



The Battle Within | Unplug From Unnecessary

July 29 | Joseph Leach

WARM UP

1. Name one thing that you wish you knew how to do without learning?
2. What stood out to you in today's message?

DIG IN

3. Why is it important to "unplug" through the day? What are some things that you can unplug from?
4. Soul-care is about taking care of yourself. What are some things that you do to refresh your soul? How does it impact your life?
5. What does it mean to "believe"? Do you find yourself activating belief when God seems distant?

WRAP UP

6. Read 2 Timothy 2:1-7. Which illustration that Paul mentions (Soldier, runner, farmer) do you relate with the most? Why?
7. How does being in a Community Group help to care for a person's soul? If you're not in a group yet, Text *GROUPS* to 701-380-8210.



Series: *The Battle Within*
Title: *Unplug From Unnecessary*
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2 Timothy 2:4

Complete _____.

It is not about _____ yourself from the world, but knowing we report to a higher _____, Jesus.

1. _____
Hebrews 12:1-2
Psalm 1:1-4

Screen Time on Apple and Android products

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2. Soul _____
Proverbs 4:23
Matthew 22:37-40
3. _____
John 15:5
John 14:6

When we are in complete obedience, we find that our command is to serve God and love others.

When we unplug, take care of our soul, and believe, we find it easier to support the mission and vision of Surprise Church and find it less burdensome.

Download our Surprise App

Text SURPRISE APP to 77977.

Join a Surprise Group

Text GROUPS to 701-380-8210.

Take the Serving Survey

Text SERVE to 701-380-8210.