



# RCCG OCEANIA

Character & Holiness

## SUBDUIING PRIDE AND INTERNAL ENEMIES

### AT A GLANCE

#### BIG IDEA

In the journey of faith, the most formidable foes are often internal—pride, desires, and personal weaknesses. By examining biblical examples like Joseph, Samson, and Esau, we learn the importance of humility and discipline in overcoming these challenges. Victory is achieved not through self-reliance but through steadfast dependence on God.

#### PRIMARY PASSAGES

1 Corinthians 9:24-27

Proverbs 16:18

Genesis 37:1-20

James 1:13-15

John 15:5

## KEY TAKEAWAYS

- Pride is a significant internal enemy that leads to downfall.
- True victory in spiritual warfare requires humility and reliance on God.
- Internal enemies, such as personal desires, can be more dangerous than external threats.
- Discipline through prayer and fasting is essential to subdue the flesh.
- Biblical examples like Joseph and Esau illustrate the dangers of internal conflicts.

## INTRODUCTION

In our spiritual journey, the most challenging battles are often fought within ourselves. These internal enemies, such as pride and personal desires, can be more formidable than any external threat. By understanding and subduing these internal foes, we can achieve true spiritual victory through humility and reliance on God.

## SCRIPTURE READING

- **1 Corinthians 9:24-27** — Illustrates the discipline required to win the spiritual race.
- **Proverbs 16:18** — Warns that pride comes before destruction.
- **Genesis 37:1-20** — Shows internal family enemies through Joseph's story.
- **James 1:13-15** — Explains that temptation comes from one's own desires.
- **John 15:5** — Emphasizes that without Christ, nothing can be done.

## KEY POINTS

**1. RECOGNIZING INTERNAL ENEMIES** — Identifying and acknowledging personal weaknesses is crucial in the spiritual journey. Internal desires and pride can often be more dangerous than external threats. Joseph's story illustrates how internal family conflicts can lead to significant challenges. Similarly, James warns that temptation arises from our own desires, which can lead to sin and spiritual downfall.

- Reflect on personal weaknesses that may hinder spiritual growth.
- Identify areas where pride or desire may be influencing decisions.
- Seek accountability from a trusted friend or mentor.

Scripture: Genesis 37:1-20    James 1:13-15

**2. THE DANGER OF PRIDE** — Pride is a significant internal enemy that can lead to destruction. It fosters overconfidence and blinds us to our vulnerabilities. Proverbs warns that pride precedes a fall, emphasizing the need to remain humble and vigilant against this internal foe.

- Examine areas of life where pride may be present.
- Practice humility by serving others selflessly.
- Pray for a humble heart and the ability to recognize pride.

Scripture: Proverbs 16:18

**3. VICTORY THROUGH HUMILITY** — True victory in spiritual warfare is achieved through humility and reliance on God. Jesus teaches that without Him, we can do nothing. This dependence on God is essential for overcoming internal enemies and achieving spiritual success.

- Cultivate a daily habit of prayer and seeking God's guidance.
- Acknowledge dependence on God in all areas of life.
- Meditate on scriptures that emphasize humility and reliance on God.

Scripture: John 15:5

## KEY POINTS (CONT.)

4. **DISCIPLINING THE FLESH** — Regular prayer and fasting are essential practices to discipline the flesh and subdue internal enemies. Paul likens the spiritual journey to a race that requires discipline and self-control to win. These practices help align our desires with God's will and strengthen our spiritual resolve.
- Establish a regular routine of prayer and fasting.
  - Set spiritual goals and work towards them with discipline.
  - Reflect on the benefits of self-control in spiritual growth.

Scripture: 1 Corinthians 9:24-27

## GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

### OBSERVATION

- What are some examples of internal enemies mentioned in the Bible?
- How did Joseph's family dynamics illustrate internal conflicts?
- What does Proverbs say about the consequences of pride?

### INTERPRETATION

- Why is pride considered a significant internal enemy?
- How does reliance on God help in overcoming internal challenges?
- What role does discipline play in the spiritual journey?

## APPLICATION

- How can you identify and address personal weaknesses in your life?
- What steps can you take to cultivate humility and reliance on God?
- In what ways can prayer and fasting help you in your spiritual journey?

## PRAYER FOCUS

- Pray for the humility to recognize and confront personal weaknesses.
- Ask God for strength and guidance in overcoming internal battles.
- Seek a deeper reliance on God in all aspects of life.
- Pray for the discipline to maintain spiritual practices like prayer and fasting.

## NEXT STEP

Reflect on personal areas of pride and seek ways to cultivate humility and reliance on God.

## CONCLUSION

Subduing pride and internal enemies is a crucial aspect of the spiritual journey. By recognizing these internal foes and relying on God, we can achieve true victory. Through humility, discipline, and dependence on God, we can overcome the challenges that arise from within and grow stronger in our faith.