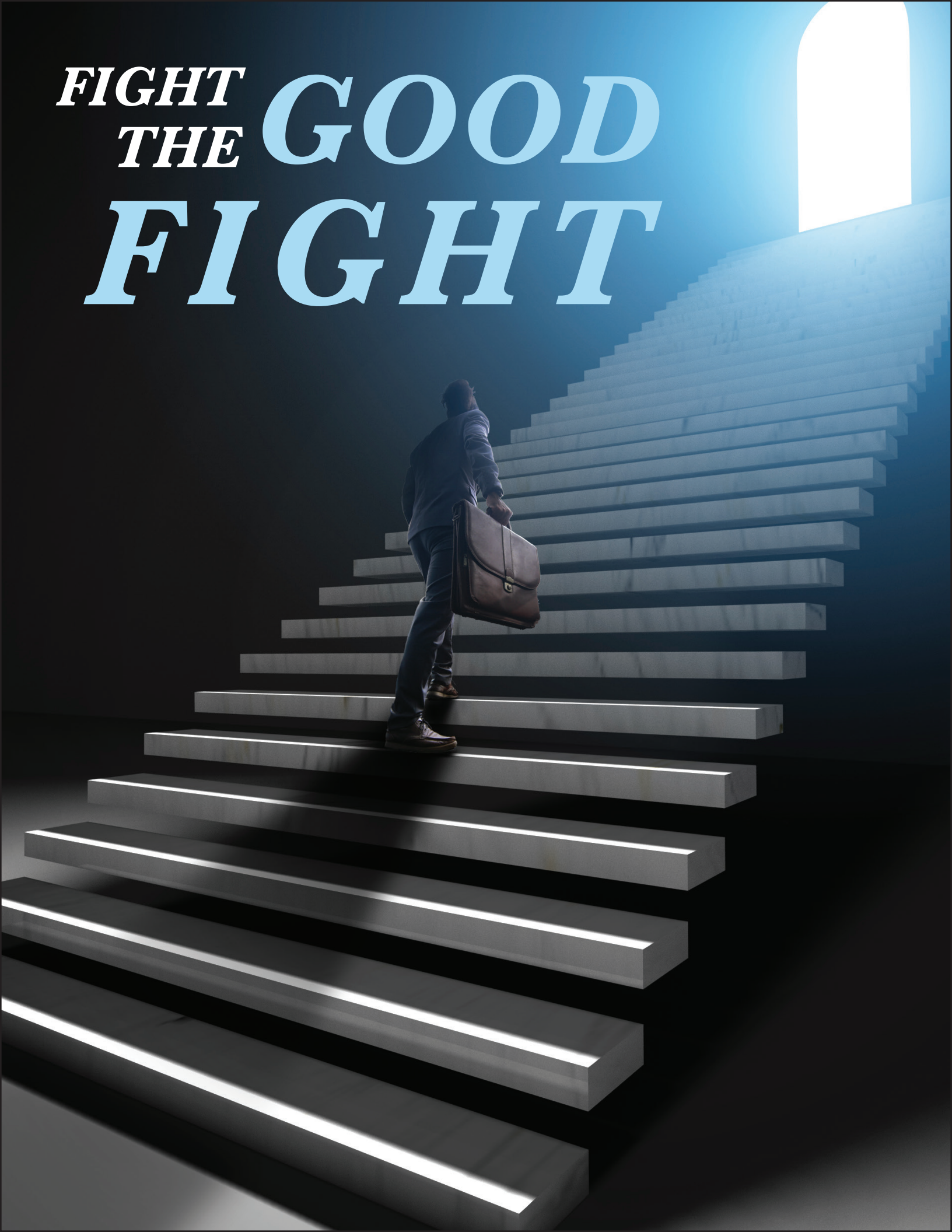


FIGHT
THE *GOOD*
FIGHT



A 6-WEEK BIBLE STUDY FOR MEN

***FIGHT
THE GOOD
FIGHT***

PARTICIPANT GUIDES

Building Spiritual

Resilience And Leadership At Home

By: Rev. Jimmy Decker

***Senior Associate Pastor, Director of
Discipleship and Men's Pastor***

WEEK 1:

WAKE UP — RECOGNIZING THE FIGHT

You can't win a fight you don't know you're in. Suit up.

Scripture Focus is Ephesians 6:10-18

The Armor of God

¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil's schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.

¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Discussion Questions

1. Read through the scripture for the week. Is there anything that immediately jumps out to you? Is there anything in it that you don't like?
2. When you hear 'spiritual battle,' what comes to mind? Do you believe it's real in your day-to-day life? Why or why not?
3. Look at Ephesians 6:10-18. Which piece of the armor stands out to you most right now? Why?
4. In what areas of your life do you feel most under attack right now?

5. What's the difference between fighting in your own strength versus God's strength?
6. What are the most common ways the enemy tries to discourage, distract, or divide men today?
7. What happens when a man ignores the spiritual fight?
8. If you were to be fully 'suited up' spiritually this week, what would that actually look like practically?
9. What kind of example do you want to set for those watching you?

Reflect & Act – Weekly Challenge

Step 1: Identify one challenge or growth area related to this week's theme.

Step 2: Choose one specific action to take this week (e.g., pray daily, fast from a distraction, reach out for accountability, etc.).

Step 3: Check in next week to reflect on what changed.

Prayer Focus

Write 1-2 things to pray for this week:

WEEK 2: FIGHT FOR YOUR MIND — WINNING THE INNER BATTLE

Every battle starts in the mind. Your thoughts determine your direction.

Scripture Focus is 2 Corinthians 10:3-5; Romans 12:1-2

³ For though we live in the world, we do not wage war as the world does. ⁴ The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

A Living Sacrifice

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Discussion Questions

1. Read through the scripture for the week. Is there anything that immediately jumps out to you? Is there anything in it that you don't like?
2. When have you noticed a spiritual fight going on in your mind?
3. What kinds of thoughts tend to drag you away from God?
4. Look at 2 Corinthians 10. What does it practically mean to 'take every thought captive'?
5. How does renewing your mind change your day-to-day life?

6. Where do you most often fight battles of self-doubt, shame, or negativity?
7. What habits are shaping your mind? Which help? Which hurt?
8. How do you recognize when a thought is from the enemy versus from God?
9. What's one small change this week that could help you fight for your mind better?

Reflect & Act – Weekly Challenge

Step 1: Check in on last week's challenge. Review your growth area and reflect on how you did with it during the week.

Step 2: Identify one challenge or growth area related to this week's theme.

Step 3: Choose one specific action to take this week (e.g., pray daily, fast from a distraction, reach out for accountability, etc.).

Step 4: Check in next week to reflect on what changed.

Prayer Focus

Write 1-2 things to pray for this week:

WEEK 3: GUARD YOUR HEART — WINNING THE BATTLE AT HOME

Your heart is the wellspring of life. Guard it—and guard your home.

Scripture Focus is Proverbs 4:23; Joshua 24:15; 1 Peter 5:8

²³ Above all else, guard your heart,
for everything you do flows from it.

¹⁵ But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.”

⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Discussion Questions

1. Read through the scripture for the week. Is there anything that immediately jumps out to you? Is there anything in it that you don't like?
2. What does 'guard your heart' mean to you in this season?
3. Where are you tempted to become passive or distracted at home?
4. What drains your emotional and spiritual energy most?
5. How can men unintentionally leave their homes spiritually unguarded?
6. What practices help protect your marriage or parenting?

7. What boundaries could help you be more present and intentional at home?
8. What does it mean for your home to serve the Lord practically?
9. What's one area of your home life that God is calling you to strengthen?

Reflect & Act – Weekly Challenge

Step 1: Check in on last week's challenge. Review your growth area and reflect on how you did with it during the week.

Step 2: Identify one challenge or growth area related to this week's theme.

Step 3: Choose one specific action to take this week (e.g., pray daily, fast from a distraction, reach out for accountability, etc.).

Step 4: Check in next week to reflect on what changed.

Prayer Focus

Write 1-2 things to pray for this week:

WEEK 4:

BATTLE TEMPTATION — FIGHTING IN THE DARK

Temptation is common, but victory is possible.
The fight is real—and you don't fight alone.

Scripture Focus is 1 Corinthians 10:12-13; James 1:13-15; Matthew 26:41

¹² So, if you think you are standing firm, be careful that you don't fall! ¹³ No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

¹³ When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

Discussion Questions

1. Read through the scripture for the week. Is there anything that immediately jumps out to you? Is there anything in it that you don't like?
2. What's a pattern of temptation you've battled in your life?
3. How does isolation make temptation stronger?
4. How does temptation grow from desire into sin (see James 1)?

5. What are your triggers—stress, boredom, loneliness, etc.?
6. What has helped you successfully resist temptation in the past?
7. How do shame and secrecy make battles harder?
8. What role does community and accountability play in fighting temptation?
9. How can you set yourself up this week for victory instead of defeat?

Reflect & Act – Weekly Challenge

Step 1: Check in on last week's challenge. Review your growth area and reflect on how you did with it during the week.

Step 2: Identify one challenge or growth area related to this week's theme.

Step 3: Choose one specific action to take this week (e.g., pray daily, fast from a distraction, reach out for accountability, etc.).

Step 4: Check in next week to reflect on what changed.

Prayer Focus

Write 1-2 things to pray for this week:

WEEK 5: FIGHT ON YOUR KNEES — PRAYER AS WARFARE

Prayer isn't a backup plan. It *is* the battle plan.

Scripture Focus is James 5:16; Matthew 6:9-13; 1 Thessalonians 5:17

¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed.

The prayer of a righteous person is powerful and effective.

⁹ “This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,

your will be done,
on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.

¹⁷ pray continually,

Discussion Questions

1. Read through the scripture for the week. Is there anything that immediately jumps out to you? Is there anything in it that you don't like?
2. When do you tend to pray most—during crisis, habit, or celebration?
3. How has prayer felt like a struggle or like a strength in your life?
4. What part of the Lord's Prayer speaks most to you right now?

5. What holds you back from consistent, intentional prayer?
6. How can prayer help protect your family and fight for your marriage?
7. Have you ever seen a breakthrough happen because of prayer?
8. How can you build a habit of daily prayer, even in a busy life?
9. What's one person or situation you'll commit to praying for daily this week?

Reflect & Act – Weekly Challenge

Step 1: Check in on last week's challenge. Review your growth area and reflect on how you did with it during the week.

Step 2: Identify one challenge or growth area related to this week's theme.

Step 3: Choose one specific action to take this week (e.g., pray daily, fast from a distraction, reach out for accountability, etc.).

Step 4: Check in next week to reflect on what changed.

Prayer Focus

Write 1-2 things to pray for this week:

WEEK 6: FINISH THE FIGHT — ENDURANCE AND LEGACY

This isn't a sprint. It's a lifetime fight. Stay faithful. Finish strong.

Scripture Focus is 2 Timothy 4:7-8; Hebrews 12:1-2; Galatians 6:9

⁷ I have fought the good fight, I have finished the race, I have kept the faith. ⁸ Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Discussion Questions

1. Read through the scripture for the week. Is there anything that immediately jumps out to you? Is there anything in it that you don't like?
2. What does 'I have fought the good fight' mean to you personally?
3. Where are you most tempted to quit or coast spiritually?
4. What weight or sin slows you down?
5. What does a spiritual 'finish line' look like for you?

6. How are you currently investing in the legacy you'll leave?
7. Where do you see God calling you to persevere despite difficulty?
8. Who inspires you to stay faithful in the long run?
9. What's one habit, boundary, or relationship that will help you finish strong?

Reflect & Act – Weekly Challenge

Step 1: Check in on last week's challenge. Review your growth area and reflect on how you did with it during the week.

Step 2: Identify one challenge or growth area related to this week's theme.

Step 3: Choose one specific action to take this week (e.g., pray daily, fast from a distraction, reach out for accountability, etc.).

Step 4: Check in next week to reflect on what changed.

Prayer Focus

Write 1-2 things to pray for this week: