

**West Hill Baptist Church**  
**War Room Bible Study Week #2**  
Wednesday, March 27, 2019  
7:00 p.m.

I. Welcome and Introductions 7:00

War Room is a Lent Bible study designed to:

Teach Christians about the power of prayer

How to utilize prayer as an effective weapon for personal transformation and victorious change

CHANGE in life and in critical circumstances

We want to go after the real strong holds in our lives

II. Week #1 Review 7:05

The topic we covered last week was:

Honest Evaluation – Tough questions and real answers designed to reveal blind spots and inspire growth

a. Being on FIRE for God

b. Homework

What you needed for tonight, do you have?: (Ask everyone the following)

Bible

Journal

War Room

Trusted prayer partner (2-3) A critical part of this is the cross talk with another person.

How many have identified the one thing you are praying for

Have you identified your fears around that one thing?

How many have begun to list your thanksgivings?

Have you reminded yourself to balance the petition of prayer with giving thanks?

III. Lets talk about unresolved anger 7:10

Lets talk about unresolved rage

Identify and bring to the surface

a. Psalm 109

Who's writing here? David

Prayer of Imprecation (Curse)

This is a prayer that is void, VOID of any sense to love my enemies

David was considered themselves righteous by the standards of the law

It was a prayer he prayed against people who mistreated them

People who they had a feeling of discontent

They prayed that God would remove their enemies

The attitude was get them out of his life

Was David considered a man of faith? Yes

The point is that anger has always been a part of the lives of the people of faith  
The main question is how do we manager it when it gets stored up in us.

## b. Being mistreated

So lets look at the passage:

The author is someone is profoundly hurt or enraged by someone or persons who have mistreated them  
AND

Has taken advantage of the poor and needy of the community.

These are no good folks they are talking about in this passage

The generalized complaints in the passage include:

Verses 2-3: Slander and Lies

We get mad when people the truth about us, but it hurts even more when it's a lie

Verses 4-5: Accusations and mistreatment by friends, that make is worse.

Doesn't it sting more when friends and family mistreat you?

Now he wants an opponent to betray his enemy, I want to make them feel something that I feel

Verse 6: Appoint an evil man and let the accuser stand at the right hand

Why the right hand?

There is a significance with the RIGHT

Verse 6: He wants his legally tried and convicted

The author has done good, but only received bad in return

Verse 16: Mistreating the poor

Who do psychologists say are the people have the most difficult time moving on from injury and resolving hurt and rage? Why? Because we sometimes have the hardest time admitting that we have toxic emotion in the first place. To admit we are mad, we consider that a character flaw.

So if someone ask you how you are doing today, we say, Praise God, Halleluiah

We have a hard time even admitting to ourselves because we think that we fail spiritually

We think it make us bad people and it's not about good and bad

It's about healthy and unhealthy

To be human is to be hurt and when you are hurt you need to be healed.

You are not trying to get good, you are trying to get healed.

## IV. Conviction vs emotion

7:30

a. Matthew 5:44 (ask someone to read)

b. Loving your enemy

Now lets see what the New Testament has to say Read Matthew 5:44

Lets talk about not becoming or doing the thing that has been done to you.

REPEAT after me. Do Not Become What You Loathe

The temptation is do just that. Become the very thing that you loathe

When something really get to you, you don't always feel like praying do you?

What we do as Christians is out of conviction (faith/belief) and not by emotion

Emotion has to catch up to conviction

Conviction has to lead

As humans, and we are bitter, the temptation to become like them

The Old Testament gave the permission to do that, eye for an eye

We have a whole new spirituality when it comes to the New Testament

We are not under that law anymore

Jesus says you are obligated to love even your enemy

Bless those who curse you

We will all get mad enough, but we have to remember that after we vent it to Jesus in prayer we let it go

Go back and start praying the person or persons in your life that are driving you crazy

Why?

Because it is hard to keep that rage inside of yourself for someone you are praying for

Folks you are praying for may not change, but you will change

And that's the most important

Sometimes we can put too much emphasis for God to change IT

Maybe the change is what God will do within you

You are praying for God to move the mountain and maybe he giving you the strength to climb

Remember you have to do everything from conviction

Conviction, emotion, action exercise.

- V. Movie clip (Weight Room) 7:40
  - a. Psalm 141
  - b. Christian accountability (questions on page 22)
  - c. Open discussion
  
- VI. Group work with prayer partner(s) 7:50
  - a. Discussion
  
- VII. Homework for Week #2
  
- VIII. Next meeting – Wednesday, April 3 (Living the Gospel)