



It's Time to Fight | Shawn Johnson | 2.20.22  
Weekly Study

## START

To get things started, go around the circle and answer the following question:

**What's the best/worst practical joke that you've played on someone or that was played on you?**

## SHARE

Welcome back to Group! Last week, we kicked off our brand-new series called, Attacking Anxiety. This series is based on Shawn's brand-new book, where he gives us an honest look into his journey with anxiety and depression. He tells the story of a breaking point he reached two and a half years ago that led to several weeks of inpatient therapy followed by hundreds of hours sitting with professionals, pastors, and loved ones, getting healthy.

This week, Shawn reminded us that we cannot fight in our own strength but it's all about the fight of God's strength.

**But before we dive in, take a few minutes to check in with your Group by answering the following questions.**

**What is one word you would use to describe how you are currently feeling? Why did you choose that word?**

**What was the most challenging part of your week?**

**What was the highlight of your week?**

## G R O W

**Read 2 Corinthians 10:3-5**

**What do you think it mean to “take every thought captive?”**

In these verses, Paul is instructing us to examine our thoughts before they spiral into a place of harm. These thoughts, unexamined can lead to unhealthy cycles leading to negative thoughts and actions.

The enemy wants nothing more but to take and destroy your peace. As Shawn said this week, we can fight back just as Jesus did. When Jesus was tempted by Satan, he used Scripture to challenge him each time. He knew that Satan had nothing on the ultimate truth of God’s Word. If Jesus, the Son of God, used Scripture to fight the battle, we can do the same in our minds.

Our mind is a spiritual arena and what we allow in them matters. There are many practical ways to practice taking captive our thoughts. Engaging in God’s truth and replacing the untruths with God’s truth will be a powerful way we can fight the battle.

**What are some practices you take when taking your thoughts captive?**

**How can this truth be applied to what you have learned in this week’s message?**

## M O V E

**Read Ephesians 6:10-12**

This week, Shawn shared that his pastor told him that “it was time he stopped being mad at himself and time he started fighting back!” It’s time to start fighting the enemy!

Shawn shared with us 3 things his pastor taught him as he was attacking his anxiety and depression that changed the way he was fighting this battle:

1. Start fighting back!
2. It going to be a spiritual battle!
3. Help to begin the fight!

### **Start fighting back**

All throughout scripture God wants us to take hold of what he has already provided for our future. We have to take the invitation and dig deep to the fight that he has intentionally placed within each of us, Shawn called this the “fighter Spirit.” Read the story of Joshua. Joshua didn’t know that he was going to fight many battles before taking possession what God promised him.

**Today, if you knew the many battles you would have to fight before receiving the promises God has for you, would you fight? Why or why not?**

**When times that you are exhausted in the fight, what helps you stay strong when you want to give up?**

### **It’s a spiritual battle**

**Have you considered that the Enemy is behind anxiety and depression? If so, when did you have that realization? If not, how does it make you feel to know that?**

As Shawn shared this week, the battle is not against depression or anxiety, the battle is against the Enemy. We see that in John 10:10 that the enemy wants nothing more but to debilitate and destroy God’s people. By reading God’s Word, we know the end of the story, God has victory and because of this we battle in hope. And just as PC told Shawn, we will do this by praying, worshiping and going to war!

**What are some of the lies that go through your head? How do you feel when you hear those lies?**

**Why are prayer and worship necessary for fighting the Enemy?**

**In what ways does it take courage to pray before you’ve achieved a victory?**

## **Help to begin the fight**

Jesus doesn't leave us in the battle alone. In Deuteronomy 1:30 God promises us that "The LORD your God, who is going before you, will fight for you, as he did for you in Egypt, before your very eyes," We are not commanded to fight for ourselves, God will do the fighting for us. He goes before us, and he promises to be with us. Being in God's presence is the confidence to take on anything that is before us. The invitation is always to be with God the Father (see Matthew 11:28-30).

## **Where in your life have you needed to step aside and allow God to fight for you?**

When being in God's presence we are sure to experience these things:

1. Peace (Philippians 4:6-7)
2. Joy (Psalm 16:11)
3. Rest (Exodus 33:14)
4. Confidence (Jeremiah 17:7)
5. Guidance (Exodus 15:13)
6. Protection (Psalm 5:11; Isaiah 41:10)
7. Power (Joshua 1:9; Ephesians 3:20)

**Take time this week and reflect on something that you are needing from God. Is it his peace? More joy? Guidance? Write down the Scriptures and have them in a place that you see it often as a reminder that we can experience all of this by simply being in God's presence.**

## **P R A Y**

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

## **T O G O**

*"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us," -Ephesians 3:20*

