



PART I: A WAR WITHIN

STUFF TO DISCUSS:

1. What is the most “boneheaded” thing you did as a teenager?
2. Do you find yourself thinking about or reflecting on that thing or others things often?
3. If it’s true that our thoughts determine the direction of our lives, then based upon your own thoughts, in what direction is your life headed?
4. What are some practical tips you have found helpful in dealing with mental health and other spiritual battles?
5. Jeremy taught that we battle lies with the truth. Are there specific lies that you have become to believe about yourself?
6. How are those lies holding you back from the truths God has promised you in His Word? What specific scriptures do you need to commit to memory to battle these lies?
7. If the Church could do any one thing helpful when it comes to dealing with mental health and the spiritual battles we face, what do you think it should be?

NEXT STEPS & PRAYER REQUESTS

- Find all the resources for this series here: [I Declare War Series Resources](#)