

Spiritual Fueling Plan



For men who run on empty!

In conjunction with the book

Don't Give the Enemy a Seat at Your Table

by Louie Giglio



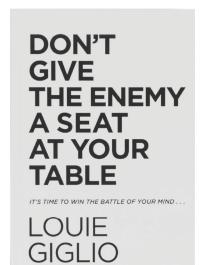
A Note to the Reader

This "Fueled" tool was originally designed as a summer agenda for the men of Columbia, SC who are involved in Focused Living Men's Forums. This booklet is formatted to help men process a Christian book while reading corresponding scripture so they may grow deeper in their love for Christ. Though the rhythm and format of this tool are geared toward the Men of FLM, this booklet can be used for any individual or small group study...any time of year!

You were designed to be both **FILLED** and **FUELED** with God's grace and truth in His Spirit (John 1:14). The temptation during the summer months is to take a vacation from God. That is why so many of God's men run on empty and end up falling out of fellowship with the Lord. Don't do it! **FILL** your mind with His truth and **FUEL** your heart with the high octane fellowship of God and some of His men.

To help guide our focus in the Scriptures this summer, we will be reading through the following book:

Don't Give The Enemy A Seat At Your Table by Louie Giglio **ISBN:** 078524722X Passion Publishing/ 2021/ hardcover



We strongly encourage you to watch Louie Giglio's sermon inspired by this book.



Plan of Action

So that you don't run on empty this summer, we encourage you to fuel your life in the Lord by doing the following:

• Personally dedicate 3-4 unhurried blocks of time each week in the summer: basically every other day for 20-30 minutes.

♦ How to interact with a chapter from Don't Give the Enemy a Seat at Your Table.

On each journal page in this Fueled guide, we included some reflection and applications questions*. It's probably most helpful to quickly read these <u>before</u> you read the book chapter. We also recommend having your Bible open so you can find the Scriptures mentioned in your own Bible. As always, record a few of your thoughts, insights and applications on these journal pages. This gives the Holy Spirit room to transform you by driving the truth of His Word from your head to your heart. You will notice that two pages are set aside each week for journaling the book chapter. You may find it beneficial to allot two sittings to finish the book chapter each week. It may be meaningful to finish your time by writing a prayer from the heart in response to your time with the Father.

Meet with men each week to hear their insights and share your own to build up one another in Christ.



Meeting with God

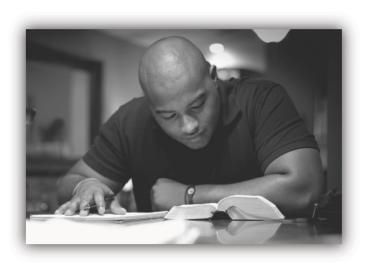
We are hoping that you come to view your time alone with God, not as "Reading the Bible" but as "Meeting with God." Recognize that God longs to meet with you and to impress His truth on your heart.

There are a variety of ways to process your time alone with God. The next page provides a simple outline. Use this outline or find another way that resonates with you in this season of your life. Whichever way you choose to process scripture, we encourage you to...

- ➤ ALWAYS WRITE SOMETHING DOWN
- ➤ ALWAYS BEGIN AND END WITH PRAYER

The passages and verses contained in this guide are provided to focus your attention on a particular theme or principle. It's certainly fine, and advisable, to read the surrounding verses to get a sense of the context.

On each Scripture reading day, you'll see some "prime the pump" questions printed right underneath the Scripture addresses for that day. We recommend reading these first to tune your antenna towards the topic you'll be reading. We hope these are thought provoking and application inspiring.



A Way to Organize Your Time with God

WHO are you addressing?

Always start your time with a quiet, reverent prayer of praise. Recognize that you are coming into the very presence of your Creator, eternal God and gracious Lord! As you approach the Father remember that it cost Him His own Son to forgive your sin so that you could come into His presence forgiven and with great joy.



WHAT is God saying?

Read the passage as though you were there. Slowly read it at least twice to get the big picture context and to understand what is taking place. Smell the surroundings; hear the crowds; see the sights; feel the emotions; sense the relationships. Note the Who, What, Where, Why and How. Record any promises, principles, insights, commands or challenges.

SO WHAT is God saying to you?

Stop to reflect and listen. In particular, what most grabbed your attention, stirred your mind or gripped your heart? "God, what do You want me to learn from this today? Why this word, why here, why now?"

NOW WHAT is God asking you to do?

What will you do with the truth God has revealed to you? How will you obey it, process it, apply it and live it out? What is the one thing He is asking you to practically *think*, *say* or *do* in order to become more like Christ? With whom will you share today what you discovered while in His presence? We encourage you to write out a short, heartfelt prayer to the Lord asking Him to help you to be faithful in living out the truth He gave to you.

Forum Flow

The weekly reading includes one chapter from *Don't Give the Enemy a Seat at Your Table* and two days' worth of related scriptures. To make facilitating a discussion on this material less overwhelming and more fun, we encourage a **two man sharing team** each week. We call these guys the **'First Sharers.'** One of the pair will lead out in discussing the related Bible passages. The other man in the pairing will then take the lead in discussing his key takeaways from *Don't Give the Enemy a Seat at Your Table* chapter.

Remember, the point is not to rehash every detail of the material. The point is to create an environment where guys can express what God impressed on them as they worked through the material.

Here's a suggested flow for a 59 minute gathering.

- ◆ Meet, greet and open in Prayer (5 min)
- Remind men 'on deck' who's facilitating next week (1 min)
- <u>Introduce the theme</u> of the chapter (2 min).
- Guy #1 shares passage(s) that meant most to him. (8 min)
 - "As I reflected on [Scriptures (chapter & verse)] the truth God used to grab my heart was..."
 - ➤ "Here's one way I purpose to apply these scriptures...."
- ◆ Guy #2 shares insights from Don't Give the Enemy a Seat at Your Table book that meant most to him. (8 min)
 - "As I read this week's chapter God taught me..."
 - "These principles challenged me to...."
- <u>Invite others to share</u> the Bible truths and insights from *Don't Give Enemy a Seat at Your Table* that fueled their hearts. (25min)
 - "Anyone Else? What did God impress on you from this chapter or from these scriptures?"
- ◆ <u>TAG Teams</u> What's your main take away and how do you plan to apply it to your life? Close in Prayer. (8min)

Road Map

	Watch Video (52 minutes)
We	Acceptance of the contract of
	The Message; KJV + NLT; etc)
	1
Wo	1
W	Scripture: Romans 6 Scripture: Titus 2:11 – 3:8 Giglio: Ch. 5 Spiral of Sin

W	eek 6 Meeting Date:	
	Scripture: James 1:2-4, 12-15	
	Scripture: John 17:11-20	
	Giglio: Ch. 6 Freedom Revolution	
W	Scripture: Eph 6:10-18	l:4-9
***	Val. 9 Martin - Data	
	'eek 8 Meeting Date: Scripture: 1John 1:1 – 2:2	
_	•	
<u>_</u>	*	
	Scripture: Psalm 145	
W (Teek 10 Meeting Date: Scripture: Romans 8:1-17 Scripture: Romans 8:18-39	
Br	reakfast with Forum Date:	

Genesis 1:26 - 2:26

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

Let's recall the perfect beginning (1:31). Made in God's image (1:26-27), man and woman had the ability to relate with God and the authority to represent Him. What characterized this relationship between God and humans? What was man's mission?



Week 1	Date:

Genesis 3:1-24

Read the following scripture. Journal your insights. Respond to the truth that most fuels your soul by writing a prayer to the Lord.

Sometime after day 6 of creation when everything was very good and before Eve was tempted, some angels (created moral beings) rebelled. What do I learn from satan's strategy in tempting Eve? How did this impact relationship with God? With each other? What threads of the Gospel do you see in this passage?



Chapter 1: Nine Words That will Change Your Life

Read this chapter in <u>Don't Give the Enemy a Seat at Your Table</u> using a pen or highlighter. Have your Bible open. Use the space below to jot down personal highlights.



What conversations am I having in my head these days? Who am I talking to? Are the Enemy's fingerprints on these conversations (lies, temptations, fear, insecurity, defeat, etc.)? What is my heart's response to the fact that the King of the universe invites me to sit at His table for two?

What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



I AM IN GOD'S STORY

Jeremiah 29:11

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

blank space to practice writing out your scripture memory verse



CAN YOU SCROLL BACK UP?

Week 2

Date:	

Psalm 23 (Read in 2 different versions: i.e. KJV + NLT; ESV + The Message; etc.)

What are the qualities of my Good Shepherd? What does He promise to provide? How have I experienced His tender and strong shepherding in my life? What two "sheep dogs" are following me through my life (:6)? What currently represents a "dark valley" in my life?

Song: Goodness of God by CeCe Winans





Week 2	Date:
--------	-------

John 10:1-30

What claims does Jesus make in this passage? How do the sheep respond to the true Good Shepherd (:9, 14, 27)? What is the thief's true design on my life (:10; 1Pet 5:8)? What step do I need to take to better hear Jesus' voice in my life?



Week 2

Date:	
Date.	

Chapter 2: The Twenty-Third Psalm - Remix

When faced with hard times, do I default to welcoming the Enemy at my table? Or, do I lean into my faith with an "Even though...I will" mentality? As a sheep, why is it in my best interest to be led? When I am unwilling for God to lead me, then who is leading me? Any bad shepherds in my life?



What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



I AM FEARFULLY AND WONDERFULLY MADE

Psalm 139:13-14

For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

blank space to practice writing out your scripture memory verse



Week 3	Date:

Luke 4:1-13

If the devil had three shots at me this week, what temptations would he use? At what times am I most susceptible? To what aspect of Jesus' human nature did each of these three temptations appeal? What do I learn about my enemy's tactics from this passage? What confidence does my heart gain knowing that Jesus lives in me?



John 8:31-47

Who are slaves? How do they become free? How can they continue free? As The Light of the world (:12), and The Truth (John 14:6), how does Jesus enable me to walk in His light/truth/freedom instead of the Enemy's darkness/lies/slavery (:31,32)



TT 7			1
W	PΡ	Z	1

Date:	

Chapter 3: Mind if I Sit Down?

What wrong, worldly way of thinking has become common for me? How have I let that happen? Where have I recently said "Yes" to the Enemy and turned to sin in an effort to feel better during a rough time? In what way does the devil appear empathetic (2Cor 11:14)?

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE
LOUIE GIGLIO

What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



MY LIFE HAS PURPOSE

Ephesians 2:10

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

blank space to practice writing out your scripture memory verse



Week 4	Date:
--------	-------

1Corinthians 10:1-13

How does God demonstrate His faithfulness as I undergo temptation (:13; Heb 2:18)? What's my part in overcoming temptation? God built a resume of faithfulness over Israel's history (:1-11; Ex 13-17). What kind of resume is He building in my life? What lessons has He taught me from the temptations I faced successfully? Not successfully?



Week 4	Date:

2Kings 6:8-23

God deals in the currency of invisible realities (2Cor 4:16-18; Heb 11:1; Josh 3:11-17). In fact, there is a reality more real than what I see with my eyes. What's the connection between faith in God and living in His invisible realities? When I am surrounded by the enemy, what is the invisible reality that God wants me to lean into?



Week 4

Date:	
-------	--

Chapter 4: Deadly Lies Exposed

Here are some ways to know that the Enemy is at my table. Can I identify this lie in my life? How does it sound in my mind?

I think...

"It's better at another table" (comparison)

"I'm not going to make it" (hopeless)

"I'm not good enough (worthlessness)

"Everyone is against me" (Isolation)

"I just can't live the life God's called me to" (powerless)

Which one of these (or some other lie I have bought into) seem to trip me up the most? Remember, I will never hear these lies from my Good Shepherd. What scripture could I use to combat this lie?



What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



THE CROSS HAS THE FINAL WORD

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

blank space to practice writing out your scripture memory verse



Week 5 Date:

Romans 6

How does Christ's death and resurrection tie into my relationship with sin? What is the good news in this passage? What commands are in this passage? What is my part in experiencing the reality of being "dead to sin" (:11) and "slaves of righteousness" (:17). How important is right thinking and right choosing?



Week 5 Date:	
--------------	--

Titus 2:11 – 3:8

According to this passage, what teaches me to say "No" to the temptations of my flesh and this world (2:11-12) to which I was once enslaved (3:3). What is the effect of the grace of God in my life right now? On what basis am I declared right with God (3:3-7)." What is the natural (supernatural) outflow from my salvation (2:14; 3:1, 3:8)?



Week 5

Date:	
-------	--

Chapter 5: Spiral of Sin

What does Giglio mean by: a) the "spiral of sin"; b) "unchecked thoughts"; c) making 'half-time' adjustments. How is entertaining a harmful thought as bad as doing a harmful deed? What is the difference between condemnation and conviction?



What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



I SERVE AT THE PLEASURE OF THE KING

1 Peter 2:9

But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

blank space to practice writing out your scripture memory verse



Week	6	Date:

James 1:2-4, 12-15

What is the practical difference between trials and temptations? Who tests me? Who tempts me? Describe my "tester's" heart. Describe my "tempter's" heart. When facing hardships in my life, would those closest to me say I have a 'go through it' or 'grow through it' mindset? What temptation should I be on the alert for in the next 24 hours?



John 17:11-20

As I eavesdrop on Jesus praying for me, what specifics do I hear? How does this make me feel? How have I recently experienced the reality that I am 'in the world, but not of it?' What sanctifies me or sets me apart for God's purposes (:17, 19)?



Week 6

Date:	
Date.	

Chapter 6: Freedom Revolution

"Whatever Jesus has won, we have won also."
Explain. Is there evidence that I have been following a partial gospel? Has God ever been more to me than a command not to sin? Why is it so important for me to embrace my new identity in Christ? How do I do this?

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE
LOUIE GIGLIO

What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



JESUS IS LORD AND JESUS IS MY LORD

Philippians 2:9-11

Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

blank space to practice writing out your scripture memory verse



Thanks to Colin Nelson
12-HOZEKIAH FOUND THIS RACE WITH MOSES AND
PETER TO BE GROSSLY UNFAIR

2 Corinthians 10:3-5; Philippians 4:4-9

On an hourly basis, how aware am I that I'm at war? What arsenal does my enemy have? What arsenal do I have in Christ? What is one thought pattern that I clearly need to bring into conformity with the revealed Word of God? What is the benefit of rejoicing in, praying to, and thanking the Lord (Phil 4:4-7)? What one person embodies the qualities in Phil 4:8?



Ephesians 6:10-18

What resources of protection and strength are available to me as I deal with satan's assaults? Paul uses figurative language. What is the reality behind each metaphor? What will/does it look like for me to 'put these on'?



Week 7

Date:	
Date.	

Chapter 7: Take Every Thought Captive

What are some victories I can claim when it comes to changing past patterns of behavior? How am I able to make these changes last? What does it mean for me to fight from a place of overall victory?

2Corinthians 10:5

Four strategies for winning the battle of our mind and stopping the spiral of sin. When a questionable or harmful thought enters my mind I must...

Identify the harmful thought

Take that thought captive in Jesus name

Bring scripture to bear

Play offense by filling my mind with Phil 4:8 content

What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



MY GOD TURNS EVIL INTO GOOD

Romans 8:28

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

blank space to practice writing out your scripture memory verse



Week 8	Date:

1John 1:1 - 2:2

What does John mean when he says, God is light? What are the false assumptions, starting with "if", that John points out (:6,8,10)? What does it mean for me practically to walk in the Light? What are the horizontal and vertical benefits (:7)? What help do verses 1:9 and 2:1-2 give me in dealing with sin in my life?



Week 8 Date:	
--------------	--

Psalm 32

List the spiritual, psychological, and physical benefit (blessing) of coming clean before my compassionate Father? What keeps me from being quick to confess and repent? Spend some moments now agreeing with Jesus about my sin and thanking Him for the forgiveness He already purchased on the cross for those sins!



Week 8

Date:	
-------	--

Chapter 8: Grace That Silences Shame

How should I understand the difference between condemnation and conviction? Between guilt and shame? How has/does the enemy use condemnation and shame against me? Why should I view repentance as a good thing?



What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



THE SAME **POWER** THAT RAISED JESUS CHRIST **FROM** THE DEAD LIVES IN ME

Ephesians 1:19-20

and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places,

blank space to practice writing out your scripture memory verse

© Randy Glasbergen www.glasbergen.com



"If we measure time in dog years, shouldn't we get fed 21 times a day?"

Week 9

D 4	
Date:	
Date.	

Psalm 86

In David's description of God in this psalm, what words or phrases especially encourage my heart?

[&]quot;What comes into our minds when we think about God is the most important thing about us." A.W. Tozer



Week 9	Date:	

Psalm 145

If this was the only scripture I had describing God, what could I know about Him? (List them.) 'If I am Overwhelmed by God's character, I will not be overcome by the evil one.' Agree? Explain.

God is a Spirit, infinite, eternal, and unchangeable, in his being, wisdom, power, holiness, justice,

What is God?

goodness (benevolence, mercy, grace, love), and truth. Westminster shorter Catechism Q.4.

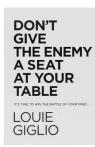


Week 9

Date:	
Date.	

Chapter 9: Staggered by the Mountain

For me personally, what's the difference between knowing about God and knowing God? What could it look like for me to have long gazes at Jesus throughout the day...instead of short glances? Into what aspects of God's character do I want to take a deep dive over the next few months?



God set a table for me in the presence of my enemies (Ps 23:5) so...

...we can know that God is enough

...our enemies can see that God is enough

...we can let our cup overflow

What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



NO WEAPON FORMED AGAINST ME WILL PROSPER

Isaiah 54:17

no weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, declares the LORD.

blank space to practice writing out your scripture memory verse



Romans 8:1-17

What do I discover from this passage about a) Who I Am? B) How I Can Walk in Christ? How does this passage show that my salvation is more than a legal transaction...it's relational? In light of the big theme this summer - Renew my mind - what is the simple declaration in Romans 8:6 in my own words?



Week 10

Date:	

Romans 8:18-39

According to this passage, in what ways is the Triune God for me? Can satan separate me from God's love in Christ Jesus? Notice the verbs like "know", "consider", "convinced" in Romans 8:18, 22, 28, 38. Can I "Amen" these statements with my renewed mind?

Song: Yet Not I But Through Christ In Me by CityAlight





Date:	
-------	--

Chapter 10: The Garden of Your Mind

How might it be helpful to view my mind as a garden and me as the gardener? Why not read through ALL 10 of the "Renew My Mind Truths" I am hiding in my heart and let them wash over me. Remember, if I give the enemy a seat at my table...it's on me.

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE
LOUIE GIGLIO

What 1 or 2 insights from this chapter do I really want to incorporate into my life in order to win the battle of my mind?



MY GOD GOES BEFORE ME

Deuteronomy 31:8

It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed.

blank space to practice writing out your scripture memory verse



Renew My Mind

1. I am in God's Story

Jeremiah 29:11 "For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."

2. I am fearfully and wonderfully made

Psalm 139:13-14 "For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

3. My life has purpose

Ephesians 2:10 "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."

4. The cross has the final word

2Corinthians 5:17 "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

5. I serve at the pleasure of the King

1Peter 2:9 "But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light."

6. Jesus is Lord, and Jesus is my Lord

Philippians 2:9-11 "Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

7. My God turns evil into good

Romans 8:28 "And we know that for those who love God all things work together for good, for those who are called according to his purpose."

8. The same power that raised Jesus Christ from the dead lives in me

Ephesians 1:19-20 "...and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places"

9. No weapon formed against me will prosper

Isaiah 54:17 "no weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, declares the LORD."

10. My God goes before me

Deuteronomy 31:8 "It is the LORD who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed."

DON'T **GIVE** THE ENEMY A SEAT **AT YOUR TABLE**





>> focused living

focusedliving.com