

SAMPLE

Thank you for downloading this **FREE SAMPLE** of the **DNowStudies** **4-session Bible Study,** **STAND.**



Stand is an amazing resource for your DNow or Retreat weekend. By leading your student through this study, you'll not only challenge them to live out their faith in a powerful way, you'll equip them to do it long after your event is over.

Before jumping into this sample, make sure you check out all the amazing features that **DNowStudies** puts at your fingertips. There really is nothing else like it anywhere...

WHAT YOU'LL FIND IN THIS SAMPLE

- A Sample of a Small Group Lesson Plan
- A Sample of the Student Book
- A short version of the **Stand** Overviews

Of course each of these components, and dozens more, are available to your teachers through their Online Lesson Manager. This PDF simply gives you an idea of the main content of **Stand**.

If you have questions, email us at dnow@leadertreks.com.
Or, give us a call at **1-877-502-0699**.



Did you know that Small Group Content is just one of the many components you have access to with the purchase of a **DNow** study?

DNowStudies gives you the resources you need to create transformational DNow or Retreat Weekends. Take a look at what's included in your purchase of **Stand**.

- Large Group Speaker Outlines
- Large Group Videos
- Large Group Motion Background/Loop
- Large Group PowerPoint Slides
- Promotional Tools: Web Banner/Poster Files
- Promotional Tools: Promo Video
- Parent Resources

Throw in built-in **Tools and Training** for you and ALL your leaders, a streamlined Teacher Management tool, and of course your Small Group Lesson Plans and you begin to see how DNowStudies really can help make your Disciple Now and/or Retreat Weekend exceptional.

ALSO AVAILABLE: Student Resources to Complete Your Event



Student Books

Biblically-solid and creative—perfect for students to stay engaged during your event.

T-Shirts

Themed to complete your event.

Follow-up Journals

4 weeks of interactive content to keep students growing beyond the event.



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STAND

PUT ON THE WHOLE
ARMOR OF GOD

We're in a war.

Every Christ-follower is in the midst of a spiritual battle. Sometimes it's something small that throws off our day, and sometimes it's something devastating and life changing. No matter the circumstances of the battle, you have a choice to make: are you going to give in and give up or are you going to stand firm?

In order to stand firm against temptation, we must be wearing the proper gear. Thankfully, God doesn't ask us to fight alone—he promises his help. When we are equipped with God's armor, we can fight with his strength.

When we put on the whole armor of God, we can not only fight, but stand victorious.

That's what this DNow event is all about: **putting on the whole armor of God and learning to stand firm in Christ, in all circumstances and at all times.**

SMALL GROUP OVERVIEW

Small Group Session 1

- **Session Title:** Stand Firm
- **Main Scripture Passages:** 1 Timothy 6:11–16, 2 Corinthians 10:3–6, Romans 13:12
- **Session Overview:** The goal of this session is to help students understand their need for the armor of God. It's tempting to believe that we can do everything ourselves, that we don't need anyone else. But the reality is that we will never be able to stand firm in our faith on our own—we need God's strength and his armor.

Small Group Session 2

- **Session Title:** The Essentials
- **Main Scripture Passages:** Titus 3:2–7, 1 Thessalonians 5:8–11, Psalm 118:14–16
- **Session Overview:** The goal of this session is for students to learn that they will never be able to earn salvation or righteousness. These two pieces of God's armor are free gifts from him that help us to stand firm. When we stop trying to achieve these things on our own, we are free to fight sin and temptation in God's strength.

STAND

PUT ON THE WHOLE
ARMOR OF GOD

Small Group Session 3

- **Session Title:** In All Circumstances
- **Main Scripture Passages:** John 8:31–32, Luke 17:5–6, Romans 10:17
- **Session Overview:** The goal of this session is to equip students with the belt of truth and the shield of faith. All the time, the world feeds us lies that threaten to shake our faith. In order to stand firm, we must consistently keep our faith grounded in God's truth. That's how we'll be able to withstand spiritual attacks, no matter the circumstance.

Small Group Session 4

- **Session Title:** At All Times
- **Main Scripture Passages:** Colossians 4:2–6, Colossians 3:15, Deuteronomy 4:9a
- **Session Overview:** The goal of this session is to make the armor of God a practical reality for students' lives. We must stay alert at all times, wearing both the offensive and defensive armor God offers us. But we cannot fight the good fight of faith on our own—we need God's help, as well as the help and encouragement of other Christ-followers.

LARGE GROUP OVERVIEW

Large Group Session 1: Ephesians 6:10–18

Large Group Session 2: Ephesians 2:1–10

Large Group Session 3: John 14:1–14

Large Group Session 4: 2 Timothy 3:14–4:8

STUDENT BOOK DEVOTIONAL OVERVIEW

Devotional 1: 1 Corinthians 15:50–58

Devotional 2: John 15:1–27

Devotional 3: Hebrews 11:1–3, 29–40, 12:1–2

Devotional 4: Philippians 1:18b–30



SESSION 1: STAND FIRM

HOW TO USE THIS RESOURCE

GOAL:

The goal of this lesson is twofold:

1. *This small group lesson is designed to help you and your students understand their need for the armor of God. It's tempting to believe that we can do everything ourselves, that we don't need anyone else. But the reality is that we will never be able to stand firm in our faith on our own—we need God's strength and his armor.*
2. *It is also designed to make it easy for you to facilitate and teach students. That is why the Small Group Leader Guide is packed with easy-to-use instructions, timeframes, and questions that promote thinking and draw out real responses.*

WHAT YOU WILL NEED:

- A copy of the Small Group Leader Guide for you and any other facilitators.
- A Student Book for each participant.
- Be sure to check out the Live It Out section ahead of time to prepare. You'll need:
 - *dodgeballs (or snowballs or wadded pieces of paper, depending on the weather and resources) and "shields" of cardboard*

TEACHER PREP VIDEO:

Don't forget to take a minute and watch the teacher prep video found in your DNow Studies account. It's a short video that will take you through some of the need-to-knows before you dive into this lesson with students.

WHAT'S INCLUDED: Small Group Leader Guide or Student Book

This table outlines the parts of each lesson and provides an approximate timeframe that you can adapt to meet the needs of your group.

Lesson Elements (and brief description)	Included in Small Group Leader Guide	Included in Student Book	Approximate Timeframe
LARGE GROUP TALK REVIEW W/OPENING QUESTIONS Recap the teaching. Get discussion going by sharing answers from the end of the Large Group Talk.	✓	✓	3–5 minutes
A SECOND LOOK A look at standing firm in Christ in current, everyday life—followed by discussion questions.	✓	✓	10–15 minutes
A LITTLE DEEPER Dig into Bible passages that were not in the Large Group Talk. See what else Scripture says about this topic.	✓	✓	10–15 minutes
LIVE IT OUT An experiential activity to help students reinforce and internalize the lesson—followed by discussion questions.	✓		15–20 minutes
APPLY IT A practical application for students to do this week.	✓	✓	2–3 minutes
STUDENT DEVOTIONAL A short devotional for students to do on their own.		✓	

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SMALL GROUP SESSION ONE: STAND FIRM

THE FIRST MEETING

Since this is the first small group meeting for this event, take the time to lay the foundation for the whole event.

- *If your students don't know each other, cover introductions and consider an icebreaker (see leadertreks.org/freebies for several icebreaker and team-building activities).*
- *Make sure to cover the schedule and ground rules for the event, especially if you are staying at a host home.*
- *Tell students why you are here. You are probably sacrificing some time and comfort to be a small group leader and, chances are, it's worth it! Let students know why you care so much about them and why you want to invest in them to help them grow. Tell students why you think they're great and why it's worth it for you to be a small group leader this weekend!*

LARGE GROUP TALK REVIEW

Take a minute to review what students just learned in the Large Group Talk. Have them pull out their notes, and ask them to share what their answers were for the two questions found on **page 4** of the Student Book (see below). Consider having students share their answers with a partner, and then ask for two or three volunteers who might want to share with the whole group.

Question 1: How have you previously thought about this spiritual battle, and how (if at all) has that view changed after hearing this lesson?

Question 2: In what ways do you need to change your perspective on this battle? Do you need to take it more seriously? Figure out how to put on the correct armor? Rely more fully on God's strength?

A SECOND LOOK

*Read this story together and answer the following questions, found on **page 6** of the Student Book.*

Having and using the complete, proper gear for a task is crucial to be able to properly engage in that task. Imagine you and some friends decide to go ice skating on a nearby lake. You arrive, but unlike everyone else, you didn't bring your coat, gloves, hat, or—most importantly—ice skates. You're immediately shivering and lamely shuffling along on the frozen ice, watching the others glide past, enjoying themselves. You're unable to skate properly because you don't have the right gear! You probably would be ready to give up and go home fairly quickly. In a similar way, without putting on the complete, proper armor, we cannot fight spiritual battles effectively. We won't last long in a battle; we'll end up giving up and giving in to what the devil wants instead of what God wants.

Discuss:

- Why is it important to have the complete and correct gear for fighting spiritual battles?
- On a scale of 1–10 (10=the most), how prepared do you feel to fight spiritual battles?
- What are some assumptions you have held or currently hold about spiritual battle?
- What spiritual battle are you facing in this season of life?

A LITTLE DEEPER

Christ-followers know we're in a real, spiritual battle against dark forces of evil and how important it is to be prepared for battle by putting on the full armor of God and relying on the Lord's strength as we fight. Now, let's dig deeper into what this fight is and the armor and weapons we are to use.

Read each Bible passage and answer the questions, found in the Student Book on pages 7 and 8:

1 TIMOTHY 6:11–16

"But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses. I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, to keep the commandment unstained and free from reproach until the appearing of our Lord Jesus Christ, which he will display at the proper time—he who is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality, who dwells in unapproachable light, whom no one has ever seen or can see. To him be honor and eternal dominion. Amen."

Discuss:

- Why do you think this fight is called "the good fight"?
- As you flee evil and pursue these good things, how will your life look different than the unbelievers around you?

2 CORINTHIANS 10:3–6

"For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete."

Background Note: In this passage, Paul is defending his ministry and reminding the Corinthian church of the realities of the spiritual realm. We are not just physical beings; we are also spiritual. As Christ-followers, our souls belong to God, and we have access to weapons that have divine power!

Discuss:

- How are our weapons described here?
- What are the things this passage says we should be fighting against?
- What role does your obedience to God play in this battle?

ROMANS 13:12

"The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light."

Background Note: In the surrounding verses, Paul is telling the Romans to love one another because we don't have unlimited time here on earth. When we become a child of God, we are called to no longer walk in the darkness but the light. When a light is on, it dispels darkness—just as we, wearing the armor of light, should dispel dark deeds.

Discuss:

- What are the actions we are to take, according to this passage?
- What areas of your life do you need to cast off “works of darkness” and “put on the armor of light”?

LIVE IT OUT: BATTLE IT OUT

What you'll need: dodgeballs (or snowballs or wadded pieces of paper, depending on the weather and resources) and “shields” of cardboard

Say Something Like: As we've discovered, fighting spiritual battles is an inevitable occurrence in the believer's life. It's important to gear up completely with the armor of God so we can fight each battle effectively—in the Lord's strength—against the Devil and come out standing victorious for God's glory.

Instructions:

1. Split the students into two teams, and place all of the dodgeballs (or wadded pieces of paper or snowballs, if you're outside) in a line between the two teams. Do not hand out the shields yet.
2. **Say something like:** We are going to play a couple versions of dodgeball to visualize in a physical sense what a spiritual battle is like. Each ball you throw represents a temptation to sin. However, you will have no defense. You cannot use a ball in your hand or your cardboard shield to block an incoming ball. If you are hit, you've “given in to sin” and are out of the battle.
3. Play this version of dodgeball until there is a winner.
4. Now give each person a cardboard shield.
5. **Say something like:** Now you can use your shield to defend yourself, just as you would defend yourself spiritually with the armor of God. If you defend yourself successfully from being hit, keep fighting. If you are hit, you're out of the battle.
6. Play this version of dodgeball until there is a winner.

Debrief:

- How easy or difficult was it to play the first version of dodgeball, and how did that change once you had a shield to use?
- Where in your life could you gear up better to fight effectively so that you don't give in to sin (or in this activity, be hit by the ball)?
- What is the most encouraging thing to you about fighting this spiritual battle?

APPLY IT

How can you rely on God's strength and power to help you stand firm in your faith?

Be specific:

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

Leader's Note: Whenever students make applications, challenge them to be specific. It's one thing to say, "I'm going to trust God more." The truth is, our students won't really know if they did this, or if they grew in trust over the week. It's another thing to say, "Every morning this week before I eat breakfast, I'm going to tell God that today is his and that I trust him, and I'm going to ask him to give me the strength to replace worries with trust." Challenge your students to answer the questions under the "Be Specific" section. You can even have them pair up, share their applications, and ask for accountability from their partner.

WHAT'S NEXT?

Schedule: Let students know what's happening next in the schedule and what they need to do or bring with them.

Student Devotional: The Student Book contains a short devotional for students to do on their own. Remember to point this out to students and let them know if and when this fits into the schedule of the weekend. The devotional that corresponds with this lesson is found on **page 35**.



STAND

PUT ON THE WHOLE
ARMOR OF GOD

INTERACTIVE STUDENT BOOK



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WE'RE IN A WAR.

Every Christ-follower is in the midst of a spiritual battle. Sometimes it's something small that throws off our day, and sometimes it's something devastating and life changing. No matter the circumstances of the battle, you have a choice to make: are you going to give in and give up or are you going to stand firm?

In order to stand firm against temptation, we must be wearing the proper gear. Thankfully, God doesn't ask us to fight alone—he promises his help. When we are equipped with God's armor, we can fight with his strength.

When we put on the whole armor of God, we can not only fight, but stand victorious.

ONE

GOD WANTS TO CONNECT WITH YOU.

In fact, he's looking forward to it. But how ready are you to connect with him? As you go in and out of the sessions and devotional times, make sure you are willing to listen to him and learn from him. He promises that he will come near to you if you come near to him (James 4:8). Try it!

TWO

WHAT YOU PUT INTO THIS STUDY IS WHAT YOU'LL GET OUT OF IT.

There are people all around you who have spent a lot of time praying for you and getting ready to invest in you.

You'll probably meet some new people, hear some new speakers, and get a chance to spend some quality time with God and with friends.

Take advantage of it! Ask hard questions. Commit to being authentic and honest. God wants to use this time and these people in your life.



SESSION 1

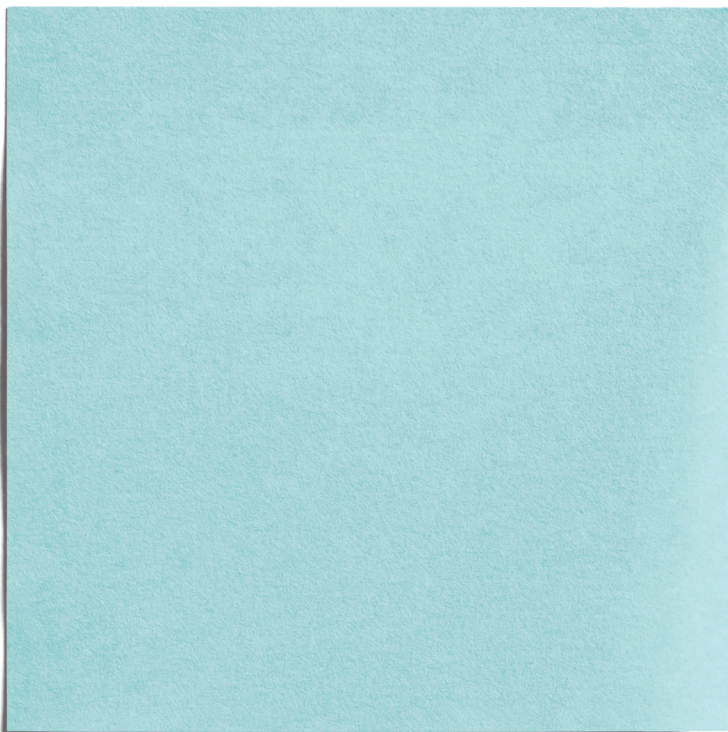
STAND

STAND FIRM

Any good team—whether in sports, debate, business, or dance—studies their opponent. It's important to understand the strengths and weaknesses of those we're competing against. C.S. Lewis understood this idea and applied it to our spiritual fight to stand firm in our faith. In his book *The Screwtape Letters*, Lewis writes letters from the perspectives of two demons—an older demon training a younger demon in how to successfully tempt a believer away from following God. The whole book is a picture of what we're up against when we're fighting temptation, uncertainty, deep loneliness, unrelenting anxiety, or a whole host of other lies. When we get a clear look at our opponent, we see the need to equip ourselves with God's armor.¹

LARGE GROUP SESSION 1: STAND FIRM

These two pages are designed so you can take note of anything that stands out to you and that you think is worth remembering during the large group talk. This talk will set the stage for the rest of the session. Consider writing down main points, quotes, Bible verses, and any questions that pop into your head.



How have you previously thought about this spiritual battle, and how (if at all) has that view changed after hearing this lesson?

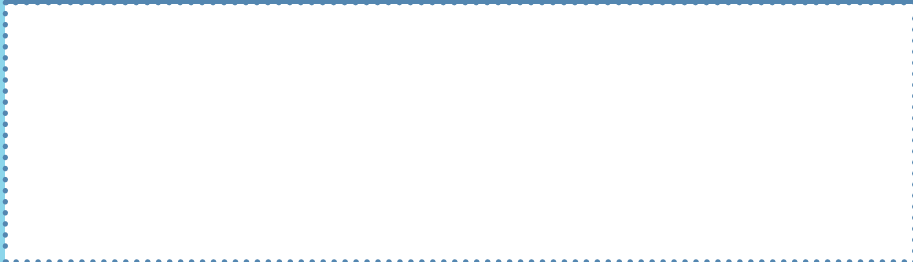
In what ways do you need to change your perspective on this battle? Do you need to take it more seriously? Figure out how to put on the correct armor? Rely more fully on God's strength?

SMALL GROUP SESSION 1:
A SECOND LOOK
STAND FIRM

Having and using the complete, proper gear for a task is crucial to be able to properly engage in that task. Imagine you and some friends decide to go ice skating on a nearby lake. You arrive, but unlike everyone else, you didn't bring your coat, gloves, hat, or—most importantly—ice skates. You're immediately shivering and lamely shuffling along on the frozen ice, watching the others glide past, enjoying themselves. You're unable to skate properly because you don't have the right gear! You probably would be ready to give up and go home fairly quickly. In a similar way, without putting on the complete, proper armor, we cannot fight spiritual battles effectively. We won't last long in a battle; we'll end up giving up and giving in to what the devil wants instead of what God wants.



WHY IS IT IMPORTANT TO HAVE THE COMPLETE AND CORRECT GEAR FOR FIGHTING SPIRITUAL BATTLES?



ON A SCALE OF 1-10 (10=THE MOST), HOW PREPARED DO YOU FEEL TO FIGHT SPIRITUAL BATTLES?

1 2 3 4 5 6 7 8 9 10

WHAT ARE SOME ASSUMPTIONS YOU HAVE HELD OR CURRENTLY HOLD ABOUT SPIRITUAL BATTLE?



WHAT SPIRITUAL BATTLE ARE YOU FACING IN THIS SEASON OF LIFE?



SMALL GROUP SESSION 1: A LITTLE DEEPER STAND FIRM

TAKE A LOOK AT EACH OF THESE BIBLE PASSAGES AND GET READY TO TALK THROUGH THE FOLLOWING QUESTIONS WITH YOUR GROUP.

1 Timothy 6:11–16: “But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called and about which you made the good confession in the presence of many witnesses. I charge you in the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, to keep the commandment unstained and free from reproach until the appearing of our Lord Jesus Christ, which he will display at the proper time—he who is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality, who dwells in unapproachable light, whom no one has ever seen or can see. To him be honor and eternal dominion. Amen.”

Why do you think this fight is called “the good fight”?

As you flee evil and pursue these good things, how will your life look different than the unbelievers around you?

2 Corinthians 10:3–6: “For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.”

How are our weapons described here?

What are the things this passage says we should be fighting?

What role does your obedience to God play in this battle?

Romans 13:12: "The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light."

What are the actions we are to take, according to this passage?

What areas of your life do you need to cast off "works of darkness" and "put on the armor of light"?

APPLY IT

HOW CAN YOU RELY ON GOD'S
STRENGTH AND POWER TO HELP
YOU STAND FIRM IN YOUR FAITH?

BE SPECIFIC



WHAT ARE YOU GOING TO DO?



WHEN ARE YOU GOING TO DO IT?

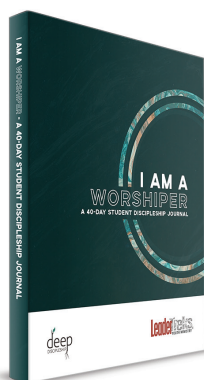


IS THERE SOMEONE WHO CAN KEEP YOU ACCOUNTABLE?

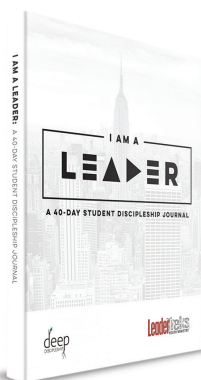
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KEEP GOING!

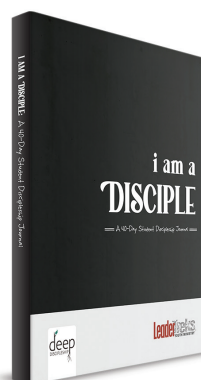
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**I AM A
WORSHIPER**



**I AM A
LEADER**



**I AM A
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