

**November 2<sup>nd</sup> - 8<sup>th</sup>**

**Pastor Banning Liebscher: Connected to Truth**

In this lesson you will learn three ways to stay connected to the Truth.

**Intro:** The primary weapon of the enemy is a lie. Jesus came to give us life and life more abundantly. The enemy comes to steal, kill, and destroy using lies to lead us into bondage. God connects us to the truth and through the truth we can live in freedom. In order to keep believers from living in freedom, the enemy employs certain tactics to keep us in bondage. First, he waits until you are worn down and out by difficulties of life. Then after you drop down your guard, he inserts a lie into your life at your weakest point. So, to combat these schemes, our first priority is to guard our heart against lies (Prov 4:23). There are three main ways to combat the lies in the weakest points of your life.

**I. Don't Underestimate the power of a Meal & a good Nap**

- A. When life gets the better of you, and you feel beaten down by weariness take time to take care of yourself physically. The physical, emotional, and spiritual parts of you are all interconnected. If you're worn out by life, take time to get some nourishment into your body and give your body some well-deserved rest. This will work wonders for your mood and your well-being. God gave these instructions to Elijah at his weak point (1Kin 19:5-6).

**II. Always Keep one Foot in the Water**

- A. Navy S.E.A.L.'s. are trained to thrive in Nature's harshest environment which is water. They are most formidable and at home in the water where the enemy cannot follow them. If they find themselves in adverse circumstances where the odds are against them, they will retreat back to water. For the believer, when the odds are against us, we need to retreat back to God's presence. In His presence we can find strength for our battles because in His presence there is fullness of joy ( Psa 16:11).

**III. Who you Show up with Matters**

- A. Who are you bringing to the fights in your life? If you are facing challenges, temptations, or addictions it is most important that you show up to your fights with backup. Surround yourself with community. Show up to your fights with your connect group. Connect to fellow believers with a phone call about your challenges. The enemy loves to isolate you and get you worn down all by yourself. Stay connected to your fellow believers in the fight of faith (Luke 22:32).

**Discussion Questions**

1. Have you ever noticed your attitude go downhill when you are hungry and exhausted?
2. Do you have your own private praise & worship sessions to strengthen yourself?
3. Do you have close friends who are believing & praying with you to overcome your private challenges?