

Rooted Experience

Session 5: There is an Enemy



Facilitator Preparation for “Strongholds”

- Note: this session requires significant preparation in terms of prayer ahead of time for your group, setting the stage for appropriate vulnerability, and prayer for release from harmful patterns and/or addictions.
- Facilitator should be prepared by getting familiar with the “Freedom Scriptures” starting on **page 49** of the Facilitator’s Guide as well as **page 103** of the Participant Book. You should also be familiar with the guidelines for the prayer time on **page 47** of the Facilitator’s Guide.
- Please note that if serious, presenting issues are disclosed during the group then participants should be encouraged to connect with a pastor for next steps. Some of these issues include current struggles with:
 - Substance abuse, domestic violence, physical, sexual or emotional abuse, behavioural addictions (including self-harm, pornography), or mental health.
- Some thoughts on spiritual warfare:
 - There is a wide range of views of spiritual warfare, we want to direct people to their responsibility.
 - Hebrews 12:1-2 cast off the hindrances that so easily entangle.
 - Not every problem or harmful pattern in our life has a demonic origin. Some problems have physical, mental, social, or psychological sources that aren’t caused by Satan. Mis-identifying the source of a harmful pattern can make matters worse.

Set up and Materials

- Rooted Facilitator’s Guide
- Rooted Participant book

Welcome and Introduction--5 minutes

Story Sharing--10 minutes

- Somebody shares their 2-5 minute version of their faith story of how God has changed their life.
- Others practice active, prayerful listening and asking questions (without fixing, advice-giving or turning the attention away from the person sharing).
- Ask 1-2 people to share their stories next week.

Discussion and Prayer: "There is an Enemy"--60 Minutes

- Use the guidelines for discussion starting on **page 45** of the Facilitator's Guide.
- The leaders shapes the experience and expectations for the group:
 - Moderate vulnerability: being somewhat vulnerable without oversharing or bringing others into your trauma.
 - Consider the 1 stronghold which has the biggest impact in your life.
 - This group is a starting point, if there is a need for further conversation then connect with a pastor for next steps.
 - This is a rhythm of breaking strongholds in your life, not a one-time event. It's OK to start small in this process today.
- Use a few questions from **page 52** of the Facilitator's Guide to generate discussion around the topic of harmful patterns or addictions.
- Each person is encouraged to share which of 2-3 harmful patterns or addictions they most identify with.
- Have one person pray for each person for freedom from the stronghold after they share about their stronghold.
- Use the guidelines for the prayer time given on **page 47** of the Facilitator's Guide. Model your prayer for people after the prayer given on **page 103** in the Participant Book.
- Note that if somebody is not yet a Christian, then leading them in a prayer of salvation is appropriate before praying for freedom from strongholds.

Service Project Update--10 minutes

- Talk about there, when, who, how details and logistics that you will get from your Rooted coach.

Wrap Up--5 Minutes

- Memory verse for this week: Colossians 1:13.
- Closing prayer.

Follow Up

- Be sure to pray for your group after the session. Emotions may be raw, old wounds may have reopened.
- Connect group members with a CTK pastor as needed for follow-up care or conversations about urgent, presenting issues.

Helpful Resources for This Week

- Brene Brown [short video on empathy](#)