

# Strong In Spirit Conference<sup>©</sup>

## – Discussion Questions –



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### Intro – Goals Of The Conference

1. What would you say is the event or teaching from God that has had the greatest positive impact on your life? Why?
2. List some of the goals you have made for your Christian life.
3. Do you remember some of the things you've said, "I'll *never* do that" about? Why did you say that? What has been the result?

### SIS Session #1 – Good In Spirit vs. Strong In Spirit

1. What were some of the dozen options in the G.S. vs. S.S. Inventory you did *not* mark – and why are they things you would not normally do?
2. What are some additional characteristics – both positive and negative – of 'good in spirit Christians' that you've witnessed?
3. What do you think about God's command to rule or have dominion over "everything" in creation still being in effect? What do you think it would take for believers to effectively learn how to actually rule in life?
4. Do you consider yourself spiritually strong for God? On a scale of 1 to 10, with Paul the apostle rating a 10, how spiritually strong would you rate yourself? How long has it been since that rating has significantly changed for you? Recently, years, or decades ago?
5. What are some specific things God might be leading you to do to increase that rating?
6. Do you tend to see yourself more as "courageous, royal, mighty, fearless, bold" or "inoffensive, kind, nice, helpful?" Why? What in your life has contributed to that designation?
7. In what ways are you like or unlike Zechariah or Elizabeth?
8. Do you tend to view a comfort zone as a good or a bad thing? Is your comfort zone pretty large, or pretty small? Why would Jesus call you out of your comfort zone? What commands of Christ would tend to call/stretch you out of you comfort zone? Why?
9. Why do words like "aggressive, assertive, forceful, strong, powerful" tend not to characterize many Christians today? How are Jesus, John the Baptist and Paul the Apostle different from many Christians today?

## **SIS Session #2 — Nine Qualities Of The Strong In Spirit Life**

1. Which of the 9 qualities that describe a Strong In Spirit person are you the strongest in, which are you the weakest in? Why?
2. Which quality do you feel God is calling you to grow in the most now? Why?
3. Which quality scares you the most or would be the most challenging for you to grow in? Why?
4. Which quality surprises you the most that it made the list of 9 qualities? Why?

## **SIS Session #3 — Fearless Boldness, The Definition Of Strong In Spirit**

1. Does the two word definition of Strong In Spirit as fearless boldness surprise you? Why or why not?
2. In what ways do you need to grow in fearlessness...in boldness?
3. What ways does God want to use your mouth to display your boldness for Him? In what ways does public speaking scare you most? What steps can you begin to take to become bold for God?
4. In what ways did Jesus, John the Baptist and Paul the apostle show great boldness?
5. Has the 'Boldly (Holy) Spirit' ever made you bold in a given situation to speak up strongly for God?
6. In what ways does the church discourage holy boldness? In what ways does that make the church in America weak today?
7. How bold are you with God in prayer? Can you think of the boldest prayer you've ever prayed to God? Do you normally tell God *exactly* what you think, believe or feel when you pray, or do you tend to just pray 'nice' prayers? What steps can you take to increase your holy boldness with God?
8. What were the boldest words you've ever spoken to someone? What was the boldest action you've ever taken? How long has it been since you were so bold?
9. Are you growing in boldness and fearlessness or decreasing? Why or why not?
10. Have you ever thought of fear as your worst enemy and the biggest sin of your life? Why or why not?
11. How has fear been a 'stealth' sin for you that you don't even recognize?

## **SIS Session #4 — Seven Ways To Overcome Fear**

1. Which of these seven ways to defeat fear have you found the most effective for you?
2. Which of the other six ways to defeat fear appeals to you the most? Which seems like the most difficult to put to use? Why?
3. Which way to defeat fears do you think God leading you to use now? Are you responding?
4. On a scale of 1 to 10 (10 being high) how well developed is your inner fear detector?
5. What steps can you take to increase the effectiveness of your inner fear detector?
6. How can other people around you help or hinder you in defeating fears?
7. Did you learn to live under, or to defeat fears in the home and family you grew up in?

## SIS Session #5 — Five Reasons To Become Strong In Spirit

1. Which of these five biblical reasons to become Strong In Spirit is the most compelling for you? Which is the most difficult for you?
2. If God is 'strong,' does your view of God normally include the supporting qualities of Him being "aggressive, assertive, forceful" as well as loving and kind? Why or why not?
3. What does it mean to you that 2/3<sup>rd</sup>s of the Trinity are praying for you at any moment in time? Respond to the statement, *"If I could hear Jesus in the next room praying for me, I would not fear a million enemies – yet distance makes no difference, He is praying for me now!"*
4. What does it mean to you that Paul's #1 prayer for the churches was that they become Strong (In Spirit)? How is that different from what you pray for? How is that different from how the church at large normally prays? How will that change *your* prayer life?
5. If Satan is 'strong,' does your view of him normally include the supporting qualities of being "aggressive, assertive, forceful" as well as evil? Why or why not?
6. What does it suggest to you that God and Satan are opposites (though not equals), with both being described as "strong?"
7. What do you think it means for believers to "bind" or "tie up" the strong man/devil? How have you done that in your own life? What have been the results?
8. Do you tend to believe people are basically good and kind and that life ought to be more fair? What does the Bible have to say about that viewpoint?
9. Respond to this statement – God is less interested in making your life's circumstances 'good' than in making your inner life and heart 'good' for God, ourselves and others.
10. Have you ever heard the Greatest Commandment preached as a command of God to become strong? Do you think its possible to love effectively without becoming 'strong?'

## SIS Session #6 — Three Parts To Becoming Strong In Spirit

1. On a scale of 1 to 10 (10 being high/yes!), how closely does the philosophy *"my goal in life is to earn money and buy, pay taxes and die,"* compare to the realities of how you live your life?
2. Could you write down the specific purpose of your life (what you are to do on earth to glorify God) in a sentence or two? How might God reveal that to you if you asked?
3. What does it suggest to you that the three key people who turned the world upside down for God's kingdom – Jesus, John the Baptist and Paul the Apostle – each knew their purpose in life, and knew it so well that it was even written down in God's Word? How do you think that relates to the great fruitfulness of their lives?
4. If you know your goal in life, how well have you bonded to it? Are you more like Mary ('as you wish Lord'), or like Paul ('kicking against the goads')?
5. On a scale of 1 to 10 (10 being high), how well can you relate to Paul's statement in Galatians 2:20, *"...I no longer live, but Christ lives in (through) me..."*?
6. As you read over Philippians 3:10-14, what impresses you most about Paul's goal in life, his bonding to it and his dying to himself to accomplish it?

7. What kind of price have you paid (Paul suffered the “loss of everything”) to follow Christ? What has your obedience to Christ cost you? What you have died to or given up that would get in your way of a fully dedicated obedience to Christ?
8. Has it been worth the cost you’ve paid to follow Christ? Why or why not?

## SIS Session #7 – God The Strengthenener Of Your Spirit

1. What does it mean to you that becoming Strong In Spirit, while requiring your faith and obedience, is nevertheless ‘grace-based’ and not based in gaining it for yourself, or from a stingy or distant God?
2. How do you feel you can count on God’s help in transforming your weaknesses into strengths? Review some of the amazing faithfulness of God in your life that has gotten you to where you are spiritually today.
3. Share an instance of how God strengthened you to more fully obey His leading and His Word to you in your life.
4. How does it encourage you to know that Jesus, John and Paul each needed to be re-strengthened at different times in their lives to fully carry out God’ will for their lives?
5. Are you at a place now where you feel you need to be ‘re-strengthened’ by God for the work He has given you, or do you feel pretty strong inside at this point in time? Why?

## SIS Session #8 – Beware Identity Theft

1. How has Satan tempted you to doubt your true identity in Christ? How successful has he been in doing so?
2. What are some things you can do to help put an end to that?
3. What does Satan say to you after he whispers “If you are...” in your mind?
4. How does the ‘you are what you believe’ dynamic of Proverbs 23:7 describe your life? What did growing up in your family *really* teach you about God, life and yourself? How did your parents or other family members communicate these messages to you?
5. Have you ever spoken to Satan? Have you ever told him, “It is written!” Why or why not? Why did that cause Satan to stop his temptations in their tracks and leave Jesus?
6. Place in the order of importance (with 1 being high) how effective the four lies of the world are in your life...
  - #\_\_\_ I am my wallet (amount of money I make/have/the possessions I have).
  - #\_\_\_ I am what the mirror says about me (how fat or thin, good looking or plain I am).
  - #\_\_\_ I am important because of what I’ve accomplished in life.
  - #\_\_\_ I am important because of how people respond to me (I’m popular/well liked).
7. What other ‘identity messages’ from the ‘Father Of Lies’ has he whispered to you over the years? How have these kept you weak in your Christian life and sapped your spiritual strength, or kept you from really growing in Christ?
8. If you are an ‘Upper room’ or a ‘We didn’t know there was a Holy Spirit’ type Christian, what is the next step the Lord is leading you to take to become stronger?

9. If you are a 'Taking the kingdom by force/Strong In Spirit' believer – what are some of the things that God used to help get you become that way?

## SIS Session #9 – Christ Our Model #1

1. Are you starting to understand how to become Strong In Spirit? Do the following items make sense to you? Which of them is the most important for your growth now?
  - † The #1 thing that the three most powerful men in all human history had in common was that they were all Strong In Spirit – which is fearless boldness!
  - † You realize that that fearless boldness is God's very will for your life. It is not an option, suggestion or a good idea – it is a command of the King.
  - † You realize that fear is your biggest enemy and the major obstacle to your ever becoming Strong In Spirit – and you begin to defeat and overcome all your fears.
  - † You come to understand what your purpose in life is, bond to it and die to anything that would come between you and it fulfilling your purpose on earth!
  - † You know that God not only commands you to become Strong, He commits all the resources of heaven to making you powerfully Strong In Spirit! You refuse to let Satan steal your identity as a righteous Saint of God's – His treasured possession, because... *"It is written!"*
2. Consider the 'things' the Satan may have in you – your flesh/old man, strongholds of sin, curses, wounds, unconfessed/unrepented of sins, fleshly judgments against others, unforgiveness, demonic spirits of various kinds, etc. How do these pollute your spiritual life and keep you spiritually weaker than Jesus wants you to be? How do these things keep you from living the abundant life Jesus promised His followers in John 10:10?
3. How does the biblical description of a sinful stronghold help you understand what the world calls 'addictions' better? Has God revealed anything to you by viewing sin as a stronghold rather than an addiction?
4. What do you think of the definition of a stronghold? *"A stronghold is a mindset twisted by Satan's lies that allows a particular sin to operate and rule over an area of your life – either through resignation and defeat ("I'll never stop drinking, I'll always be a drunk"), rationalization ("It's not so bad...everyone else does it...I wouldn't have done it except he did it first...") or denial (a blind spot in your life you choose not to see)."* How does it help you? Which of the three ways that strongholds work is the most effective against you? Why?
5. What inner wounds of the past has the Lord healed you of? Which wounds are still bleeding inside you after 'all these years' because the past isn't over yet? Would you seek ministry from a qualified person to be healed from those wounds? Seek the Lord for who that person could be – because Jesus wants to heal you!
6. Which of the following coping mechanisms have you used the most to cope with your wounds over the years – rationalizing, denial, blaming others, procrastination, over-compensating for weak areas, repressing pain, etc.? How have these coping mechanisms kept you 'coping without hoping' and therefore denied you an abundant life? Why didn't Jesus come to 'help the brokenhearted cope, or help the captives cope?'

7. What bitter root judgments have you discovered in your life? How are they propelling the dynamic of “What you hate, you will either emulate or create (invite into your life)?” How have you become what you have hated and judged in others?
8. What generational sins do you see traveling down your family line? What generational blessings are there as well? How have older family member’s sins affected your life?

## **SIS Session #10 – Christ Our Model #2**

1. Who was your hero growing up? How did you try to become like him or her?
2. Why or why not have you ever viewed Jesus as your hero? What is it about Him that most causes you to look up to and admire Him?
3. How does your life best demonstrate the fact that you are a ‘mini’ version of Jesus Christ?
4. Which of the four main facets of becoming like Christ are you farthest along in? Which are you the least advanced in? Rate them each (from #1 ‘most’ through #4 ‘least’)...
  - † #\_\_ Like Christ in His character of love.
  - † #\_\_ Like Christ in His values.
  - † #\_\_ Like Christ in power and anointing.
  - † #\_\_ Like Christ in His mission.
5. Which of these is the Lord calling you to really grow in these days?
6. Which one of these do you need the most help with to become like Jesus?
7. What else does it mean to you to become like Christ? Is that happening in your life?
8. What may be blocking this fullness of Jesus’ life from flourishing in yours?
9. How does Jesus being your model inspire you to be more than you would otherwise be?