstance or decision (i.e. people pleasing, control, self-sufficiency, etc.)? Give a current or recent example.

2. **What are you waiting for?** How might you be getting in the way of God fighting your battles?

4. **Complete this statement from BBS pg. 232.** *We fight and overcome in the battle by taking a position of _____.*

5. **Surrender.** Define this term. What does it look like to surrender in your current situation?

6. **Complete this statement on BBS pg. 233.** *It's only with a _____ that we are able to wait defensively.*

7. **Wait and defend.** Define both terms. What does it look like to actively wait and defend in your current situation?

6. **Complete this statement on BBS pg. 236.** **How will you respond?**
_____ or _____ can become what keeps us in a holding pattern. Check your _____ and _____. Often God is the one _____ for us to _____ something.

**7. Personally, which waiting weapon has been the most helpful?
the hardest to implement?**

**8. Moving forward, what weapon(s) will you continue to wield in
the wait?**

NOTES

SESSION 11 — BATTLE LIKE JESUS

BBS CHAPTERS 16 & 17

S11:DAY 1 — JESUS' BATTLE PLAN

READ BBS PGS. 241-246

Love in Action: Since love is the greatest commandment, it is safe to assume that love is the greatest weapon we have at our disposal. Naturally, we focus inward on what we want and need especially in the midst of battle. What if, instead, we turned our focus outward and sought to be the hands and feet of Jesus to others?

Daily Challenge: Before putting your head down on your pillow tonight, commit to an act of love or kindness for someone you come in contact with. Record your experience.

1. Jesus' Triumphant Battle Plan Checklist: Are you following His example? On a scale of 1 to 5, rate your efforts for each below.

- ___ Seeking solitude with the Father often.
- ___ Speaking the Word with authority against the enemy's accusations and lies in your life.
- ___ Remaining in a posture of prayer and surrendering your will even when it's painful or doesn't make sense.
- ___ Walking in obedience while receiving His grace covering when you fall short.
- ___ Creating margin in your life so you notice divine appointments.
- ___ Fulfilling love opportunities the Lord places in front of you.

2. What thoughts or feelings come to mind as you complete this checklist. If negative, receive conviction and not condemnation by casting out what is false and choosing right thinking.

3. Which checklist item is God calling you to act on? How you will respond?

NOTES

S11:DAY 2 — DOING GOOD

READ BBS PGS. 247-253

Love in Action: Love is the greatest weapon we have at our disposal.

Daily Challenge: Yesterday, you were challenged to commit a random act of kindness. Today, add to your love walk by simplifying your day as much as possible to hear the Spirit's promptings. Pray for eyes to see divine appointments God places around you (i.e. someone who needs help, time or encouragement). Put love into action and record your experience.

1. How did Jesus go about doing good in the Gospels? List examples.

2. How can you regularly “do good”?

3. Read John 14:23. What is God saying to you?

4. Complete this statement from BBS pg. 251

If _____ is where God wants our focus to be, we can conclude that _____ or _____ us from love is most likely an area of priority for the _____. Conversely, when we put love into practice, especially when we don't feel like it, love becomes a and a _____!

5. How is the enemy distracting you from using your love weapon?

NOTES

S11:DAY 3 — LOVE AS I HAVE LOVED

READ BBS PGS. 257-262

Love in Action: Since love is the greatest commandment, it is safe to assume that love is the greatest weapon we have at our disposal. We wield our weapon through:

- Random acts of kindness.
- Remaining available for divine appointments.

Daily Challenge: Walk in love by serving those in need: (Record your answers for accountability).

1. Who comes to mind when you think of those in need? What (organizations) or who (groups or individuals) tugs at your heart as someone to help? Try to list five different people or groups.
2. What are your spiritual gifts? If unknown, take an assessment (via online or through your church) to determine your strengths. Where is God calling you to serve in love according to your gifts and those mentioned above?
3. What steps can you take toward those He has placed on your heart?

1. Complete this statement from BBS pg. 259.

*I have to remember my _____. They are not to _____
_____ and _____. Nor are they to
_____ and point out _____ in others.
Often, God is simply calling me to receive His love and mercy so
that I can _____.*

2. In John 13:34-35, Jesus gave the new commandment to love as He has loved. What does this new love example include?

3. How is it possible to love like Jesus? Include scripture in your answer. Record these in your Truth Binder.

4. Read John 21:15-19 as if you are Peter. How is God calling you to:

- Care for His people spiritually and physically?
- Speak truth in fearful or tough circumstances?
- Obey no matter the cost?
- Love your “enemies”?

NOTES

S11:DAY 4 — THE HOMELESS & LOVELESS

READ BBS PGS. 263-265

Love in Action: Wield your greatest weapon through:

- Random acts of kindness.
- Remaining available for divine appointments.
- Stepping out to serve where you are passionate.

Daily Challenge: Love the hard to love and gain more ground over the enemy. Record your answers for accountability.

1. Who in your life is hard to love, from the brutally mean to the just plain annoying? It could be individuals or groups of people. It could be specific people or a type of person. It could be someone you've never met or someone you see every day. Try and list five people.
2. Write down one way to show love in action toward each person on your list. (If your person isn't directly in your life, for example, a politician, you could pray for them).

1. Read James 1:27.

- What is God saying to you?
- Homeless and Loveless. Define these terms.
- Expand on your homeless (those in need) list.
- Expand on your loveless (hard to love) list.

2. Read John 13:1-30. Record Jesus's actions toward Judas.

3. Who is your Judas? How is God calling you to love as He has loved?

NOTES

S11:DAY 5 — RADICAL LOVE

READ BBS PGS. 265-269

Radical Love in Action: We are called to walk out love to those in need, to those who are hard to love and even to those who steal, kill and destroy. This last category is counter-cultural and when done, brings triumphant results.

Daily Challenge: Who comes to mind (currently or from the past) when you personally think of those who have stolen, killed or destroyed? Write their name(s) down.

Radical love, or forgiveness, is mighty warfare against the kingdom of darkness. It takes time, is a daily choice and is not done in your own strength. In order to extend grace, we must first receive God's grace. Walk through today's lesson and prepare your heart for forgiveness.

1. Read and meditate on Colossians 3:1-4, 12-15; Matthew 18:21-35, Romans 12:14-21. What is God saying to you?

2. Why are we called to forgive?

3. Complete this statement from BBS pg. 267.

*God is the _____ and His justice is _____.
Holding onto and acting out in _____ will never
bring _____. Instead, it holds you _____, steals
your _____ (thus the life and light within), weakens
your _____ and can even make you _____.*

4. Now read the paragraph underneath this quote on BBS pg. 267.
What thoughts or feelings do you experience?

5. According to BBS pg. 269, why is radical love a huge blow to Satan and his kingdom?

- The enemy's _____ plan fails when we reject the perspective.
- The enemy's _____ plan fails when the lie is exposed.
- God's supernatural grace is on _____ when we extend _____ and _____. This act results in a multitude of _____ opportunities.

6. What battle tools can you use in order to love radically and prepare your heart for forgiveness? We will walk through these steps in day 5.

If time permits, continue to the forgiveness steps on the next page.

If not, add an extra day to your session.

NOTES

S11:DAY 5 — FORGIVENESS

Radical Love in Action: Forgiveness is mighty warfare against the kingdom of darkness.

- The enemy's plan of distraction fails as we reject the "*woe is me*" perspective.
- The enemy's plan of deception fails as the *man* (specific person) *is my enemy* lie is exposed.
- God's supernatural grace is on full display as you extend mercy and forgiveness. This act results in a multitude of seed planting opportunities.

Daily Challenge: Address the following questions now.

1. Who in your past or present has wounded, offended, or betrayed you? Have you forgiven them?
2. Sometimes we are the offender and don't mean to be. Have you offended someone and need to ask for forgiveness?
3. Are you the one who you need to forgive? Record who God brings to mind now.

I. Today, you will walk through a new step towards forgiveness. This is a process that takes time and a daily choosing to move forward. Read through the steps below, determine where you are in the forgiveness process. Place an "x" beside the next step you need to take towards forgiveness. Ask God to meet you where you are and step out in faith. When allowed, He will carry you the rest of the way.

1. Shift your anger toward the real enemy instead of your earthly offender.
2. Recognize Satan's plan to use raw and hurtful experiences to imprison you with hurt and bitterness. Receive this

statement, “Forgiving someone doesn’t free your offender, it frees you!”

3. Declare Philippians 2:13: “Lord, give me the *desire* and *power* to forgive!” (Repeat daily)
4. Pray for your offender daily. It is impossible to hate someone you are praying for.
5. Speak aloud – “*I forgive ____.*” (Repeat daily)
6. Meet with your offender, if God instructs you, and forgive face to face.
7. Move forward in freedom: is God calling you to continue in a relationship with this person? Forgiveness doesn’t necessarily mean reconciliation. There are many toxic relationships out there. Seek wise counsel about your specific situation.

Record your experience. Return to the next step of your Forgiveness Tool when you feel the Spirit nudge.

SESSION 12 — BATTLE LIKE JESUS

BBS CHAPTER 18

S12:DAY 1 — MAINTAIN

READ BBS PGS. 273-277

Maintain Strategy: You have just completed Battle Tool Training. In order to keep your abundance, you need to continue fighting like you trained. In this session you will be forming your maintenance plan.

Daily Challenge: Walk through maintenance prep work and consider the following:

1. Are you entering into a new season (i.e. new job, more demands at work, extended house guests, big life change, etc.)? Will your routine look different in the coming weeks?
2. Will you have more or less time to devote to solitary prayer and Bible study? Set your renewing appointment time according to your upcoming schedule.

1. Think back on where you were when you first started BBS. Flip through your homework. What changes or revelation have you received since you first began this journey?

2. What is the enemy banking on? (see pg. 275)

3. As we end this study, rate on a scale of 1-10 how confident you are in your strategy. Explain your answer.

NOTES

S12:DAY 2 — STRATEGY MAINTENANCE

READ BBS PGS. 277-280

Maintain Strategy: In order to keep your abundance, you need to continue fighting like you trained. In this session, you will be forming a 3-step maintenance plan: OUT/IN/UP

Daily Challenge: When we look outward, focus on our mission and create space for divine appointments; we keep our “love” weapon wielded. Spend five minutes today asking the Lord to reveal your OUT plan – Serving.

1. Complete this statement from BBS pg. 277-278

Truth never changes, but unfortunately, our _____ in its power does. In order to _____ the freedom, power and Truth we already possess, we have to first _____ we have it.

Belief comes from _____ on or _____ in God's Word.

2. Read Hebrews 12:1-3. Record this verse in your own words.

3. What will you tell yourself when you're faced with doubt or unbelief?

NOTES

S12:DAY 3 — REMEMBER

READ BBS PGS. 280-282

Maintain Strategy: In order to keep your abundance, you need to continue fighting like you trained. In this session, you will be forming a maintenance plan following the UP/IN/OUT steps.

Daily Challenge: Spend five minutes today asking the Lord to reveal to you your IN plan. Accountability, encouragement and an extra set of eyes are needed in this battle. We are made for relationship and need truth-tellers in our lives. How you will stay in community in this next season?

1. Complete this statement from pg. 282

Jesus never called us to be ; He called us to .

2. What are your top 3 study take-aways?

3. From memory, try and list your BBS Battle Tools.

NOTES

S12:DAY 4 — REMAIN

READ BBS PGS. 282-284

Maintain Strategy: In order to keep your abundance, you need to continue fighting like you trained. In this session, you will be forming a maintenance plan following the UP/IN/OUT steps.

Daily Challenge: Spend five minutes today asking the Lord to reveal to you your UP plan. With God, all things are possible. How will you remain connected to God in this season?

1. Complete this statement from pg. 282

Our “to do” list really only comes down to one “do”: _____

For this is the only way to _____.

1. Read and meditate on John 14:26 and John 15:1-17. What is God saying to you?

2. What does it look like to remain?

NOTES

S12:DAY 5 — GO FORTH

The outcome of our daily battles depends on us. Think of your biggest battle, whether real or imagined. Now put it into perspective and learn from the Master!

In the midst of suffering on the cross, it looked as though Jesus had lost. Imagine being brutally beaten and murdered for show. Imagine being rejected by your closest friends. And if that wasn't enough, being abandoned by not only your father, but your Heavenly Father. As the enemy celebrated what physically looked like an impending victory, Jesus *chose* to stay focused spiritually.

Jesus trusted His death was His Father's will. He knew since the Father was allowing it, God in His sovereignty would use this tragedy for good. He trusted His pain was not for nothing. Believers, if there is any time to be more like Jesus, this time is now. For in this comes the fullness of the resurrection and an overflow of His abundance.

We are in Christ and *it is finished!* The war has already been won. Remember to remain in this good news! We can trust that Christ in us knows all things and will carry us through any battle we face before He returns. Keep your Kingdom perspective and spiritual lenses on no matter what life brings, and you have also won: every – single – battle!

Fellow believers, *remember to remain*, stay alert,
and fight like you trained!
See you out in the field!