CORNER FRINGE MINISTRIES

FREEDOM IN MESSIAH

Student Guide | Week 10 | The Armor Audit & Aaron and Hur Assignment

Hold Up My Arms

THIS WEEK'S FOCUS

Spiritual conflict is not always dramatic. Often it looks like confusion, inexplicable discouragement, recurring defeat, or a sense that the ground you have gained keeps slipping away. This week we learn to recognize the patterns of spiritual attack and respond with authority rather than anxiety.

THE JOURNEY SO FAR	
LAST WEEK We dealt with forgiveness — the decision to release the debt and stop letting the past hold the present hostage. We brought the bitterness to God and trusted Him with the transformation.	**THIS WEEK** We learn to stand in active spiritual conflict. Not reactively, not in fear, but from the position of authority we have been building since Week 1. The battle is real. So is the victory.

THIS WEEK'S MEMORY ANCHOR

"Submit therefore to God. Resist the devil and he will flee from you."

James 4:7

A THOUGHT TO CARRY THROUGH THE WEEK

The battle against Amalek was not won by a better strategy. Aaron and Hur stood beside Moses and held up his arms until the sun set. They could not quit when it became inconvenient. Victory required sustained, communal engagement. The enemy does not attack abandoned territory. He attacks ground that has already been taken. If you are facing intense spiritual conflict right now, that may actually be evidence that you have been making progress.

RELEVANT THOUGHTS THAT CAME TO MIND DURING THE WEEK:

BREAKOUT SESSION

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Total time: 60 minutes | No facilitator needed — follow the steps

HOW THIS WORKS

There is no leader in this group — everyone follows the steps together. Each step has a time guide. Stay with the step you are on. If someone in the group needs more time on a particular step, the group can choose to continue with it. The structure serves the people, not the other way around. The goal is not to get through all of the steps. The goal is that each person in the group leaves having done real work and no member of the group leaves feeling left behind.

Open your session with prayer. Let the Spirit guide one of you to begin.

STEP 1 LAND THE TEACHING *8–10 minutes*

Someone in the group reads this aloud before anyone responds:

The teaching this week reframed spiritual conflict: It is not evidence of failure. It is evidence that you are at war and that you have been taking ground from the enemy that is worth defending. The problem is that most of us have developed a solid strategy for peace but we do not often ready ourselves for conflict. We are often surprised by battle, but we should expect it and prepare for it, instead. In John 16:33, Yeshua told us: "In the world you have tribulation, but take courage; I have overcome the world."

Take 2 minutes of silence. Let each person answer this question privately before anyone speaks:

Where are you currently under the most intense spiritual attack? When you perceive that you are under spiritual attack, where does it come from? Do you pull back? Do you consistently feel defeated? Are you surrounded by darkness? What is your first response, and is it working? In these times, do you have people around you who help you with prayer and praise toward God, or are you trying to fight alone?

My honest answer to Step 1:

Now go around the group. Let each person share his or her answer as honestly as possible. No cross-talk while someone is sharing. When everyone has spoken, move to Step 2.

STEP 2 GO DEEPER TOGETHER ***20–25 minutes***

This is the heart of the session. The question is harder than Step 1. It requires more honesty. Take 2 minutes of silence before anyone speaks — let each person sit with their thoughts privately first.

This tool has two parts. The first is a personal audit of where you are exposed in spiritual conflict. The second is a specific community assignment — identifying who will hold up your arms.

Part A — The Armor Audit: For each piece of the "Armor of God," assess honestly: Am I wearing this piece consistently, wearing it inconsistently, or not wearing it at all? Next, identify the cost of any exposure.

Part B — The Aaron and Hur Assignment: The battle with Amalek was won when two people held Moses' arms up until the sun set. This is not metaphor. Name two specific people who will hold up your arms this week and write what you will ask them to do.

Piece of Armor	The diagnostic question	Wearing? Inconsistent? Not Wearing?
Belt of Truth	Am I living from what is true according to God's Word or from what feels true to me personally?	
Breastplate of Righteousness	Am I living from my identity in Messiah and obeying because I love Yeshua or from my own performance?	
Feet Shod with the Gospel of Peace	Am I advancing against the enemy or retreating from attack? Am I always rooted in the peace of the Gospel?	
Shield of Faith	Am I lifting my shield by actively trusting God or leaving myself exposed to attack?	
Helmet of Salvation	Is my mind protected by the truth of what Yeshua has done for me or am I believing accusations against me?	
Sword of the Spirit	Am I using the Word actively in my life or am I setting it aside, or worse, not reading it at all?	

My Aaron: Name the person and what you will ask him or her to do	My Hur: Name the person and what you will ask him or her to do

When you are ready, go around the group and let each person respond. The group listens fully before anyone else speaks. If someone in the group is particularly moved by this question — if the Holy Spirit is clearly doing something — let the group stay with that person. Do not rush past a real moment to stay on schedule. This is the most important work — what the time margin is for.

What specific piece of the armor of God are you most often not wearing — and what does that exposed area cost you when the conflict comes? What would it look like to put it on deliberately this week?

STEP 3 THE ROOT WORK *20-25 minutes*

Take 2-5 minutes to complete the Root Question Framework privately and honestly. Write it down. The act of writing forces honesty in a way that thinking alone does not. If you're running out of time in your group, please skip ahead to the group discussion and complete this framework on your own later.

As you fill in the framework: What armor am I dropping first? What do I feel like when I neglect it? Why do I put this armor down? What is God instructing me to do instead?

THE ROOT QUESTION FRAMEWORK *Go deeper on what steps one and two surfaced.*	
The behavior is:	*What do I keep doing — or running to — that I know is not producing life?*
The feeling is:	*What does it feel like right before I go there? Shame? Fear? Emptiness? Loneliness?*
The lie beneath is:	*What must I believe about myself — or about God — for this to feel necessary?*
The truth is:	*What does God actually say about me in this place? (Use scripture if you can.)*

After everyone has had time to write, go around the group. Each person shares what they wrote — as much or as little as they are ready to share. The group listens. No fixing, no advising, no jumping to solutions. Just witness what each person brings.

Use most of this time discussing and reflecting on the whole group's testimony:

GROUP REFLECTION

What does it look like practically to be an Aaron or Hur for each other — not just in a session like this, but in daily life? What would have to change in how this group relates to each other for that kind of sustained support to be real?

PREPARE TO SHARE

When you return to the main room, your group may be asked to share. Together, decide on one thing — one insight, one moment, one declaration — that represents what happened in your group today.

Complete this sentence as a group: "We commit to holding up each other's arms this week by _____."

Here's what our group is taking away (write it down so you don't lose it):

_____

STEP 4 CLOSING PRAYER *2-5 minutes*

Allow the Spirit to lead one person to close in prayer. Then go around the group — each person may pray one sentence if they are willing. No one is required to pray. No one is skipped over without grace.

Suggested focus — Pray the Memory Anchor: In Messiah Yeshua's name, give us brothers and sisters to walk alongside us and help us submit to God's will so that we can stand against the wiles of the devil.

One person closes the prayer when the group is ready.