

HOPE & HEALING (SMALL GROUP)

Lesson 3: Eight Count

Objective: Down doesn't mean out, fight in the love of Christ



TIME: 60 minutes

ACTIVITY: Blow up the punching balloon for after the lesson

TOOLS: Projector & Speaker, punching balloons

VIDEO: <https://www.youtube.com/watch?v=K1cBeJHEQgl>

LEADER:

Some of you may know who that is, Iron Mike Tyson, one of the greatest heavyweight champions of the world. We used this video to try to show you how hard life trains to knock ALL OF US OUT. Some people get knocked down and stay down. Some get up a couple of times but eventually they stay down and give up.

Question=How many by a show of hands, know that a person gives up mentally long before they give up physically?

That's why ALL OF US need to train our minds and check our hearts to know what punches to watch out for. The enemy knows our weak points and everything that will distract us. That's when the knockout punch sneaks in and tries to put us out of the fight. ALL OF US need an eight count from time to time.

The **mandatory eight count**, is a rule in boxing and kickboxing requiring the referee to give any fighter a count of eight seconds, once they have been knocked down by their opponent, and before the fight is allowed to resume. Even if the fighter gets up before the count reaches eight, the referee is required to count to eight before checking if the fighter is able to continue unless they make a judgement call that the fighter cannot continue.

FOCUS SCRIPTURE: Romans 8:31-39 (highlighting 8:31 and 8:37)

HIGHLIGHT BIBLICAL TRUTHS:

V31b-No one can stand against you if the Almighty God is with you.

V32-God will give everything for you to live, even His son Jesus.

V35-No one or things can separate us from Christ's love

(Healing) Jesus Christ loves us through everything, no matter what it is. Whatever you think you have done, not even you can do anything to separate yourself from Him.

V37-We are more than conquerors through Him who loves us.

(Healing) It's His love that makes it possible for us to get through ANYTHING, overcome ANYTHING, and stand strong against ANYTHING!

V38-39-Read through the list and stress

NOTHING IN ALL CREATION, And how **will be able** to is future tense.

How to use your Eight Count to renew your mind:

1-Press Pause

2-Pray for focus and Peace

3-Get Your Mind Right

4-Stand firm in Christ's Power

5-Adjust your view and adapt Godly thinking

6-Keep the peace in your situation or in your mind

7-Use the Skills God has taught you

8-Worship God in advance for the victory!

CLOSING:

Life won't win as many times as it tries to knock us out IF WE fight in the power and love that only comes from Jesus Christ! Even when the enemy thought he had won after Jesus died on the cross, Jesus was taking an eight count in the love of His father before He got up and claimed victory for ALL OF US! So when life tries to knock you out and you need an eight count, take this punching balloon and punch it until you know the enemy has to take an eight count. God has made you to live victorious and fighting in the power and love of Jesus Christ is the only way to truly win!

