SMALL GROUP STUDY GUIDE

Message Series: The Unseen  
Message Title: Revel in Righteousness  
Speaker: Pastor Kevin Myers (PK)  
Date: November 13, 2016

Icebreaker:  
How many different pieces of equipment that are used to protect the heart can the group name? Who uses them? Make a list. (Hint: PK mentioned two in his illustrations.)

Message Overview:  
Today’s message is the third in a series focusing on The Unseen war that is being waged around us, as Satan battles for our souls. We are spiritual beings residing in a physical body, and we have to protect and care for not only our bodies, but also our souls. From Ephesians 6:10-20, we are learning that God has not left us defenseless, but equips us with spiritual armor, so that we might resist all the schemes of the evil one. This series has been focused on three particular pieces of that armor, and how they guard the three areas where Satan most intensely attacks Christ followers:

• The Mind: Head (helmet)  
• The Emotions: Heart (breastplate)  
• The Will: Feet (sandals)

Today PK focused on the heart, which is the seat of the emotions. He explained that the way to stave off attacks to our emotions is to put on the breastplate of righteous. To do that we need to revel in God’s righteousness. The attack from Satan is in the form of temptation to rebel against God’s righteousness.

Discussion:  
(Leaders: The questions that follow are designed to stir reflection and discussion on this week’s primary Message points. Please read through them prior to your meeting, so you can be prepared to prayerfully pace your group well. And remember, as leader, your goal is to promote increased biblical awareness, as well as individual self awareness – a combination that with the help of the Holy Spirit, results in revelation and…transformation!)

• Today’s title is Revel in Righteousness. What does revel mean? What does righteousness mean? [discuss] Psalm 1: 1-3 from the TLB says, “Oh, the joys of those who do not follow evil men’s advice, who do not hang around with sinners, scoffing at the things of God. But they delight in doing everything God wants them to, and day and night are always meditating on his laws and thinking about ways to follow him more closely. They are like trees along a riverbank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they do shall prosper.” According to this passage, how does one revel in righteousness? [discuss] What does it mean to bear luscious fruit each season without fail?

• PK taught that to guard your heart, you must protect your heart’s first. In other words, settle the issue once and for all of who is going to take first place in your life. (Keep in mind, God never settles for anything other than first place.) Read Ephesians 4:17-19. In what way does
God call Christ-followers to be different than the world? [discuss] In what way is this difficult for you? Why?

- Refer back to the icebreaker list. Obviously, the benefit of guarding the physical heart is staying alive. It stands to reason that guarding the spiritual heart might also be a matter of life or death. Discuss this idea and see if there is any proof to support it, either from personal experience or scripture.

- PK’s second strategy for guarding the heart is to **protect your heart’s fire**. In other words, sustain your zeal for Him by being righteous toward others. What are some examples of ways that we do or do not practice righteousness toward others? [discuss] Read Ephesians 4:29-32. How are Christ followers commanded in this passage to be different from the rest of the world? In what areas of your interactions with others can you put this into practice?

- If you are a Christ follower, your list of what is righteous and what is unrighteous is defined by Jesus and scripture. In what areas of your life are you redefining this list in pursuit of your own desires? [discuss] Is this list applicable to nonbelievers? Why or why not?

**Wrap-Up/Close:**
Philippians 4:8 and Proverbs 4:23 say, “**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Above all else, guard your heart, for everything you do flows from it.**”

Close in prayer, asking God for courage, wisdom and perseverance in guarding your hearts and practicing righteousness towards others. Pray for healing in the nation, beginning with this group, its relationships, its social media accounts, its neighborhoods, its conversations.

**Throughout the Week: (Optional)**
(Leaders: Share these optional exercises for further study and growth with your group.)

Memorize Proverbs 4:23, “**Above all else, guard your heart, for everything you do flows from it.**” (NIV)

**Appendix (Optional)**
Tony Evans’ video clip can be found here: [https://www.youtube.com/watch?v=2l2lsDeogNo](https://www.youtube.com/watch?v=2l2lsDeogNo)