



discussion  
questions  
for every  
chapter

*Beautiful*  
**BATTLE**  
Study Guide

## Thanks

A huge thanks to **Anna English** who read *Beautiful Battle* and created this guide so you could study the book with your friends. She basically rocks!

Anna, I can't wait to hold your first book in my hands!

## How to use this book:

This is a companion study guide for *Beautiful Battle: A Woman's Guide to Spiritual Warfare* (Harvest House 2012). Feel free to use it as a personal travel journal through your own spiritual warfare journey. Or print it off, hand it to your Bible study girlfriends, and form a group around it. These questions are exploring and probing, to help you think through God's heart in our victorious battle.

## Mind if I pray for you?

Jesus, please be with my new friend as she reads through these questions and honestly answers them. May You bring

clarity to muddy issues, hope when life feels like one big battle, and gritty tenacity when she feels like giving up. In her smallness, be big and huge. And grant joyful victory today over what troubles her. Amen.

*Enjoy the journey!*





10) What can we learn from the story of the woman at the well?

11) How are you like the woman?

12) What does Jesus mean in John 7:37-38?

13) What does it mean to accept Jesus's invitation to dance?

14) Why should you take the risk to fall down and look foolish?

15) How does Revelation 12:11 tell you to live?

16) How can testimonies be powerful? How can they further God's kingdom?

## Chapter 2

### Satan's Story: Understanding the Enemy Who Cowers *and* Towers

- 1) Why did God create angels?
- 2) What did Satan do that caused his exile from heaven?
- 3) Why would being banished from God's presence be such a horrible fate?



9) What can God do that Satan can't?

10) Why do you think God allows Satan to have access to him?

11) Do you agree with Mary that pride is Satan's favorite sin? Why or why not?

12) How can twisting the truth be worse than an outright lie?

13) In 2 Thessalonians 2:9-10, how can one avoid Satan's deception?

14) What does Peter suggest to do about the devil in 1 Peter 5:8-9?

15) How does Jesus contrast himself with Satan in John 10:10?

16) What does it mean to say that Satan wants to “de-story” us?

17) How should you handle confronting demons?

18) What is a time in your life when God used a weakness to strengthen you?

19) Why should we not overly worry about Satan's plans?

## Chapter 3

The Right Story: God's Sovereignty.

The Wrong Story: Our Comfort.

- 1) How should we view suffering?
- 2) When faced with suffering, how should we handle it?
- 3) Why does God allow suffering?



9) How would serving somebody help break your addiction?

10) What does it mean to “addict yourself to heaven?”

11) How can you “take a kingdom risk” in your life?

12) What does Luke 12:15 say about greed?

13) Why should we rejoice even in hard times?

14) What are some ways you can step out of your comfort zone?

15) Read the beatitudes in Matthew 5. How can you actively apply them to your life?

16) What's the American Dream? Why shouldn't we adopt that way of life?

17) How can you personally practice contentment?

18) God is sovereign. What does that mean for us?

## Chapter 4

### Living the Right Story: Balancing Between Ignorance and Overreaction

- 1) How might Satan “hide in ambush?” How is God like a shepherd?
- 2) In what way is Satan an accuser? How does he use words to draw people away from God?
- 3) Have you ever thought that God was tempting you? What does James 1:13 say about temptation?



9) Why is Satan especially dangerous when he disguises himself as an angel of light?

10) Have you ever thought that you're part of a generational curse? Is there anyone in your family that you're not proud of? Why is it inaccurate to say that demons can be passed down through a family?

11) Who is ultimately in charge of punishment?

12) What does Colossians 2:10 say about Jesus? What does that mean for us?

13) How are we under a “generational curse” from Adam and Eve? How was that taken care of?

## Chapter 5

### So What's the Story, Exactly? What is Spiritual Warfare?

- 1) Can you think of any personal experiences of “mundane” spiritual warfare? What about overt spiritual warfare?
- 2) How can women be warriors? How are mothers warriors?
- 3) What does Luke 17:10 have to do with being a warrior woman?



9) According to 1 Corinthians 1:26-29, how does God use counterintuitive methods for his glory?

10) Why do we sometimes struggle to do what God asks?

11) How does loving the people we see as enemies change our focus? What should we focus on instead of them?

12) Why does God not want us to fight against the people themselves?

13) What is the difference between active and passive spiritual warfare?

14) What can we learn about spiritual warfare from the story of Nehemiah?

15) Why does it help to see things from God's perspective?  
Give a specific example.

16) According to Psalm 106:7-8, what did the Israelites do wrong, and how was God's glory eventually shown?

17) How does God use our weaknesses?

18) How can we help restore the world?

19) Did one of the eleven questions that Mary asked stick out to you? Have you been experiencing any warfare? Was there something you thought was spiritual warfare that you now realize isn't?

20) According to Ephesians 6:13-18, how can we live prepared for battle?

# Chapter 6

## Breathing Prayer

- 1) What is a time when God answered your prayer with a “no?” How about a “wait” or “not yet?”
- 2) Where are you in your prayer life? Are you an infant, child, adolescent, or adult?
- 3) How does frequent prayer provide *hesychia* (“rest, stillness”)? What or who is the source of *hesychia*?

- 4) Do you “pray without ceasing?” What are some times this week when you could pray when you don’t normally do so?
- 5) Why do you think touching someone while praying for them can be helpful? What does it do for them?
- 6) Have you ever prayed for a stranger? How did they react? Why does God call us to pray for strangers as well as our friends and family?
- 7) Why would typing out a prayer you’re praying for someone help them? How would you feel if someone did that for you?

8) How might the physical act of gathering around someone as you pray for them help the group connect with each other?

9) Why is it important to be thankful in your prayer?

10) James 5:16 says “Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.” How has this verse become evident in your life? If it hasn’t, what steps can you take to start allowing people to pray for you?

11) Using Matthew 16:19 and 18:18 in context, how should a church deal with discipline within itself?

12) What does Zechariah 3:1-2 and Jude 1:9 tell us about rebuking Satan?

13) Mary suggests using the Lord's Prayer (Matt 6:7-13).  
What does the structure of the prayer tell us in terms of how we should approach God in prayer, and how we should deal with evil?

14) Why might writing down your prayers in a journal improve your prayer life?

15) Take a moment to think about if there is anyone in your life that might benefit from being prayed for and being given the prayer. Do they know you're praying for them?

16) God is the Great Physician. Take a moment to pray for healing on behalf of yourself or someone you know, whether it be physical or spiritual healing.

17) Psalm 31 is an example of a Scripture prayer. What are some other Psalms, or even passages from other books of the Bible, that could also be used as a prayer?

18) Do you pray expectantly? How will praying help you learn to pray? Do you trust God's ability and sovereignty in your requests?

19) Why is it important to remain silent and listen for God's voice during prayer? Using Psalm 29 as a model, how should we include a listening time in our prayer?

20) Has God ever answered a "daring prayer" for you? What did you learn about him from the way he answered?

# Chapter 7

## Loving Truth

- 1) What or who is the light that Paul talks about in Ephesians 5:13-14? What or who is its source?
- 2) How can your authenticity affect others?
- 3) How does 1 John 1:6-10 contrast light and darkness? What other things does he contrast in those verses?

- 4) Do you regularly confess your sins to fellow believers?  
What about your family?
  
- 5) What are some warning signs to look for when determining if a friend would be a good person to confide in? How can you be cautious when establishing a new friendship?
  
- 6) What is a situation in which it might be painful to speak the truth? Why is it so important to speak it anyway?
  
- 7) Why do you think it's sometimes easier to depend on people before depending on Christ?



12) Do you struggle with one or more of the four statements that Mary listed? Which one hurts you the most? What passages of Scripture help combat the lie?

13) According to 1 John 3:19-21, how can we gain confidence in the Lord?

# Chapter 8

## Practicing Risk

- 1) What is a situation you can think of where boredom might cause you to sin?
- 2) What risks have you taken recently?
- 3) Why is it important to ever take risks?



8) Reread the “dare to believe” statements on page 95.

Which one is the hardest for you to “dare to believe?”





# Chapter 10

## Worshipping God

- 1) What have you worshiped today?
- 2) Why did Jesus place such an emphasis on worship?
- 3) Which of the five points about worship that Mary lists do you struggle with the most? Why?
- 4) Why does God deserve worship? See Revelation 4:11.



10) Why do you think the simple act of sincere worship pleases God?

11) How is the power of God evident in 2 Chronicles 20?

12) How is the story of the Israelites' warfare relevant to our lives today?

13) How can you worship God better this week?

# Chapter II

## Living the Bible

- 1) Have you ever used Scripture as an offensive rather than defensive weapon? How?
- 2) Why is it important to understand Scripture rather than simply knowing it?
- 3) What did the Pharisees do right? What did they do wrong?



8) Mary says she shudders at the words “quiet time.” Do you? Do you have a quiet time? Why is it hard to maintain one?

9) What are some ways you can help yourself memorize Scripture? Are there any methods you have tried that worked for you?

10) How does memorizing Scripture help in your battle against evil?

11) Would the “manuscript method” help you dig into God’s word? What about it would help you the most?

12) Have you ever done anything artistic with a verse? How did it help you understand it?

13) How can you build a deeper understanding of Scripture?

14) Think about the past year of your life. What words would best describe it?

# Chapter 12

## Embracing Rest

- 1) The story of Moses in Exodus 17 shows that everyone needs rest. What are some other things that can be learned from that passage?
- 2) Does Psalm 127:2 apply to your life? In what way?
- 3) Why do you think we feel the need to constantly be productive? How does that feeling help us? Hurt us?



9) How can you distinguish between Satan's distractions and God's interruptions?

# Chapter 13

## Chasing Healing

- 1) How does healing require vulnerability?
- 2) Healing isn't a one-time event. When has that been evidenced in your life?
- 3) What are some things in your life that you need to be healed from?



9) Why isn't healing an easy process even if we want it?

10) How can you justify spending time "selfishly" praying for your own healing?

11) Read Hebrews 12:15. Have you ever experienced a "poisonous root of bitterness," whether in you or someone you know, that negatively affected those around them?

12) Why is forgiveness important? Is there anyone in your life that you need to forgive but haven't? How might that hinder your healing or theirs?

13) Jesus not only took our sins upon himself on the cross, but he also experienced our pain. How does that help us?

14) Consider the 12 ways of chasing healing on page 131. Which ones have you done and which ones do you need to do?

15) What obstacles are standing in your way of healing?

# Chapter 14

## When Fear Rushes In

- 1) What are your most crippling overall fears in your life?
- 2) What fears do you face daily?
- 3) If you let yourself linger on a fear, how does that affect you?
- 4) Since we know that these days of fear are numbered, how should we handle the fear?



10) What in Romans 8:31-39 reassures you the most? Why?

11) Do you fear sudden events beyond your control? Does God guarantee lives free of those things? How can you still live without fear?

12) What does Isaiah 41:10 and 13 say about God?

13) How does knowing your intrinsic value to God help you fight your fear?

14) In Matthew 10:29-31, what does Jesus mean by the phrase “even the hairs of your head are all numbered?”

15) Why is it important to know that God not only cares about us, but has adopted us into his family? What characteristics of a family can be seen in God's relationship with us?

16) According to Psalm 46:1, where is God when we're in trouble?

17) When have you felt powerless? How can you find strength in those situations?

18) Has God ever felt distant in a time of need? What does Deuteronomy 31:8 say about God?

19) Is there someone in your life whom you've raised above God? Why is it easy to sometimes elevate people so high?

# Chapter 15

## When Christians Hurt You

- 1) Why does it hurt more when Christians discourage you as opposed to non-Christians?
- 2) How can you identify wolves?
- 3) Do you know any wolves? Why are they wolves?



9) Do you know any weeds? Why are they weeds?

10) If a believer sins, how should you confront them according to Matthew 18:15-17?

11) Why do you think Jesus says to confront them in private first?

12) How can you identify weeds?

13) Do you know any weeds? Why are they weeds?

14) What is the best way to deal with weasels?

15) What can weasels teach you?

16) What can we learn from Jesus about dealing with weasels?

17) Do you practice vulnerability? What is it important not to be too vulnerable?

18) Why should we be vulnerable at all?

19) How was Jesus vulnerable?

20) Healing through community is hard. How can you be careful in doing so?

21) What can we learn from Paul in 2 Corinthians 1:8-10?

22) How do we become “shrewd as snakes and harmless as doves?”

23) Mary says that “Jesus empathizes like no other.” What allows him to do that? See Hebrews 4:15-16.

# Chapter 16

## When Your Mind Attacks

- 1) Mary focuses on appearance as the source of the lie of pleasure. What things in your life do you sometimes think can give you pleasure when in reality they can't?
- 2) How are you “fearfully and wonderfully made?”
- 3) Are you friends with your reflection?

- 4) Do you have any friends who are friends with their reflection? How can you tell?
  
- 5) What does 1 Corinthians 3:16 mean when it says that you are God's temple?
  
- 6) If we only value external beauty, how might we miss Jesus?
  
- 7) If you think in an eternal way like Paul does in 2 Corinthians 4:18, how does it affect the way you perceive yourself?



13) How do you define “security?” What is the source of your security?

14) Which of the verses about money listed on page 159 sticks out to you the most? Why?

15) Why should God be your source of security?

16) Why is achievement a lie? Why do we believe it?

17) Which of the lies listed on page 161-165 do you struggle with?

18) How did Jesus silence the demons? Why did he?

19) What can we learn from how Jesus dealt with demons?

20) How can you lessen the impact of lies in your life?

# Chapter 17

## When Your Family Faces a Battle

- 1) How is family a metaphor for God's kingdom?
- 2) How does Romans 2:4 apply to a family?
- 3) What does it mean to "bind kindness and truth around your neck?" How does that help in family communication?
- 4) Why should you live in peace instead of drama?

5) Why is it easy to seek out drama?

6) What does James 3:17-18 say about wisdom?

7) How is avoiding a fight a “mark of honor?”

8) Does your family eat together at the dinner table? Why is it important to do so?

9) What is the best way to handle a wayward relative?

10) How can you show your love to your family through actions?

11) Why is de-escalation the best way to handle an argument?

12) How do you know when you should love a family member by creating boundaries?

13) Read the passage about love in 1 Corinthians 13. Why should you assume positive intent in a person you love?

14) How does asking God to change you benefit you in a difficult family situation?

15) Have you ever sacrificed for a family member?

16) According to Proverbs 18:2, 18:13, and 15:31, why should you listen?

17) How can forgiving a family member help both you and them?

18) How can you become less prone to being oversensitive?

19) What keeps you from sometimes saying the “seven magic words” when you need to?

20) What does trusting in God’s sovereignty involve doing?





10) Go through the questions listed on page 177-178 with a sin you struggle with. Then ask God to help you overcome it.

11) How does God show his strength through our weakness? Give an example.

12) What is the next step we must take after surrendering to God?

13) In Mark 7:17-23, Jesus uses food as an example of what can't defile you. What are some modern things that might be considered "unclean" but in reality have no effect on your heart?

14) Do you bear good fruit? How can you improve the fruit you bear?

# Chapter 19

## When the Mouth Becomes a Weapon

- 1) What are some examples of how people have thought that words are magical?
- 2) What was a time when your words negatively affected someone?
- 3) Why should we back our words with actions?



9) What are some instances in your life when you can live out Ephesians 4:29?

10) What do your words say about you? Do they portray your heart in a positive manner?

11) What does it mean to “take captive every thought” in 2 Corinthians 10:5?

12) How can argument push people away from God?

13) What does 2 Timothy 2:23-26 say to do instead of arguing?

14) How did Jesus deal with verbal confrontation?

15) How can we worship God through the words we speak?

# Chapter 20

## When Overt Attack Assails You

- 1) How can Christians be spiritually attacked?
- 2) What's the difference between "influenced" and "possessed?"
- 3) Why does Paul tell us to put on the armor of God?
- 4) How does the story about the Israelites in 1 Samuel 7:1-12 apply to our relationship with God today?



10) What is the key to overcoming a spiritual attack?

# Chapter 21

## Overcoming in Community

- 1) What negative effects can isolation have on us?
- 2) Do you see your walk with God as an individual effort?  
Why is that dangerous?
- 3) According to Hebrews 10:25, what should we do when we meet with each other?



9) What does it mean to “seek friends who sanctify?”

10) Why is forgiveness important in friendships?

# Chapter 22

## Mountains and Valleys

- 1) When in your life have you been on a mountain? Why did you feel close to God?
- 2) Why should we have humility on the mountains?
- 3) Do you have hope in the valleys of your life? When was a time when you felt hopeless in a valley?



9) Why is it bad to be “infants in the Christian life” (1 Corinthians 3:1)?

10) In what ways can you mature in Christ?

11) Why is it important to grow in Christ? What does Paul say about it in Ephesians 4:14?

12) What does it mean to be mature, but infants in evil?

13) What does obedience have to do with growing?

14) To “grow up,” what must we do according to Jeremiah 4:22 and Hebrews 5:13?

15) Are you ready for a God-given cowbell? What does he look for when deciding whom to give responsibility to?

# Chapter 23

## Finding Abundance and Perspective

- 1) Why do we have reason to be glad instead of mournful?
- 2) What does Jeremiah 31:11-14 say about joy?
- 3) Where does true abundance and transformation come from?



9) How can we make sure we will be aware of what God is going to do?

10) Why should we count our previous gain as loss in light of Christ?

11) Why is legalism bad, even though it involves following God's laws?

12) When was a time in your life when you felt like you weren't making a difference? How did God use that to shape you?

13) Do you cling to the past? How can you let go?

14) What mistakes did King Asa make? What was his downfall?

15) What mistakes did King Manasseh make? What led him to God?

16) How can the stories of King Asa and Manasseh help us in our lives today?

17) Which is better: to start well, or to end well? Why?

18) What warning does Hosea 13:6 give?

19) How is following God more like a marathon than a sprint?

20) Why is grace important?

# Chapter 24

## Go Forth!

- 1) Why should we not live in resentment? What does it lead to?
- 2) How is gossiping harmful?
- 3) Why shouldn't we feel inadequate?



9) What does it mean to “practice the presence of the Spirit?”

10) How is prayer and worship important in thwarting Satan?

11) Why should we be encouraging? How can you be more encouraging this week?

12) What is the “great secret” to being content?

13) How can you be more secure in God?

14) Why should you focus on the heart?

15) Explain the concept of having dirty hands and a clean heart.

16) Do you know the calling God has for you? Have you followed it?

17) What does being wise with money have to do with following God?

18) What does being sexually pure entail?

19) How can you find joy in suffering?

20) What does it mean to be tenacious?

## Blessings upon you!

I hope this study guide helped you on your spiritual warfare journey. And I hoped you fell in love with Jesus all over again after having journaled through this workbook.

## A favor, please?

Would you be willing to post a quick review of *Beautiful Battle* on Amazon or Barnes and Noble or CBD.com? Just find the book, then right a few sentences. Thanks!

## Where to find Mary:

- Main site: [MaryDeMuth.com](http://MaryDeMuth.com)
- Next book: *Everything: What You Give and What You Gain to Become Like Jesus*. Find out more at [EverythingtheBook.com](http://EverythingtheBook.com).
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