

NEW TRINITY MISSIONARY BAPTIST CHURCH
Rev. Alvin Thompson, Pastor

The Overcomer: More Than A Conqueror **Participant Handout**

⁴ For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. ⁵ Who is he who overcomes the world, but he who believes that Jesus is the Son of God? (1 John 5:4-5, NKJV)

The enemy aims to keep all believers from God's strength, keep our minds confused, keep us believing lies, keep us anxious and afraid, keep tempting us to sin, and keep us from praying. But, the Bible states that believers are Overcomers. And Overcomers can overcome the attacks from the enemy with God's spiritual weapons outlined in Ephesians 6:10-18.

We pray that by the end of this course, we will be transformed into bold and victorious Overcomers equipped to walk in the spiritual authority given to us by our Savior, Jesus Christ.

July 13 -	Session I:	Overcoming Weakness with God's Strength
July 20 -	Session II:	Overcoming Falsehood with God's Truth & Wisdom
July 27 -	Session III:	Overcoming Evil with God's Goodness
Aug 3 -	Session IV:	Overcoming Anxiety with God's Peace
Aug 10 -	Session V:	Overcoming Fear with Faith
Aug 17 -	Session VI:	Overcoming Temptation with God's Word

Resources

Bible

Overcomer by Dr. David Jeremiah

Session I: Overcoming Weakness with God's Strength

Study Series Core Passage: Ephesians 6:10-18

Session I Key Passage: Ephesians 6:10-13

Introduction:

- a) What Is Your Greatest Weakness?
- b) What is an Overcomer?
 - A new creation in Christ and a follower of Christ who is led by the Holy Spirit (2 Cor.5:17-20; Matthew 10:38; Romans 8:14) and relies on the Holy Spirit to help in weakness.
 - Recognizes that they do not wrestle against flesh & blood but against the rulers of darkness (Ephesians 6:12);
 - Wrestle with trials and temptations (Romans 7:19-24) but remains faithful (Rev. 2:26; 1 John 5:4-5);
 - Relies on God to conquer every attack of the enemy (Romans 8:35-37); and
 - Have a special place in the world to come (Rev. 3:21)

Strategies for Overcoming Weakness with God's Strength:

I. Stand Strong (Ephesians 6:10-13)

- a. We are commanded to stand strong in the Lord's might!
- b. We are commanded to stand—not fight!
- c. We are not standing *FOR* victory; we are standing *FROM* victory because Christ has already won the victory! (Romans 8:37; 1 Cor. 15:57; 2 Cor. 2:14a)
- d. For the battle is the Lord's. (1 Samuel 17:45-50 & 2 Chronicles 20:15)
- e. Know who the enemy is.

II. Download God's Strength from His Word (Isa. 40:28-29)

- a. God wants to give you His strength.
- b. We access God's strength by reading, meditating, memorizing, and obeying God's Word.
- c. You can't have God's power & strength and not be interested in knowing God's mind & heart.

III. Download God's Strength from Worship

- a) God inhabits our praise & worship (Psalm 22:3)
- b) God shuts the mouth of the enemy through praise (Psalm 8:2)
- c) Praise brings deliverance (Psalm 32:7, 59:17)
- d) Praise brings strength during times of difficulty (Habakkuk 3:17-19)

IV. Download God's Strength by Waiting

- a) Be of good courage while waiting (Psalm 27:14)
- b) Don't grow weary while waiting (Isaiah 40:30-31)
- c) Listen for God while waiting. (1 Kings 29:12)
- d) Pray while waiting (Romans 12:12; Philippians 4:6-7)

V. Download God's Strength through Weakness

- a) God's grace is sufficient. (1 Cor. 12:9-10)
- b) God's strength is made perfect in weakness.
- c) God does not need your strength.
- d) God will use your weakness as an instrument in His mighty hand.

Conclusion:

As an Overcomer, your strength is in God, not yourself. Getting frustrated, giving up, and indulging the flesh are not options when you feel weak or overwhelmed. Turn your weakness into God's strength. Open your heart to the Lord and ask for His strength. He is ready to give His strength to you. He will fill you with it. Remember: (1) Stand strong in the Lord; (2) Download God's strength through the Word; (3) ...through worship; (4)....by waiting; (5)....and by surrendering your weakness to the Lord.

Next Week – Overcoming Falsehood with God's Truth (Read Ephesians 6:10-18)

The Overcomer: More than a Conqueror
Session II: Overcoming Falsehood with God's Truth & Wisdom

Key Verses: **Ephesians 6:14a, 17a** - *Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,¹⁵ and having shod your feet with the preparation of the gospel of peace;¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.¹⁷ And take the helmet of salvation,*

Lesson Aim: Participants will discover how to overcome lies with God's truth and wisdom.

Introduction: It's Just a Little White Lie

Perhaps no other temptation is as easy to embrace as a simple lie. People think lies don't harm because it's only words. But, God hates lies and deceit. Why? Because our enemy, the devil, is the great deceiver and the father of lies.

- John 8:44; Proverbs 6:16-17a; Proverbs 12:22

I. What is Truth?

Some view truth as what they see from their perspective. Others view truth as what they choose to create or spin. And others see truth as objective and yet to be discovered. However, God is the self-existent One, the Creator of all that exists, the perfect One, the just One, the eternal One. Therefore, God is Truth! God's Son, Jesus Christ, is the Way, the Truth, and the Life! And, God's Spirit is the Spirit of Truth!

- Isaiah 65:16; John 1:14; John 15:26

II. Seek & Study the Truth

How do we overcome falsehood with truth? We must "stand, therefore, having girded our waist with truth" (Eph. 6:14). The first item in the spiritual armor is the belt. The belt held the soldier's weapons together just as truth holds everything together in the Christian's life.

- Seek and study the Bible to establish a stronghold of truth in our minds. (Psalm 119:97-98; John 17:17)

III. Submit to the Truth

Overcomers submit to the truth and the Spirit's correction.

- Psalm 25:5; John 8:31-32

IV. Speak the Truth

Overcomers speak the truth. Our words, spoken or written, cannot be taken back. When a lie comes to your mind or ears, dismiss it with God's truth in the name of Jesus! (Ephesians 4:14-15, 25)

V. Live and Practice the Truth

Overcomers live the truth. Our perfect example is Jesus. Jesus lived the truth even in distress.

VI. Put on the Helmet of Salvation

God has equipped us with the helmet of salvation which is a metaphor for the mind of Christ. (Ephesians 6:17a)

- Helmet of salvation aims to assure the believer's salvation.
- Helmet of salvation protects the believer's mind from the assaults of Satan's lies and confusion.
- Helmet of salvation gives believers the courage to stand against the deceiver with the wisdom of God.

VII. Put on Wisdom

Wisdom is knowing the course of action that will please God and applying it to our lives.

Wisdom is acquired through our efforts to learn, grow, improve, study, and apply God's truth.

To obtain wisdom, ask God for it. God gives wisdom generously to all without finding fault (James 1:5). Also, you must have:

- A humble spirit (Psalm 111:10)
- A hungry soul (Psalm 119:10)
- A hearing heart (Proverbs 19:20)
- A heeding mind (Deuteronomy 4:5-6)

Conclusion

As an Overcomer, you don't have to continue speaking and living with the false beliefs and lies that have plagued you most of your life. Overcomers serve God, who is Truth. Overcomers were saved by Jesus Christ, who is the Way, the Truth, and the Life. Overcomers have the Spirit of Truth within them. And Overcomers have the written Truth of God—the Bible. Ask the Holy Spirit to identify the falsehoods in your life and lead you into the ways of righteousness. Seek, study, and meditate on God's truth. Every time you hear a lie spoken in your mind or hearing, speak the truth—speak it boldly and courageously. Then live out the truth and wisdom of God. You *can* overcome falsehoods with God's truth.

Next Week: Overcoming Evil with God's Goodness

The Overcomer: More than a Conqueror
Session III: *Overcoming Evil with God's Goodness*

Key Verses:

- **Ephesians 6:14b**- *Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,*
- **Romans 12:21** – *“Do not be overcome by evil, but overcome evil with good.”*

Lesson Aim: Participants will discover how to overcome evil with God's goodness and righteousness.

Introduction: “I Would Never Do Something that Evil!”

Evil is usually thought of as that which is morally wrong, sinful, or wicked (moral evil); however, the word *evil* can also refer to anything that causes harm, with or without the moral dimension (physical evil).

There is a line dividing good and evil that cuts through the heart of every person. One of the most dangerous thoughts anyone can have is, “I would never do something that evil!” The Bible says, “The heart is deceitful above all things, and desperately wicked: who can know it?” (Jeremiah 17:9). We are constantly bombarded with evil from the outside, but we need to examine the evil from within. How do we overcome this evil?

I. Overcoming the Evil Within

We overcome evil from within with the breastplate of righteousness. The breastplate of righteousness refers to the righteousness purchased for us by Jesus at the cross. Having received Christ's righteousness by faith, believers are empowered to overcome the evil within and live as Jesus lived. Righteousness is what the goodness of God looks like when lived out (right action). Evil no longer has power over the person who is clothed with the righteousness of Christ. *“For God made Christ who knew no sin to be sin for us, that we might become the righteousness of God in Him”* (2 Cor. 5:21)

II. Overcoming the Evil Around Us

How do we overcome the evil that is forced upon us?

A. Leave Vengeance to God.

Vengeance or revenge is a strong desire to get even with someone who has done evil to us. But, Paul wrote, *“Repay no one evil for evil. Have regard for good things in the sight of all men...Beloved, do not avenge yourselves...for it is written, ‘Vengeance is Mine, I will repay’ says the Lord”* (Rom. 12:17, 19). Revenge is God's work!

B. Do the Next Right Thing.

To overcome evil with good, we must ask the Holy Spirit to show us the right thing to do. Then trust God that doing one right thing after another will overcome any wrong or evil thing in our paths. (Romans 12:17) Doing the right thing by showing God's goodness and love may lead your enemy to repentance and reconciliation. (Romans 2:4) Some

biblical examples are Joseph (Genesis 50:15-21), Moses (Exodus 32:32), and Jesus (Luke 23:34).

C. Live Peaceably with All Men

Responding to one evil act with another merely escalates the evil. But when we overcome evil with good, the evil is smothered, lacking the fuel of hate to keep it alive. Peacemakers foster harmony by reconciling people with God and with one another. “Blessed are the peacemakers, for they will be called children of God” (Matthew 5:9, NIV)

D. Let Good Overcome Evil

Jesus gives us principles for reversing the impact of evil with good. Matthew 5:38-40 states,³⁸ “*You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’*”³⁹ *But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also.*”⁴⁰ *If anyone wants to sue you and take away your tunic, let him have your cloak also.*”⁴¹ *And whoever compels you to go one mile, go with him two.*”⁴² *Give to him who asks you, and from him who wants to borrow from you do not turn away.*”

- Jesus was calling for believers to surrender their right to personal revenge.
- Overcomers let good overcome evil by going the extra mile in extending God’s grace and love.
- Overcomers ask the Holy Spirit to guide them.
- Overcomers are mindful of the difference between confronting evil and seeking personal revenge.
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E. Overcomers Follow Jesus’ Responses to Opposition

- Jesus responded verbally to his accusers (John 18:19-22)
- Jesus peaceably and quietly submitted to his accusers (John 18:10-11)
- Jesus called out his accusers’ evil motives (Mark 3:2-4)
- Jesus prayed for his accusers (Matthew 26:36-38)
- Jesus extended love and forgiveness to his accusers (Luke 23:39-43)

Conclusion

As an Overcomer, you will never stop encountering evil around you on this side of heaven. And you will never be free from the *temptation* to do evil on this side of heaven. There is only one power strong enough to overcome evil. And that power is the goodness of God.

Righteousness is what the goodness of God looks like when lived out. If we’re going to protect our hearts from evil, we must defend them with the righteousness of Christ. Phil. 3:9 states,⁹ *and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.*

And if we are going to overcome evil around us, we must (1) leave the vengeance to God; (2) do the next right thing; (3) live peaceably with everyone; and (4) let God’s goodness overcome evil. Overcomers can overcome evil with God’s goodness.

The Overcomer: More than a Conqueror

Session IV: *Overcoming Anxiety with Peace*

Key Verses:

- **Ephesians 6:15, 18** - *Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness,¹⁵ and having shod your feet with the preparation of the gospel of peace;¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God;¹⁸ praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—*
- **Philippians 4:6-7** – *⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

Lesson Aim:

Participants will discover how to overcome anxiety with God’s peace and prayer.

Introduction: Be Anxious for Nothing

Anxiety is “a state of unrest and distress about future uncertainties. It is abnormal fear that lacks a specific cause. The anxious person is in a constant state of worry and stress.”

The World Health Organization posted an article on March 2, 2022, regarding the impact that the Covid-19 pandemic has had on mental health. The report stated that in the first year of the COVID-19 pandemic, the global prevalence of anxiety and depression increased by 25%. This disease has impacted young people and women the most.

It’s not surprising that the third and fifth spiritual weapons on the Ephesians 6 list are put there to help us overcome anxiety... ***and having shod your feet with the preparation of the gospel of peace*** and ***take the helmet of salvation***.

Today’s study will equip us to be anxious for nothing with God’s peace, wisdom, and with prayer.

I. Peace through Christ

When we receive the gift of salvation, we are justified by faith (declared righteous), and we have peace with God through our Lord Jesus Christ (Romans 5:1). This peace was purchased at the price of Jesus’ blood. It is our legacy. We are responsible for living in this peace.

II. Description of Peace through Christ

The peace Jesus gives is not a promise to remove the pain and stress of life. Trouble and tribulations are inevitable (James 1:2). The peace that Christ offers is a calm, unafraid, unruffled confidence that, having placed our lives in God’s hands, all will be well. (Romans 8:31-39; John 14:27; John 16:33)

III. Experiencing God’s Peace

Is it possible to find peace when facing your darkest times? (Ephesians 6:15; Philippians 4:6-8)

A. How Are You Praying?

- a. Progressive Prayer
 - i. Adoration, Confession, Thanksgiving, Supplication
- b. Proactive Prayer
 - i. Prayer is meant to be preventative and proactive.
 - ii. Pray in advance of hardship.
 - iii. Don't let prayer be a last resort.

B. What Are You Thinking?**Philippians 4:8, Ephesians 6:17**

- a. Think positive, uplifting, redemptive thoughts. (Phil. 4:8; Proverbs 23:7a)
- b. Saturate your mind with God's truth and wisdom. Direct your thoughts to God's Word, love, and care. (Isaiah 26:3)

C. Who Are You Following?**Philippians 4:9**

- a. Live out what is true and right.
- b. Surround yourself with others who have learned to trust the Lord when life is overwhelming.
- c. Spend time with people who understand the complexities of anxiety.

D. Where Are You Living?**Matthew 6:34**

- a. Are you living in the past, present, or future?
- b. Don't dwell on your tomorrows.
- c. Trust God one day at a time.

Conclusion:

Jesus is our Prince of Peace. Those who are in-Christ have access to His peace. Overcomers experience God's peace through (1) a fervent effectual prayer life, (2) by filling their minds with God's truth and thinking thoughts that are pure and right, and (3) by surrounding themselves with those who have overcome and are experiencing God's peace daily. Embrace these strategies, then let our Lord fill your Overcomer's heart with His peace.

Next Week: Overcoming Fear with Faith

The Overcomer: More than a Conqueror

Session V: Overcoming Fear with Faith

Key Verses:

Ephesians 6:16 - ¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ **above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.**

1 John 5:4-5 - ⁴ For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. ⁵ Who is he who overcomes the world, but he who believes that Jesus is the Son of God? (1 John 5:4-5, NKJV)

Lesson Aim:

Participants will discover how to overcome fear with faith.

Intro Part I: What is Fear?

Matthew 14:25-27 – Peter Walking on Water

Fear is our reaction to a perceived threat. Fear is a God-given feeling that motivates us to either:

1. **Fight:** go on the offensive, reacting aggressively to eliminate the problem;
2. **Flight:** avoid the problem by retreating to a safer position;
3. **Freeze:** shut out the problem by pretending like it's not happening;
4. **Face:** confront the problem directly.

A healthy response to fear keeps us safe or alive, but other times fear can paralyze us and put us in a more dangerous position than we were already in.

Intro Part II: What is Faith?

Now we come to the fourth spiritual weapon Paul listed in Ephesians 6:16 ¹⁶ **Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.**

- The fiery darts in the spiritual realm are every kind of attack launched by the devil and his hosts. The only way to protect yourself is through faith.
- “Now faith is the substance of things hoped for, the evidence of things not seen.” (Heb. 11:1)
- Faith is belief plus trust. Faith rests in God and His Word, but it is an active practice built on belief.
- Overcomers strengthen their faith. We need preaching, problems, people, purpose, and perspective to grow our faith.

I. We Need Preaching

“Faith comes by hearing, and hearing by the Word of God” (Romans 10:17).

- Faith deepens through the reading and hearing of God’s Word.

II. We Need Problems

“² My brethren, count it all joy when you fall into various trials, ³ knowing that the testing of your faith produce patience. ⁴ But let patience have its perfect work, that you may be perfect and complete, lacking nothing. (James 1:2-4).

III. We Need People

“And let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near” (Hebrews 10:24-25).

- Sometimes, God strengthens us when we’re all alone in the quiet. But often, He strengthens our faith through the words or presence of other people in our lives. So don’t neglect the fellowship of believers when the fiery darts come.

IV. We Need Purpose

And He called the twelve to Himself, and began to send them out two by two, and gave them power over unclean spirits” (Mark 6:7).

- Walking in your purpose will stretch and strengthen your faith.

V. We Need Perspective

² “Looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God” (Hebrews 12:2).

28 And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water.”²⁹ So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus. ³⁰ But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!”³¹ And immediately Jesus stretched out His hand and caught him, and said to him, “O you of little faith, why did you doubt?”³² And when they got into the boat, the wind ceased.” (Matthew 14:28-32)

- It’s the object of your faith—almighty God—that’s important, not the size of your faith.

Conclusion

- Having faith in God does not mean that it eliminates our fear. Instead, having faith over fear involves considering the situation, weighing the options, and understanding the danger, but then choosing to fight through the fear and trust God anyway. It means pushing our fear to the side and replacing it with faith. This requires an inward decision to trust God and some form of action (like Peter’s stepping off the boat onto the water). Overcomers keep their eyes on Jesus!

Next Week: Overcoming Temptation with God’s Word

The Overcomer: More than a Conqueror
Session VI: *Overcoming Temptation with God's Word*

Key Verse:

Ephesians 6:17b - ¹⁴ Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, ¹⁵ and having shod your feet with the preparation of the gospel of peace; ¹⁶ above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. ¹⁷ And take the helmet of salvation, **and the sword of the Spirit, which is the word of God;**

Lesson Aim:

Participants will discover how to overcome temptation with God's Word.

Introduction: Temptation—Attractive yet Deadly

Temptation is a test from the devil to entice you to sin. Temptation is alluring because it is disguised as something beautiful, pleasurable, and satisfying, yet it is deadly when you give in. To be Overcomers, we must constantly be on our guard because temptation is no respecter of persons.

Today we will explore an offensive spiritual weapon. It is *the sword of the Spirit, which is the word of God* (Ephesians 6:17b).

I. Jesus' Temptation

When the devil tempted Jesus in the wilderness, He wielded the sword of the Spirit with the precision of an invincible warrior. His use of the sword provides the best example of how this powerful weapon is to be used. Let's explore Matthew 4:1-9.

A. The Lust of the Flesh (Matthew 4:1-4)

- The lust of the flesh is everything that appeals to our carnal and physical appetite.
- Satan is appealing to Jesus' hunger and is trying to get Jesus to distrust God.
- Jesus pulls out a Rhema Word from Deut. 8:3.

B. The Pride of Life (Matthew 4:5-7)

- The pride of life is everything that appeals to arrogance and pride.
- Satan entices Jesus to gain public attention by throwing himself down, knowing that God's angels would come to Jesus' aide.
- Jesus responds with a Rhema Word from Deut. 6:16.

C. The Lust of the Eyes (Matthew 4:-10)

- The lust of the eyes is everything that appeals to what you see.
- Satan entices Jesus by offering Jesus all the kingdoms of the world and their glory if Jesus worships Satan.
- Jesus responds with a Rhema Word from Deut. 6:13

II. Gather and Sharpen Your Sword (Psalm 119)

- 1) Read God's Word (Psalm 119:18)
- 2) Meditate on God's Word (Psalm 119:15-16)
- 3) Commit God's Word to Memory (Psalm 119:11)
- 4) Pray for Understanding of God's Word (Psalm 119:104)
- 5) Walk in Obedience to God's Word (Psalm 119:1)
- 6) Speak God's Word (Psalm 119:172)
- 7) Pray God's Word (John 15:7)

Conclusion

As Overcomers, we are supported by the *belt of truth*. We are protected by the *breastplate of righteousness*. We have our feet shod with the preparation of the *gospel of peace*. We have been given the *shield of faith* and the *helmet of salvation*. And we've been given the offensive weapon of the *sword of the Spirit*, which is the word of God. The Word is a mighty blade that cuts through any obstacle that may try to block our spiritual progress. In addition, we have the weapon of prayer. We are instructed to pray, always making our requests known to God.

Overcomers, remember who you are and whose you are. *"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light"*(1 Peter 2:9). This is the most compelling reason for living pure and holy lives in the face of the lure of pleasure, pride, and position. We are kings and queens who have been promised a glorious destiny. What can any earthly temptation offer in comparison with our glorious destiny? Remember to set your eyes on Jesus! You are an Overcomer!