



ADDITIONAL DISCUSSION QUESTIONS

Chapter 8

1. In this chapter, the author briefly mentions there is a battle for our mind (p. 200). Do you think viewing our thought life as a battle can help us prepare and defend better?
2. Do you agree that God's Word is everything we need for life and godliness? (p. 203).
3. Can we claim the promises of God while ignoring His instructions?
4. The author mentions that her "addiction to *People* magazine and reality TV can be just as harmful as yours to porn in the way that it distances me from God. What we each do that doesn't help our holiness is just distraction preferences and logistics. When we have our nose in worldly idols, we are compromised away from being alert and aware" (p. 213). Do you agree with this? What is the balance between having fun hobbies and doing things that distract us, distance us from God, and compromise our holiness?

5. Do you ever fall into the trap of thinking that God owes us everything we want in life? Why do you think Satan uses that as a tactic against us?

6. Reflect on this quote: “We survive and live a beautiful life like this: we prepare for this life by fortifying our heart and mind. We present ourselves to God, every day, for strength and recalibration” (p. 217). What do you think it looks like to fortify our hearts and minds and present ourselves to God for strength and recalibration?

7. The author ends this chapter with a reminder of the importance of prayer. How can we create a habit of consistent prayer in our lives, and why is it important to do so?

8. Reflect on this chapter or the whole book. What challenged you? What encouraged you?