

# VICTORY

## OVER THE DARKNESS

RESOLVING PERSONAL CONFLICTS  
*DR. NEIL T. ANDERSON*

### INTRODUCTION

“It is my firm conviction that our identity and position in Christ are the only foundations that can free us from our past and enable us to live meaningful lives.” So says Dr. Neil Anderson, who shares in this DVD insights into who God is, who we are in Christ, how we walk by faith in the power of the Holy Spirit, and why we must be transformed by the renewing of our minds. Dr. Anderson also explores emotions and how to resolve the emotional consequences of past experiences so believers can live victoriously.

### INSTRUCTIONS FOR THE LEADER

It is recommended that the leader obtain a copy of Dr. Anderson’s book *Victory Over the Darkness* (Bethany House Publishers) as a resource for additional information on the topics covered in these sessions. Participants in a group study may also wish to obtain their own copies of *Victory Over the Darkness* and the *Victory Over the Darkness Study Guide*.

The messages are presented in eight sessions of varying lengths, and each session is accompanied by this reproducible viewing guide. (Distribute copies prior to viewing.) Several questions are located at the end of each session guide. Leaders may wish to add questions of their own and include notes from the book. If the group is large, divide into smaller groups, choose discussion facilitators, and allow time for discussion and sharing. After 10 to 15 minutes, encourage the small groups to share their comments with the large group. Then briefly outline the material Dr. Anderson will be covering in the next session and close in prayer.

**Note:** To obtain the complete workbook for this series and a leader’s kit, please contact Freedom in Christ Ministries at 9051 Executive Park Drive, Suite 503, Knoxville, TN 37923. Telephone: (865) 342-4000. Fax: (865) 342-4001. E-mail: [infor@ficm.org](mailto:infor@ficm.org). Website: [www.ficm.org](http://www.ficm.org).

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION ONE (40 MIN.)

*THE SEARCH FOR IDENTITY AND MEANING*

- A. Who are we?
  
- B. What were the effects of the Fall and sin on mankind?
  
- C. What did Jesus come to do?
  
- D. What determines our identity? Life!

#### WHO AM I?

- I am the salt of the earth (Matt. 5:13).
- I am the light of the world (Matt. 5:14).
- I am a child of God (John 1:12).
- I am a part of the true vine, a channel of Christ's life (John 15:1,5).
- I am Christ's friend (John 15:15).
- I am chosen and appointed by Christ to bear His fruit (John 15:16).
- I am a slave of righteousness (Rom. 6:18).
- I am enslaved to God (Rom. 6:22).
- I am a son of God; God is spiritually my Father (Rom. 8:14-15).
- I am a joint heir with Christ, sharing His inheritance with Him (Rom. 8:17).
- I am a temple—a dwelling place—of God. His Spirit and His life dwell in me (1 Cor. 3:16; 6:19).

I am united to the Lord and one spirit with Him (1 Cor. 6:17).  
I am a member of Christ's Body (1 Cor. 12:27; Eph. 5:30).  
I am a new creation in Christ (2 Cor. 5:17).  
I am reconciled to God and am a minister of reconciliation (2 Cor. 5:18-19).  
I am a son of God and one in Christ (Gal. 3:26,28).  
I am an heir of God, since I am a son of God (Gal. 4:6-7).  
I am a saint (Eph. 1:1; 1 Cor. 1:2; Phil. 1:1; Col. 1:2).  
I am God's workmanship—His handiwork—born anew in Christ to do His work (Eph. 2:10).  
I am a fellow citizen with the rest of God's family (Eph. 2:19).  
I am a prisoner of Christ (Eph. 3:1; 4:1).  
I am righteous and holy (Eph. 4:24).  
I am a citizen of heaven, seated in heaven right now (Phil. 3:20; Eph. 2:6).  
I am hidden with Christ in God (Col. 3:3).  
I am an expression of the life of Christ because He is my life (Col. 3:4).  
I am chosen of God, holy and dearly loved (Col. 3:12; 1 Thess. 1:4).  
I am a son of light and not of darkness (1 Thess. 5:5).  
I am a holy partaker of a heavenly calling (Heb. 3:1).  
I am a partaker of Christ; I share in His life (Heb. 3:14).  
I am one of God's living stones, being built up in Christ as a spiritual house (1 Pet. 2:5).  
I am a member of a chosen race, a royal priesthood, a holy nation, a people for God's own possession (1 Pet. 2:9-10).  
I am an alien and stranger to this world in which I temporarily live (1 Pet. 2:11).  
I am an enemy of the devil (1 Pet. 5:8).  
I am a child of God and will resemble Christ when He returns (1 John 3:1-2).  
I am born of God, and the evil one—the devil—cannot touch me (1 John 5:18).  
I am *not* the great "I Am" (Exod. 3:14; John 8:24,28,58), but by the grace of God, I am what I am (1 Cor. 15:10).

## DISCUSSION QUESTIONS

1. How does understanding creation help us realize God's plan for us?
2. How does knowing who we are in Christ encourage us in life?
3. What are some specific ways we now live as children of God?
4. What does possessing eternal life *now* mean to you?

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION TWO (40 MIN.)

#### *KNOWING GOD*

- A. The outer layer of intimacy (see Exod. 19:9-18; 20:18-20)
  
- B. The third level of intimacy (see Exod. 24:9-11)
  
- C. The second level of intimacy (see Exod. 24:12-13)
  
- D. The ultimate level of intimacy (see Exod. 33:11)

#### DISCUSSION QUESTIONS

1. Review the levels of intimacy. Why do so few people desire to fellowship with God at the “ultimate” level?
2. What are some barriers to intimacy with God?
3. How would you explain to someone the ways in which God is personal and relevant?

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION THREE (43 MIN.)

*MENTAL STRONGHOLDS AND THE RENEWING OF OUR MINDS*

A. Stimulation (from our environment)

B. Temptation

C. Considerations

D. Strongholds

#### DISCUSSION QUESTIONS

1. What are some environmental influences today that are especially difficult to resist?
2. How do strongholds affect the way we live?
3. How does renewing the mind and heart break strongholds?
4. Why do people rationalize their behaviors with statements like, “I have no control over my emotions or will”?

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION FOUR (45 MIN.)

*THE BATTLE FOR OUR MINDS*

- A. Recognizing Satan, the deceiver
  
- B. Understanding our thoughts (Greek: *noema*)
  
- C. Destroying strongholds

#### DISCUSSION QUESTIONS

1. Why must we recognize Satan's deceptiveness?
2. What are the strategies we must follow to defeat Satan?
3. What are some practical ways Christians can cultivate sanctified imaginations?
4. How does "being anxious about nothing" help to destroy strongholds?

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION FIVE (44 MIN.)

*MANAGING OUR EMOTIONAL LIVES*

A. Recognition

B. Suppression: a Conscious Denial

C. Indiscriminate Expression

D. Acknowledgment

#### DISCUSSION QUESTIONS

1. What are some prevalent problems we see in society that are caused by anger and anxiety not being honestly dealt with?
2. In what ways does Satan take advantage of emotional dishonesty?
3. Why is it important to verbally express what we feel, and not suppress our feelings?
4. How can we express ourselves emotionally, speaking the truth in love, to each other?

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION SIX (29 MIN.)

*BEING EMOTIONALLY TRANSFORMED*

A. How the past affects us emotionally

B. How the truth sets us free

#### DISCUSSION QUESTIONS

1. In your own words, how does the truth set us free?
2. Why does being new creations in Christ make it possible to be free from the past?
3. Why does forgiveness have so much impact on being set free from past traumas?
4. Can you share any examples from your own life in which you have put these principles into action and found freedom?



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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION SEVEN (41 MIN.)

#### *RELATIONAL PERSPECTIVES*

- A. Do we have the right to expect anything from another person?
  
- B. In what ways should we, or shouldn't we, be another person's conscience?
  
- C. How should we relate to another person in reference to his or her character? His or her behavior? How does this relate to acceptance? Judgment? Discipline?
  
- D. Should we be defensive when attacked?
  
- E. Should the authority figure be authoritarian?
  
- F. Should we express our needs?
  
- G. What needs do all people have, which should be addressed in any relationship?

## DISCUSSION QUESTIONS

1. What are some ways we can assume responsibility for our own character while not expecting anything from others?
2. In your own words, how would you describe the difference between punishment and discipline? Give examples.
3. What are some different ways to *not* respond defensively when attacked?
4. Why is it so much easier to give criticism rather than affirmation? Describe some ways to meet others' needs.

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### RESOLVING PERSONAL CONFLICTS

VIEWING GUIDE: SESSION EIGHT (56 MIN.)

*FORGIVING FROM THE HEART*

- A. Why do we need to forgive?
  
- B. What is forgiveness?
  
- C. What are the steps to forgiveness?

#### DISCUSSION QUESTIONS

1. Why do people often confuse the need to forgive with having to forget?
2. Why is forgiving a key for overcoming our past?
3. What are some of the problems people face when they choose not to forgive?
4. How does knowing that justice is found in the cross of Christ help us deal with sin's consequences?

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