



PART 2: THE WEAPONS OF WAR

STUFF TO DISCUSS:

1. What is something you do that brings you joy?
2. How has scripture and prayer helped you as you face obstacles in your life?
3. What are some of the routines and habits that you have concerning scripture reading and prayer? What habits would you like to see formed in these areas?
4. Garrett pointed out that not only did Jesus rely on scripture and prayer, but he had additional help as well (Matthew 4:11; Mark 1:13; Luke 22:43). How did this sit with you this morning?
5. Why do you think it is easy to neglect additional helps when it comes to our mental health?
6. Of the "additional helps" that Garrett mentioned, which one(s) have you found to be the most beneficial?

NEXT STEPS & PRAYER REQUESTS

- Find all the resources for this series here: [I Declare War Series Resources](#)
- Of the "additional helps" Garrett mentioned today, identify one or two can you focus on this week?