

## Leader Guide for SESSION 4: DISCERNMENT OF SPIRITS

### *Overview:*

The disciple's first mission will not go unchallenged. This session will explore the ways in which the good spirit (i.e. God) and the evil spirit (i.e. Satan) are at work in our lives by helping participants to: (1) Become more aware of their hearts; (2) Understand the spirits; and (3) Take appropriate action. This session is critical in order to more faithfully live out one's first mission: Being with Jesus so as to be on mission for Jesus.

### *Session Outline:*

- The facilitator should welcome everyone, provide time for any necessary introductions, and lead a brief opening prayer. Next, he/she should read the overview (see above) or provide an overview of the session in his/her own words.
- Watch Segment 1: Defining Terms (3:03)
  - With your group: Discuss how you typically go about making an important decision.
- Watch Segment 2: Becoming Aware (5:56)
  - Following the video segment, the facilitator should lead his/her group through the awareness exercise:
  - Instruct everyone to sit comfortably and to take a deep breath. Ask them to close their eyes and to take notice of what they are experiencing on the “surface level.”
  - Next, invite them to move to the psychological level. What have they been thinking about – what is on their minds? What thoughts, feelings, or desires are operating at this level.
  - Finally, invite them to try to be attentive at the deepest level, that of their heart. Moving deeper than the surface and deeper than the psychological, pay attention at the level of the heart. What thoughts, feelings, or desires are moving at this level? (\*NOTE: This exercise is rather difficult as we often do not take time to consciously engage and to think about what we are experiencing at these levels. Engaging the deepest level will likely be the most challenging for members of the group.)
    - Discuss the experience.
- Hand out the “Rules for Discernment of Spirits” sheet and watch Segment 3: Understanding the Source (5:08)
  - With your group, discuss the following: How have you seen the various spirits acting upon you based upon your orientation to the Lord?
- Watch Segment 4: Taking Action – Consolation and Desolation (5:39)
  - With your group, discuss the following:
    - What experiences of consolation and desolation have you had?
    - How were the spirits at work leading up to those times?
    - What action did you take?

- Watch Segment 5: Taking Action – Going Against the Enemy (4:53)
  - With your group, discuss the following:
    - How has the enemy acted towards you? How did you react?
- Takeaways and Closing Prayer
  - The facilitator should invite participants to briefly share their biggest takeaway or question from the session. The facilitator should note these carefully, as they will provide fodder for one-on-one follow up.
  - The facilitator should close the session with a prayer.