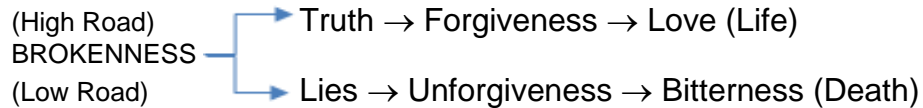




## “TRUTH” 2Cor.10:3-5



Thesis: If we don't apply the TRUTH of God's Word to the painful thoughts and emotions that result from our woundedness, we will end up on the low road hurting ourselves and others unnecessarily.

### LIFE IS A SPIRITUAL WAR: vv3-4

- People are not the enemy. vv3-4 3xs "flesh"
- Behind the scenes aggravating the flesh & blood evil (society/sinful nature) is something that is not flesh and blood (Satan). Eph.2:1-3, 6:10-13
- Satan 1<sup>st</sup> seeks to divide our hearts and then to divide our community. 2Cor4:4; 2Cor11:3; Rom1:25; Ja.4:1; Pro.6:19; Titus3:10-11

### THE BATTLEGROUND ARE STRONGHOLDS: vv4-5

Note: Emotional intelligence Rom.7:15 (seeing from the third person)

- Strongholds are habits of thinking, feeling, and behaving we run to for protection in times of trouble (brokenness). Ps.46:1; Pro.18:10; Rom8:5-6
- Strongholds are identified by following triggers to overwhelming thoughts and emotions back to their origin. Gal.5:26; Ps.42:5, 11, 43:5
- Strongholds are being destroyed when you are able to respond to triggers (brokenness) with your Spirit-led self. Gal.5:16-17, 22-23; Calm, Clear, Curious, Compassionate, Confident, Courageous, Creative, and Connected.

### STRONGHOLDS ARE DESTROYED BY GOD'S WORD: v5

- The Best Defense against the lies in your head is the rehearsal of God's Word in your heart. 2Tim3:16-17; Heb4:12; Ps119:103; John 8:31-32
- Destroying lies about God:
  - ✓ God is holding out on me. Rom.8:31-32 Love
  - ✓ Obeying God is suicide. Ps.19:7-11; Jer.29:11 Wisdom
  - ✓ God has lost control. Rom.8:28; Gen.50:20 Power
- Destroying lies about yourself:
  - ✓ I must achieve my acceptance and identity in Christ. Eph.2:8-9; 2Cor.5:17
  - ✓ It's not OK to be human and show weakness and make mistakes. 2Cor.12:9; 1Jn.1:8
  - ✓ I'm too messed up for God to use. 1Cor.1:26-29

### Growing Notes

- 1) When it comes to dealing with our brokenness (the sins we have committed, and the sins committed against us) what are the only two choices we have (i.e. high road vs. low road)? If we don't apply the TRUTH of God's Word to the painful thoughts and feelings that result from our woundedness we will end up on the low road hurting ourselves and others unnecessarily. Explain.
- 2) Read 2Cor.10:3-5. What stands out to you from this text. Paul is dealing with false accusations in this chapter (vv1-2). Why do you think spiritual warfare would play a role in dealing with relational conflict?
- 3) What does it mean that life is a spiritual war (vv3-4; Eph.6:10-13)? What is Satan trying to do with our hearts and our community?
- 4) What does it mean that the battleground are strongholds (vv4-5)? What is a stronghold? Is our text talking about good or bad strongholds? What's the difference? How do you identify bad strongholds and how do you know they are being destroyed in your life?
- 5) What does it mean that strongholds are destroyed by God's Word (v5)? What is your best defense against the lies in your head? What are some common lies that people believe about God and themselves? Pray.