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**This study guide and electronic versions of the videos for this series  
and the many others produced by Equippers Church can be accessed at  
[www.equipperschurch.com/egroups](http://www.equipperschurch.com/egroups)**

# HOST'S GUIDE

This study guide is here to help you lead a fun and transformative eGroup study over the next few weeks that will see each person progress and grow. Use this guide, along with the DVDs and weekly Study Guides, for a life-changing, interactive experience.

## **BEFORE YOU MEET:**

- Ask God to prepare the hearts and minds of the people in your eGroup. Ask Him to show each of you how to apply what you learn to your own heart to see growth and to move forward.
- Preview the DVD and read through the study guide for that week. Think about what you might answer for each question. Make notes in your study guide if you want to.


## **SETTING UP:**

- Take time before everyone arrives to prepare some snacks to share with everyone, set up the room you will use, check that there are enough seats, and try to create a relaxed and comfortable environment to meet in. You might want to play music quietly to create a relaxed atmosphere when everyone arrives, or move the furniture in your living room to make the space inviting.
- Have a Bible handy for verses that you might want to look up during discussion.

## **HOW TO HOST YOUR GATHERING AND USE YOUR STUDY GUIDE:**

**ENGAGE:** Welcome each person as they arrive. Spend time chatting, getting to know one another, or just sharing about the week. Your relationships as a group are as important as the time you spend watching the DVD or in discussion. A relaxed and friendly environment is an easy place to learn and hear from God.

**RECAP:** After the first session you may wish to spend a bit of time each week recapping how your last seven days has been, inviting members to share any opportunities they had throughout the week to apply what they learned and how their individual activation went.



**KEY THOUGHT:** This is the main takeaway for the week. You don't have to read it out but can use it as a guide to frame your discussion.

**WATCH:** After you have spent some time engaging with each other watch the DVD for the week.

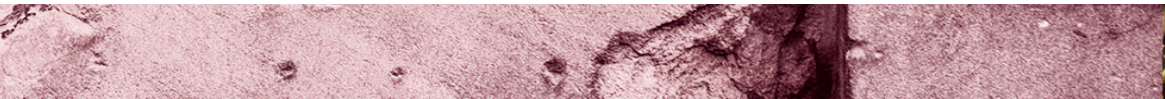
**DISCUSS:** Read out each question in the study guide, allowing time for everyone to share their thoughts or experiences if they desire.

When a question arises, ask the group for their input, and resist the urge to answer it yourself straight away. Your primary role is to create an environment where people feel comfortable to be themselves and participate, not to provide all the answers to all of their questions. Don't be afraid of silence as participants think of their response to the questions.

Remember, the goal is not necessarily to 'get through' all of the questions. The main priority is for each person to learn and engage in dynamic discussion.

**PRAY:** Ask the group to pray for each other from week to week, especially about key issues that arise during your discussion time. This is how you begin to build authentic relationship, and encourage spiritual growth within the group.

**ACTIVATE:** As a group, read out and talk about the action in the study guide for that week. Decide together to commit to doing this action during the week to help you each grow and engage with God individually.



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## **SUGGESTED TIME FRAMES FOR YOUR GATHERING:**

**ENGAGE:** 15 minutes

**RECAP:** 10 minutes

**WATCH:** 10 minutes

**DISCUSS:** 30 minutes

**PRAY:** 5-10 minutes

**ACTIVATE:** 5 minutes

(Please note that these are just suggested times, you may wish to take longer in certain areas. However, we do recommend keeping your gathering to a maximum of one and a half hours in consideration of others' time)

## **KEYS TO A DYNAMIC EGROUP**

**RELATIONSHIPS:** Meaningful, encouraging relationships are the foundation of a dynamic eGroup. Discussion and prayer are important elements of a gathering, but the depth of each part is often dependent upon the depth of the relationships between members.

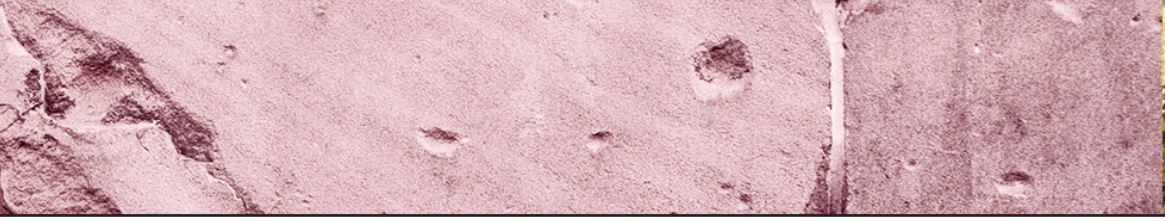
**AVAILABILITY:** Building a sense of community within your group requires members to prioritise their relationships with one another. This means being available to listen, care for one another, and meet each other's needs.

**MUTUAL RESPECT:** Mutual respect is shown when members value others' opinions (even when they disagree) and are careful to never belittle or embarrass others in the group (including their spouses, who may or may not be present).

**OPENNESS:** A healthy group environment encourages sincerity and transparency. Members treat each other with grace in areas of weakness, allowing each other room to grow.

**CONFIDENTIALITY:** To develop authenticity and a sense of safety within the group, each member must be able to trust that things discussed within the group will not be shared outside the group.



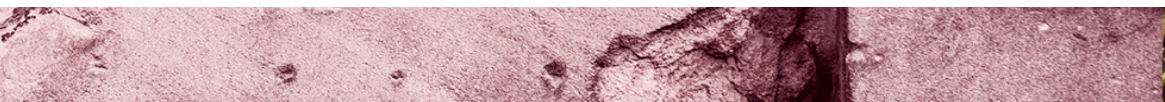


**SHARED RESPONSIBILITY:** Group members will share the responsibility of gatherings by using their God-given abilities to serve at each meeting. Some may greet, some may prepare food, some may pray, etc. Ideally, each person should be available to care for one another as needed.

**SENSITIVITY:** Dynamic eGroups are born when the leader consistently seeks and is responsive to the guidance of the Holy Spirit, following His leading throughout the meeting as opposed to sticking to the “agenda”. This is especially important during the discussion and prayer time.

**FUN!**

Dynamic gatherings take the time to have fun! Create an atmosphere for fun, and be willing to laugh at yourself every now and then!



WEEK ONE:  
THE BATTLEFIELD OF THE MIND AND HEART

# THE BATTLEFIELD OF THE MIND AND HEART

**ENGAGE:** Spend time connecting with each other.

**KEY THOUGHT:** We can overcome the battle of the mind and heart through transforming our mind with Gods word and guarding our heart through the way we respond.

**WATCH:** Watch 'Session One' of the video.

**QUESTION 1:** What did you think of the video? Did anything particularly stand out to you?

**QUESTION 2:** What is a battlefield in your own personal life?


**QUESTION 3:** They spoke about how people's perspectives and words can shape our worlds and cause us to believe in lies. Bill Johnson says that "when we believe in a lie that we are empowering the liar."

**How can we disempower the liar and empower the truth in our lives?**

**QUESTION 4:** Jess shared about how she found Jesus in her battle on her darkest day. Psalm 34:17 says "When the righteous cry out the Lord hears them and rescues them from all their distress and troubles."

**When we are in the middle of a battle, how can we invite Jesus into the battle with us?**



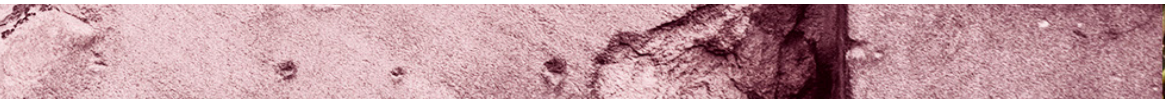


**QUESTION 5:** Proverbs 4:23 “Above all else, guard your heart, for everything you do flows from it.” We can’t always control what people do to us but we can choose how we will respond.

**What are some ways in which you can respond to guard your heart?**

**PRAY:** Ask God to transform your mind by the power of his word this week.  
Ask God to show you the steps that you need to take/ do to guard your heart.

**ACTION:** They talked about how we can be transformed by the power of His Word.  
Get everyone to find two scriptures that are relevant to their battle and share them next week at eGroup.



# THE BATTLEFIELD OF THE PAST

**ENGAGE:** Spend time connecting with each other.

**KEY THOUGHT:** We have to let go of the past so that we can move forward into the fullness that God has for us.

**WATCH:** Watch 'Session Two' of the video.

**QUESTION 1:** What did you think of the video? Did anything particularly stand out to you?


**QUESTION 2:** What are some ways we can let go of our past?

**QUESTION 3:** They talked about how we sometimes experience the loss of a dream that comes with disappointment and grief.

**How do we let God rebuild or give us new dreams?**

**QUESTION 4:** Unforgiveness can keep us stuck in our past. They talked about how we need to see the person how God sees them and have compassion.

**How do we forgive and see the person how God sees them in the midst of our pain?**



**QUESTION 5:** Luke 6:28 says “Bless those who curse you. Pray for those who hurt you.”

**What does this scripture mean and how can we apply it in our lives?**

**QUESTION 6:** 2 Corinthians 5:17 “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” Your past has been buried and you’re living a new life and a new reality.

**How do we live in a new life and a new reality?**

**PRAY:** Ask God to help you forgive people and have compassion for them.

Ask God to rebuild broken dreams in your life.

Ask God to help you move forward from your past.





# THE BATTLEFIELD OF FAITH

**ENGAGE:** Spend time connecting with each other.

**KEY THOUGHT:** Even though our circumstances can say something different we can still choose to stir up our faith and trust God.

**WATCH:** Watch 'Session Three' of the video.

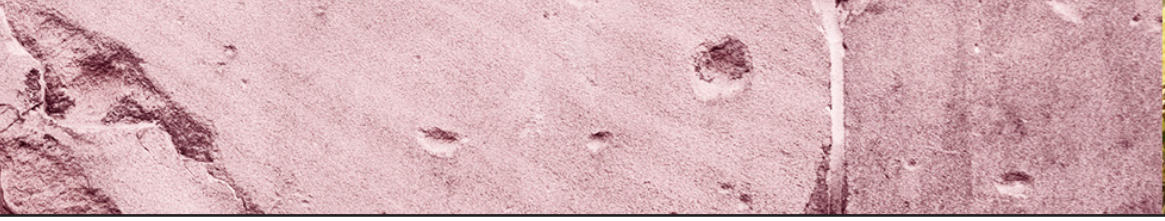
**QUESTION 1:** What did you think of the video? Did anything particularly stand out to you?

**QUESTION 2:** What is faith to you?

**QUESTION 3:** Get someone to read Luke 11:1-13 and talk about what it means. What are some promises that God has promised you and that he says in his bible?

**QUESTION 4:** There can often be a gap between our reality and the promise. They talked about natural and supernatural things that you could do while we are waiting.

What can you do in the middle ground while waiting for your promise?

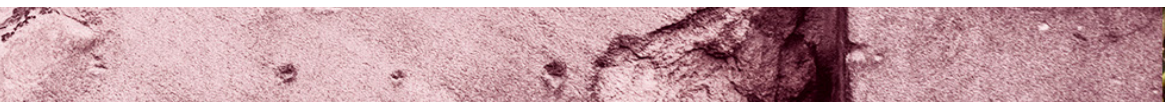


**QUESTION 5:** How do you keep trusting and having faith in God when your reality doesn't match the promise?

**QUESTION 6:** How is your faith diet and how can you increase your faith this week?

**QUESTION 7:** Our testimonies carry prophecy, why don't you share your faith stories with each other.

**PRAY:** Sometimes we can have faith for other people's situations when they don't have faith for themselves. As an Egroup lets stand together in prayer believing for each other's promises until everyone inherits it (it may be good to write them all down and tick them off as God provides the breakthrough).





WEEK FOUR:  
THE BATTLEFIELD OF FIGHTING FOR OTHERS

# THE BATTLEFIELD OF FIGHTING FOR OTHERS

**ENGAGE:** Spend time connecting with each other.

**KEY THOUGHT:** We can stand in the gap for people in our world through the power and authority that God has given us.

**WATCH:** Watch 'Session Four' of the video.

**QUESTION 1:** What did you think of the video? Did anything particularly stand out to you?

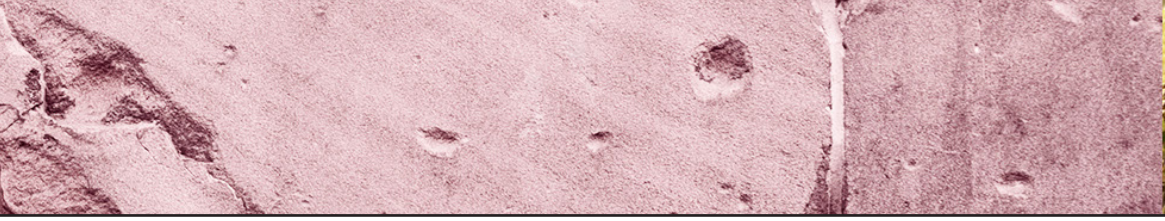
**QUESTION 2:** Have someone read out Ephesians 6:12 and discuss what it means.

**QUESTION 3:** How do we put on the armor of God?

**QUESTION 4:** How do we keep fighting for others when we want to give up?





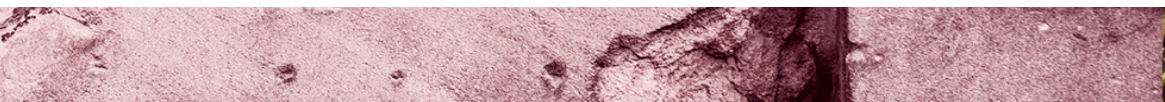


**QUESTION 5:** Luke 4:18 “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free.”

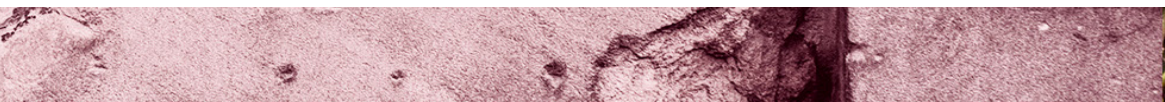
**How can you action this scripture in your life?**

**PRAY:** Pray for someone that needs a breakthrough in your world

**ACTION:** Think about something as an eGroup that you can do to fight for people in the community. When you do it, put it on social media and #beyondher

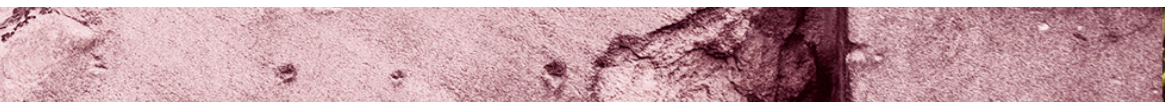


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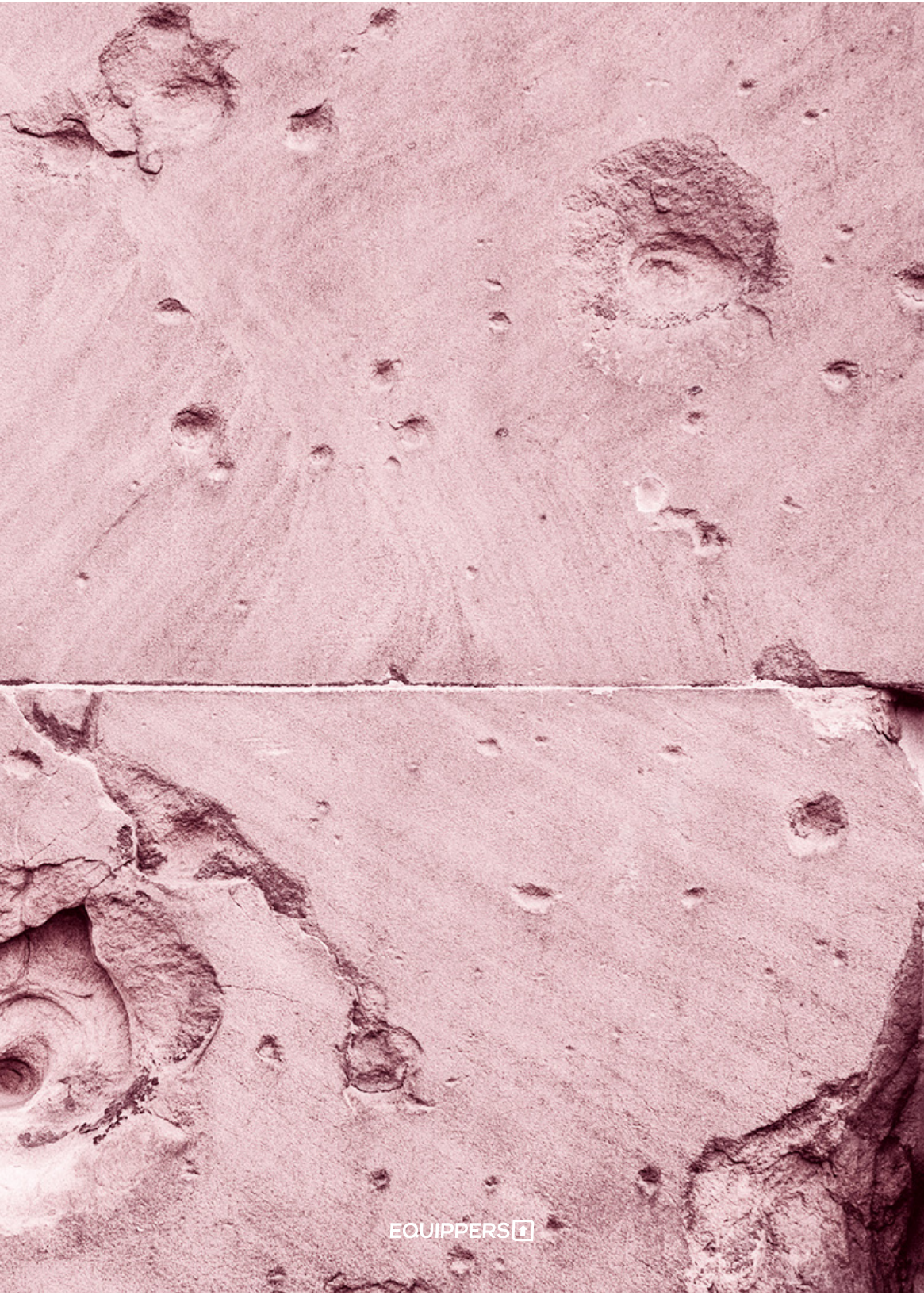




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