Journey CHURCH
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## Session 5 Viewer Guide

### GROUP DISCUSSION

**1.** When you feel powerless or overwhelmed, what's usually your first response—try harder, give up, worry, pray, ask for help, or something else? Why?

**2.** Tony compares trying to overcome on our own to a high jumper and relying on God's power to a pole vaulter. Where are you most tempted to depend on your own strength instead of God's?

**3.** What do you think it means practically to face a temptation, problem, or pressure from a position of victory rather than defeat?

**4.** Can you think of a time when God gave you strength to get through something rather than simply removing the problem? What did that experience teach you about Him?

**5.** Why can it sometimes be difficult to trust that Jesus is dependable when our circumstances aren't changing the way we hoped?

**6.** Tony says, “You're an overcomer, know that, believe that, live that, and then testify.” What part of your story could encourage someone else who is facing a battle right now?

**7.** What's one battle, pressure, or temptation you're facing right now that you need to stop fighting in your own strength? What would depending on God's power look like this week?