



LifeGroups are the lifeblood of our church. If you aren't a member of a LifeGroup, contact us so we can connect you with a group.

These questions provide a framework for individual or family study and for discussions in LifeGroup. LifeGroups meet at 9:45 AM on Sundays.

[malvernhill.org/ministries-and-resources/lifegroups](http://malvernhill.org/ministries-and-resources/lifegroups)



5. Think of a recent "minor" stressor that impacted your day(oversleeping, a messy kitchen, a traffic delay). Was your first instinct to take responsibility, or did your frustrations spill over into your relationships? Read 1 Corinthians 10:13. Discuss how you can create escape strategies to use when faced with temptation in your personal life so that you can have power over your flesh. How will you handle that same stressor the next time it appears in your life?

## Ephesians 2:1-3

1. Reflect on your family background. How has your family of origin impacted your view of marriage and/or family today?
2. In what ways have you seen our culture or media downplay or trivialize spiritual warfare?
3. The three fronts of spiritual warfare are: the battle against the flesh, the battle with the world, and the battle with Satan. Where do you tend to focus your attention when you consider spiritual warfare?
4. The greatest enemy in the battle against spiritual warfare is the person who stares back in the mirror. Why is it easier to blame your spouse, your children, or "the devil" for mistakes or disagreements rather than your flesh?

6. We tend to "love, trust, and obey" our idols. If an outsider looked at your family's calendar or bank statement, what might they identify as a "false god" you are tempted to worship? What is one concrete step your family can take this week to prioritize God's Word over worldly influences or idols in your family?

7. You can expect Satan to fight back when you go to war with your flesh and resist temptations from the world. Spiritual warfare is a reality, whether you choose to engage or not. Read Romans 13:14 and Colossians 3:5-11. Discuss strategies that you can implement in one area of life to make no provision for the flesh.

**VBS Leader Meeting**

Sunday, April 19  
4:00 PM

[malvernhill.churchcenter.com/calendar](http://malvernhill.churchcenter.com/calendar)