



October

Spiritual Warfare

Daily - For this month, your Daily disciplines include:

- **Scripture reading** - Read all assigned passages for the month of October
- **Journaling** - Read, study, and answer the journal prompts for each Scripture
- **Prayer** - Pray through your scripture readings and for your group members

Weekly - Weekly disciplines include:

- **Scripture Memory** - This month, you will memorize:
 - 1 Corinthians 10:13
 - James 4:7-8a
 - James 5:16
 - 1 Peter 5:8
- **Reading** - Your Story Has a Villain by Jonathan Pokluda (book provided)
- **Group Check-In** - Stay connected with your group throughout the month for encouragement and accountability

Monthly - Monthly disciplines include:

- **The Spiritual Discipline:** Spiritual Warfare Self-Assessment
 - This month, fill out the Spiritual Warfare Self-Assessment (next page), to be better equipped to battle the lies that Satan wants you to believe. Be honest about your struggles, and use the scriptures to fight temptation.
- **Man Date** - Schedule a one-on-one Man Date with one of the guys in your group for a time to get to know each other more and to talk about things that are going on in each other's lives.
- **Book Review** - Prepare notes to share with your group. Your notes should include the following:
 - List your key takeaways.
 - Discuss how you will apply it to your life now.
 - Bring your takeaways and application points to your monthly meeting.
- **Group Meeting** - Your group will meet each month for accountability and to deepen your relationship with one another. You will come prepared to discuss the book, review Scripture memory, and share reflections from journaling, your man-date, and your spiritual discipline.

REMINDER: Each month, go to <https://biltmorechurch.com/davidsmen> to download materials.

Spiritual Warfare Self-Assessment

The enemy uses temptations to deform our hearts and lives. This exercise will help you name the specific temptations you often face, bring them into the light of Scripture, and build a simple plan to fight together. The idea is to **name it, face it, and replace it**. The goal isn't to make you feel shame, but to help you grow.

Circle 3 temptations from the list below that most consistently lead you to sin. Meditate on the scripture to help you battle that temptation when it arises. Plan to share your top 3 with your David's Men group this month.

Temptation	Scripture
Lust	1 Corinthians 6:18
Anger	James 1:19
Pride	James 4:6
Greed	1 Timothy 6:10
Anxiety	Philippians 4:6
Addiction	1 Corinthians 10:13
Envy	James 3:16
Laziness	Proverbs 13:4
Arrogance	Proverbs 3:5
Dishonesty	Ephesians 4:25
Gossip	Ephesians 4:29
Control	Psalms 46:10
People-Pleasing	Galatians 1:10
Fear of Man	Proverbs 29:25
Unforgiveness	Ephesians 4:32
Workaholism	Mark 8:36
Despair	Isaiah 41:10
Idolatry	Exodus 20:3
Busyness	Luke 10:41-42
Isolation	Hebrews 10:24-25