

Habits of Hope: Stand Firm in Hope

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Offense sells tickets, but defense wins championships.

Bear Bryant, NFL football coach

Playing good defense is vital to your spiritual walk because there are forces actively working to steal hope from your life.

Question: When have you experienced your “hope” being stolen?

Read Ephesians 6:10-12

There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence. The other is to believe, and to feel an excessive and unhealthy interest in them.

C. S. Lewis

Question: Where do you land on the scale between disbelief in the devil to an excessive interest in them?

Scripture teaches:

- The devil and evil spirits are real.
- They are fighting against us.
- We can stand firm against all the strategies of the devil.

Read Colossians 2:15, Ephesians 6:13

Read Ephesians 6:14-18

Questions: What are some views of the armour of God that have been helpful to you? What has been a hindrance?

The armour God provides is His own character. Aligning ourselves with His character is how we put it on.

Question: How does viewing the armour as God’s character that we align with bring clarity to how you stand against the devil?

Read John 1:14; John 14:6; John 8:44

When everything is spiritual warfare, it’s not being spiritual, it’s being superstitious. The most effective spiritual warfare occurs in when we demonstrate the character of Jesus in our daily lives.

We usually lose the battle for hope in our minds. Our body, soul and spirit are much more interconnected than we realize. Your mind and your brain are separate but inseparable. Your brain affects the way your mind works. Your mind affects the way your brain works.

Read Romans 12:1–2; Philippians 4:8

Questions: What words are you are saying to yourself? What words is your mind sending through your brain?