

# THE FIGHT

WEEK 1

**Look Back:** What steps did you take to develop habits of stopping to remember who Jesus is and His promise of peace in your life daily? What did you learn?

## Look Up:

### Read [Romans 7:18-24](#)

1. What does Paul tell us about the “fight” he was experiencing? Where was this fight taking place? Why was it taking place, and what was involved?
2. What was Paul’s emotional state in verse 24? Have you ever felt this way, and if so, where did you turn?

### Read [Galatians 5:16-18](#)

3. What additional insights do these verses provide about God and the fights we face? How should people today apply these truths in their lives?

### Read [Romans 7:25](#) and [Hebrews 4:14-16](#)

4. In Romans 7:25, where does Paul say he turned for help and strength in the middle of his fight? Why does Paul refer to Jesus Christ as “our Lord,” and how is this helpful when we are experiencing a fight in our minds?
5. What else does Hebrews 4 say about Jesus, and why is it important for followers of Jesus to remind themselves of these truths?
6. Try to put Hebrews 4:16 in your own words. How should followers of Jesus enter his presence, and what will they find when they do?

## Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

## Look Ahead:

Name the fight and the “opponent” you are battling with right now. Create a reminder that Jesus is in the fight with you.

## Notes

*Our peace is found in the presence of Jesus. He understands the battles we faced and personally experienced the same types of struggles. On our own, we are helpless and hopeless, but with Jesus on our side, we can win the fight. However, we cannot change or defeat what we will not confront. We must recognize the battle and go boldly into the presence of Jesus to find His peace. We cannot create peace – only Jesus can provide it.*

