

Face Your Demons Small Group Guide

Warm-up Question: (Choose one, make up your own, or skip this part all together, depending upon the nature of your group.)

1. Are you more prone to “stir the pot” or to bring peace? Explain.
2. What is one early memory you have of your mother?

Read the following passage: Luke 11:14-26; Ephesians 6:10-20.

Although a neglected subject in the western world, encounters with demons were a regular experience in Jesus’ ministry, the ministry of the apostles, and the early church. The apostle Paul devotes significant space to our spiritual conflict with demonic powers in his letter to the Ephesians. The armor Paul describes in Ephesians 6:13-17 indicates both the nature of the spiritual attacks we experience and how we can defend ourselves against such attacks.

Questions for Discussion (Choose several that are relevant for your group):

1. C. S. Lewis wrote the following in the preface to his book, *The Screwtape Letters*.

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. They themselves are equally pleased by both errors and hail a materialist or a magician with the same delight.

When it comes to a practical consideration of the reality and significance of spiritual warfare with demonic spirits, where would you place yourself on the spectrum from “materialist” to “magician?” (That is, when it comes to demons, are you more prone to neglect/disbelief or excessive and unhealthy interest?) Explain.

2. Are there any areas of your life or any specific relationships in which you are sensing the reality of spiritual warfare? Explain.
3. Read Ephesians 4:25-27. According to this passage, how might we give the devil a foothold? Read Ephesians 6:13-17. Given the “armor” Paul describes in this passage, what are some other ways we might make ourselves vulnerable to demonic oppression?
4. Discuss how the factors listed below might open us up to the influence of demonic spirits. Do you feel that any of these conditions have made you vulnerable to demonic attack?
 - Participation in other religions or occult practices
 - Traumatic experiences (either as a child or adult)
 - Persistent, unrepentant sin

- Sexual immorality
 - False perceptions of the self
 - Unforgiveness
 - Idolizing money, power, or success
 - Sinful practices of parents or grandparents
5. Demons cannot just do whatever they whenever they want to followers of Jesus. They are external enemies who can only gain access to our lives and influence our behavior to the extent we allow them to through our thoughts and choices. Are there any steps you feel you need to take to close any “open doors” you may be giving to demonic spirits?
 6. What components of the armor Paul describes do you think are most crucial for you in this season of your life? Explain.
 7. What is one way you want to “stand firm” against demonic schemes this week?

Pray