

STUDY GUIDE

SIX SESSIONS

NEW YORK TIMES BESTSELLING AUTHOR

DR. DAVID JEREMIAH

OVERCOMER

8 WAYS TO LIVE A LIFE OF UNSTOPPABLE STRENGTH
UNMOVABLE FAITH, AND UNBELIEVABLE POWER



OVERCOMER

LIVE A LIFE OF UNSTOPPABLE
STRENGTH, UNMOVABLE FAITH,
AND UNBELIEVABLE POWER

DR. DAVID JEREMIAH
WITH DUDLEY DELFFS



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Overcomer Study Guide

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INTRODUCTION

Let's face it: It's a difficult world out there. Sometimes it feels like our society is ripping apart at the seams. Sometimes it feels like our hearts can't take any more hurt. But no matter what the world throws at us—anxiety, fear, confusion, temptation—we have a choice on how to respond. We can concede defeat or live in the victory that God has promised to us in His Word.

Of course, it's easy to say we are going to choose victory. But it's another matter entirely to walk in it every day, especially when we are faced with problems that overwhelm us. I'm reminded of the story of David and Goliath as told in 1 Samuel 17. Day after day, the entire Israelite army was cowering in fear of the giant—including their king. It took a special kind of warrior to step into that situation and choose to be an Overcomer. David was that warrior. His trust in God was so secure that he *volunteered* to fight Goliath.

David had the conviction, courage, and confidence to face the giant. This was not due to the physical armor that King Saul tried to place on him—David actually refused to wear it—but because of the spiritual armor he had been equipping himself with every day as he spent time with the Lord. This enabled David to face his challenges in the strength of the Lord.

In this study, I want to teach you God's strategy for overcoming challenges so that you can be an Overcomer like David. To do this, we will draw on the apostle Paul's words in Ephesians 6:10–18 and discuss what it means to put on each piece of God's armor in

a practical and effective way. As we go through each session, you will discover how to put on . . .

- the *belt of truth* to overcome falsehood
- the *breastplate of righteousness* to overcome evil
- the *shoes of the gospel of peace* to overcome anxiety
- the *shield of faith* to overcome fear
- the *helmet of salvation* to overcome confusion
- the *sword of the Spirit* to overcome temptation

Living the life of an Overcomer will bring you strength, peace, courage, hope, and joy such as you've never known. It will also bring victory in your spiritual life. So join me on this journey to *live a life of unstoppable strength, unmovable faith, and unbelievable power in the face of every challenge*. Embrace your God-given destiny—for you are an Overcomer!

HOW TO USE THIS GUIDE

The *Overcomer* video study is designed to be experienced in a group setting such as a Bible study, Sunday school class, or small group gathering. Each session begins with a brief “Welcome” section and opening questions to encourage thinking about the topic. After the opening questions, the group will watch the video message from Dr. David Jeremiah and engage in a time of directed discussion. Close each session with a time of personal reflection and prayer as a group.

During the week, maximize the impact of the study by engaging in the “Between-Sessions Personal Study” activities provided for that week. Treat each personal study section (*Seek, Reflect, Apply*) like a devotional, using the material in whatever way works best for your schedule. Note that these personal study sections are not required, but they will be beneficial to you in your progress toward becoming an Overcomer. Beginning in Session Two, there will be an opportunity to share any thoughts, questions, or takeaways you have from your personal study.

Each person in the group should have his or her own copy of this study guide. You are also encouraged to have a copy of the *Overcomer* book. Reading the book alongside the curriculum will provide additional insights and make the journey even more meaningful. To help you use both the book and this study, the “For Next Week” section lists the chapters in the *Overcomer* book that correspond to the following week’s session.

Keep in mind that the video, discussion questions, and supplementary activities are simply tools to help you engage with each week's lesson. As you complete this study on becoming an Overcomer, be in prayer that you will discover all that God has for you—that you will no longer be defined by defeat, but will become an Overcomer who puts on “the whole armor of God,” so that you can stand firm “against the wiles of the devil” (Ephesians 6:11).

Note: *If you are a group leader, there are additional resources provided in the back of this guide to help you lead your group members through the study.*

SESSION ONE

OVERCOMING FALSEHOOD WITH TRUTH

Truth is what fits us for the life of a Christian. Truth holds everything together and makes us ready. At the center of our lives we place “the truth [that] is in Jesus” (Ephesians 4:21). And everything we do is drawn from that all-encompassing center.

DR. DAVID JEREMIAH

WELCOME

You probably don't give much thought to the wardrobe staple known as the *belt*. For men, it's just something to keep their pants up and to match to their dress shoes if they want to look sharp. For women, it's more of a fashion accessory—an option among many to adorn an outfit. But in ancient times, a belt served a far more crucial role. Soldiers relied on their belts to hold all the other pieces of their armor together.

During the reign of the Roman Empire in the first century AD, most soldiers wore a shirt-like garment, a tunic, that covered their shoulders to their knees. Over this they placed metal armor and swaths of leather to protect their chest, arms, and legs. A band of thick leather bound their waist and provided loops to hold a sword, rope, rations, a money sack, and darts or other weapons. The belt provided a place for soldiers to store anything they might need—which was especially useful when engaging in hand-to-hand combat. The other items the soldiers needed to sustain their daily lives—canteen, food, coins—also remained within easy reach.

While the belt was not considered a piece of Roman armor, it ensured the rest of the soldiers' personal arsenal was organized and ready for action. A belt served as the foundation for their daily uniform, keeping everything in its place and providing a place for everything. When soldiers marched long distances or charged into a battle, they could “gird their loins,” tucking their tunic into or around their belt to provide mobility for their legs.

Given this, it is little wonder that the apostle Paul's first instruction for us as Overcomers is to “stand therefore, having girded your waist with truth” (Ephesians 6:14). God's truth provides the foundation for the rest of our spiritual armor.

SHARE

If you or any of your group members are just getting to know one another, take a few minutes to introduce yourselves. Then discuss one of the following questions:

- What item serves the same function for you as a Roman soldier's belt? How does this item keep you organized for whatever you face each day?

— or —

- Why do you think God's truth is foundational to our lives as Overcomers in Christ? Why do you think Paul begins with this piece of spiritual equipment?

READ

Invite someone to read the passage below as everyone listens. Then pair up with someone sitting near you and answer the questions that follow.

Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having girded your waist with truth.

EPHESIANS 6:10-14

According to this passage, why is putting on the full armor of God essential to your growth as a follower of Christ?

What comes to mind when you think of standing firm in today's culture? In your own daily life?

WATCH

Play the video for Session One. As you watch, use the following outline to record any thoughts, questions, or key points that stand out to you.

Notes

We are under continual attack from an enemy who want to destroy our faith, our families, and our very lives. We need God's armor so we can face the reality of this opposition with *strength*.

Paul does not issue a call for us to *fight* but to *stand*. We are not told to fight because Christ has already defeated Satan. Putting on the armor of God equips us to be Overcomers.

Paul begins with the belt of truth because Satan's major attack against believers is *falsehood* and *deception*.

There are three ways people decide on what is "truth": *objective* truth, *relative* truth, and the *postmodern* position of truth.

The first way we put on the belt of truth is by *seeking the truth* found in God's Word.

The second way we put on the belt of truth is by *speaking the truth*.

The third way we put on the belt of truth is by *living the truth*.

We need to equip ourselves with the belt of truth every day and in every situation. As we do this, we will become Overcomers in Christ.

DISCUSS

Take a few minutes with your group members to discuss what you just watched and explore these concepts in Scripture. Use the following questions to help guide your discussion.

1. What does it mean to you to “be strong in the Lord”? When have you experienced this in your life? How did it affect the way you were living your life?
2. How would you describe the difference between *fighting* and *standing strong*? Why do you think believers are called not to fight but to take a stand against the enemy?

3. How do the three umpires mentioned in the video teaching represent the three ways people today view “truth”? Provide an illustration where you have seen this view of truth displayed.
4. Why are our versions of truth not the same as God’s divine truth? How are our views of truth limited in ways that God’s truth is not?
5. How has studying the Bible equipped you to stand in God’s truth? When have you recently applied biblical truth to a situation you were facing?

6. What does it mean to speak the truth in the context of your life right now? How can others see you living in God's truth?

RESPOND

Close out today's session by briefly reviewing the video teaching and any notes you took. Describe what it means to "gird your waist with God's truth." In the space below, write down the most significant point you took away from this session.

PRAY

Conclude your time by sharing personal prayer requests, and then pray for these requests as a group. Ask God to work in each heart throughout the week and for the truths found in Session One, “Overcoming Falsehood with Truth,” to become a reality in the life of each member.

BETWEEN SESSIONS

PERSONAL STUDY

Take the material you have covered this week to a new level by engaging in some or all of the following between-session activities. Each of these activities will help you equip yourself with the belt of truth as you *seek* what God says in His Word, *reflect* on His truth, and *apply* what the Bible says to your life. Be sure to read the questions after each activity and write down your thoughts or key takeaways. There will be a time for you to share any thoughts you want to discuss with the group at the beginning of the next session.

SEEK

We live in an age of relativism, situational ethics, and lies—a world where people believe “truth” can be based on their own perspective or be whatever they create for themselves. Satan has been effective in his attacks against God’s truth. Deception is a strategy he has employed since the Garden of Eden, as the following passage demonstrates:

Now the serpent was more cunning than any beast of the field which the LORD God had made. And he said to the woman, "Has God indeed said, 'You shall not eat of every tree of the garden'?"

And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.'"

Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings.

GENESIS 3:1–7

What was Satan's first strategy in causing Eve to doubt what God had said? Why did he initiate his attack with this question?

What was Satan's second strategy in causing Eve to doubt God's truth? Why do you think his false claim was appealing to Eve?

What are some ways you see Satan using this same strategy today? Give an example from your life of when you have experienced the enemy twisting God's truth.

To go into battle with your enemy, you need to know the truth about God, the truth about Christ, and the truth found in the Bible. Read Hebrews 11:6. What is God's promise to those who diligently *study the truth* and *submit* to it? How are you doing this in your life today?

REFLECT

Unfortunately, there's a sanctioned form of dishonesty in our world today called "spin." Spin is the recasting, reinterpretation, or revising of the truth to make it more palatable—and it's often used in politics. But in the Bible, we read of a government official who chose a different course:

It pleased Darius to set over the kingdom one hundred and twenty satraps, to be over the whole kingdom; and over these, three governors, of whom Daniel was one, that the satraps might give account to them, so that the king would suffer no loss. Then this Daniel

distinguished himself above the governors and satraps, because an excellent spirit was in him; and the king gave thought to setting him over the whole realm. So the governors and satraps sought to find some charge against Daniel concerning the kingdom; but they could find no charge or fault, because he was faithful; nor was there any error or fault found in him. Then these men said, "We shall not find any charge against this Daniel unless we find it against him concerning the law of his God."

DANIEL 6:1–5

Daniel lived a life of honesty and integrity. How did this benefit him? What are some of the problems this caused for him?

Based on Daniel's story, what are some of the benefits and problems you might encounter as you follow God's truth?

If people looked at your life as the satraps did at Daniel's, what do you think they would say about you? Is there any area you feel you need to improve when it comes to integrity?

Read Proverbs 6:16–20 and Zechariah 8:16–17. Why is it so vitally important to speak the truth?

APPLY

Before we speak truth to others, Jesus made it clear we must begin with our own heart (see Matthew 7:5). Confession to God is a good way to open our heart to see His truth clearly and keep our focus on Him. The next step is to invite the Holy Spirit to examine and search our heart so we can be cleansed with the power of God's grace, like David did:

*Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if there is any wicked way in me,
And lead me in the way everlasting.*

PSALM 139:23–24

Spend a few minutes asking God to search your heart and to reveal if there are any areas where the enemy has infiltrated your thoughts and life. Confess your sin and uncertainty to God and praise Him for the generous gift of His Son, Jesus Christ, who paid the penalty for your sin. If you need to go to someone else to ask for forgiveness, contact that person right away and begin the process. Remove all obstacles and footholds the enemy might try to use against you as you put on God's armor and grow in strength as an Overcomer.

FOR NEXT WEEK

If you are reading the *Overcomer* book as you complete this study, review chapters 1–3. In preparation for next week's study, read chapter 4, "Overcoming Evil with Good."