

The Law of Resistance: Practicing Resistance



Scripture

- **James 4:7**
Submit therefore to God. Resist devil and he will flee from you.

Other Scriptures

- Matthew 11:28-29
- Psalm 27:4
- I John 2:16

Main Points

- We are here on the Earth to overcome!
- The things of this world can never satisfy the deep longing that we have within our soul.
- Everything that people do in the natural realm is motivated by desire.
- We need to resist yielding to false desire.
- We must practice the law of resistance.
- In order for us to fully mature as sons and daughters, we must get strong, and we get strong through practicing resistance.
- We need to understand the difference between true light and false light.
- When you get strong, you'll become happy from the inside.

Discussion Questions

1. What about desire? Write about how the Law of Resistance and how it helps us avoid false lights.
2. Describe the resistance we must show in a practical way in our lives. What does this look like? What are we resisting?
3. Describe the cycle Rabbi shared in how we gain spiritual strength.
4. Can you recognize false lights and true lights you have had in your life? What have been the outcomes? What have you learned?
5. What was your greatest learning from this teaching?