

The Pursuit of Holiness - Session 5 - Chapters 7-8

Chapter 7: "Help in the Daily Battle"

Small Group Discussion Questions + Leader Notes

This chapter focuses on the practical resources God gives believers to fight the daily battle against sin: Scripture, prayer, the Holy Spirit, and Christian community.

1. Bridges says we need "daily help" because the battle with sin is daily. Why is it important not to view holiness as a once-in-a-while effort but as a daily pursuit?

Leader Notes / Potential Answers:

- Sin operates daily → resistance must be daily.
- Jesus taught daily discipleship: "take up your cross daily" (Luke 9:23).
- Habits, desires, and temptations form daily; therefore renewal must as well.
- Bridges emphasizes sustained vigilance—not sporadic intensity.
- Helps normalize the ongoing nature of sanctification.

2. According to Bridges, how does Scripture function as one of our primary helps in the battle? Which Scripture has been most helpful to you in fighting sin?

Leader Notes:

- Scripture exposes sin, renews the mind, strengthens faith, guides obedience.
- Jesus used Scripture to resist temptation (Matt. 4).
- Participants may mention verses related to their struggles—encourage this.
- Emphasize the importance of *consistent* intake of the Word.

3. Bridges highlights the importance of prayer in the fight for holiness. What kinds of prayers does a person pursuing holiness need to pray?

Potential Answers:

- Prayers for wisdom, strength, purity, conviction, perseverance, and humility.
- Honest confession (Ps. 139:23–24).

- Quick “in-the-moment” prayers when tempted (Neh. 2:4).
- Prayers of dependence: “Apart from You I can do nothing” (John 15:5).
- Bridges wants readers to see prayer as a weapon, not simply a discipline.

4. How does Christian community help believers in the daily battle? What role does accountability play?

Leader Notes:

- Community prevents isolation, deception, and spiritual drift.
- Confession breaks sin’s secrecy and shame (James 5:16).
- Accountability provides encouragement, correction, prayer, and support.
- Believers need others to speak truth when they’re blind to sin.
- Encourage thinking about who they can invite into this role.

5. Bridges says the Holy Spirit is an ever-present help. What does it look like to consciously rely on the Spirit throughout an ordinary day?

Potential Answers:

- Quick prayers for help in temptation.
- Sensitivity to conviction.
- Asking for wisdom before decisions.
- Choosing obedience even when desire lags.
- Yielding to the Spirit’s prompting toward good works.
- This makes the battle relational, not legalistic.

6. What are some common barriers that prevent believers from regularly using the resources God has given—Scripture, prayer, community, and the Spirit?

Leader Notes:

- Busyness, distraction, laziness, pride, unbelief, fear of vulnerability.
- Misunderstanding grace (“I’m forgiven; I don’t need to fight”).
- Lack of discipline or structure.
- Bridges wants believers to identify and remove these obstacles.

7. Why is consistency more important than intensity in the daily battle for holiness?

Potential Answers:

- Small daily habits form character over time.
- Intense but irregular efforts lead to discouragement and relapse.

- The Spirit often works slowly and steadily, not in dramatic bursts.
- Jesus uses seed and growth imagery (Mark 4) to emphasize process.

8. What does Bridges mean when he says we must “take up the sword of the Spirit” daily? What does that look like practically?

Leader Notes:

- “Sword of the Spirit” = Scripture actively applied (Eph. 6:17).
- Memorization, meditation, speaking the Word in temptation.
- Using specific verses for specific struggles.
- Replacing sinful narratives with biblical truth.
- Help your group think about practical implementation.

9. In what area of your life do you most need to use the “daily helps” God provides?

Potential Answers:

- Purity, patience, anger, anxiety, speech, discipline, relationships.
- Encourage personal application without forcing vulnerability.

10. What one action can you take this week to make use of God’s help in a more consistent way?

Leader Notes:

- Examples: morning prayer rhythm, Scripture plan, accountability text, Sabbath rest, journaling.
- Emphasize grace-dependent effort—not self-willed resolve.

Chapter 8: “Obedience — Not Victory”

Small Group Discussion Questions + Leader Notes

This chapter centers on Bridges’ key argument: our responsibility is *obedience*, not producing the victory. Victory belongs to God; our call is faithful, immediate obedience.

1. Bridges says the Christian’s primary calling is obedience, not achieving victory. Why is this distinction important?

Leader Notes / Potential Answers:

- Removes pressure to “perform” spiritually.
- Victory is God’s job; obedience is ours.

- Prevents discouragement when results are slow or unseen.
- Encourages perseverance regardless of emotional state.
- Bridges wants believers to focus on faithfulness, not outcomes.

2. What dangers arise when believers focus more on “victory” than obedience? How have you experienced this personally?

Potential Answers:

- Obsession with results rather than faithfulness.
- Pride when doing well; despair when failing.
- Treating holiness like a competition or scoreboard.
- Looking for quick fixes instead of long-term obedience.
- Victory-focus often leads to discouragement, inconsistency, and legalism.

3. Why do you think obedience in the moment of temptation is more important than whether we “feel victorious”?

Leader Notes:

- Feelings fluctuate; obedience does not depend on emotion.
- Scripture commands action, not waiting for a feeling.
- Holiness grows through practiced choices, not inspirational moments.
- Bridges is combating the mindset that obedience has to feel victorious to count.

4. How does understanding that victory comes from God actually free you to obey more consistently?

Potential Answers:

- Removes pressure to succeed through willpower.
- Allows you to focus on the next step of obedience.
- Brings comfort when progress feels slow.
- Encourages humility: fruit is God’s doing (John 15:5).
- Produces joy rather than anxiety in obedience.

5. What does it look like to obey God in the “next right step,” even when your desires haven’t caught up yet?

Leader Notes:Examples:

- Turning off a screen
- Ending a conversation
- Leaving a tempting situation
- Choosing gentleness instead of sarcasm

- Confessing sin immediately
- Obedience trains desires over time (Gal. 5:16).

6. Bridges argues that we often wait for a sense of “victory” before we resist sin. Why is this backwards?

Potential Answers:

- Victory comes *after* obedience, not before.
- Feelings follow choices, not the other way around.
- Spiritual strength is built through battle, not before battle.
- Waiting for a feeling gives sin time to win.

7. How does Jesus’ own obedience—even unto death—shape your understanding of obedience as the heart of holiness?

Leader Notes:

- Jesus obeyed even when obedience brought suffering.
- He obeyed because He loved the Father (John 14:31).
- His obedience purchased our salvation and modeled our own calling.
- Holiness is Christlike obedience empowered by grace.

8. What role do small acts of obedience play in producing long-term holiness?

Potential Answers:

- Holiness grows through cumulative choices.
- Small decisions form habits; habits form character.
- Obedience is built like muscle—repetition matters.
- Bridges emphasizes that holiness is rarely dramatic—it is steady.

9. In your own battle with sin, where have you been waiting for “victory” instead of simply obeying the next clear command of God?

Leader Notes: Common areas:

- Lust, anger, procrastination, complaining, impatience, dependency issues.
- Encourage grace-filled honesty.
- Help participants identify small steps.

10. What is one area where God is calling you to immediate obedience this week? What specific step will you take?

Leader Notes:

- Keep this practical and Spirit-dependent.
- Encourage commitments like removing access to temptation, confession, initiating reconciliation, creating new rhythms.
- Avoid legalistic vows—focus on grace + obedience.