

# TALK IT OVER

04/24/2022

## HOW TO DEFEAT THE ENEMY WITHIN Discussion Guide

### BIG IDEA

What comes to mind when you hear the term, “self-sabotage”? It may bring forth images of senseless behavior, words that can’t be unheard, or even thoughts that seem to plague us. Sometimes our biggest enemy is the person reflected back in the mirror. In today’s sermon, Pastor Daniel teaches us five lies we believe that lead to self-sabotage and alternate paths or ways of thinking to prevent or recover from it.

### SCRIPTURES USED IN THE MESSAGE

- Proverbs 11:2 (ESV)
- Proverbs 13:16 (NLT)
- 1 Corinthians 6:12 (MSG)
- Proverbs 18:1 (NASB)
- Philippians 2:3-9
- 1 Corinthians 9:27 (ESV)
- Psalm 90:12
- Galatians 2:20
- Ecclesiastes 4:9-12 (ESV)

### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- Why is ego the start of self-sabotage?
- What aspects of your life suffer because of busyness? What are the dangers of busyness? Why do many people put a premium on being busy?
- Why is it sometimes easier to hold others accountable than ourselves?
- What boundaries do you set for yourself based on your relationship with Christ? When was the last time you raised your standards?
- Do you have authentic relationships? If so, what do you do to sustain them? If not, what is stopping you from having them?

### APPLICATION IDEAS

- Take some time to write down what your ideal week looks like. If you don’t know where to start, begin with your priorities and what it would take to sustain them.

### PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray this week for an opportunity to serve someone in an inconvenient way and for a heart that is open to acting on the opportunity.

### LEADER TIPS

- Start your small group with an icebreaker question. One that is fun and easy to answer. It will encourage all members to participate early so it will be easier for them to be more vulnerable later in the discussion.