

Scripture → Teaching → Discussion → Personal Application → Activation → Prayer/Declaration

The emphasis is on the progression we identified: **overcoming the flesh, cultivating the Spirit, becoming like Jesus, and then giving His life away to others.**

THE OVERCOMING LIFE

A 30-Week Connect Group Discipleship Journey

From Overcoming to Becoming

Theme: “Christ is being formed in us so that Christ can be revealed through us.”

PART I — CREATING A CLEAN HEART

Weeks 1–15: Overcoming the Works of the Flesh

WEEK 1 — THE HIGHEST CALLING

Becoming Like Jesus

Key Scripture: Romans 8:29; 2 Corinthians 3:18

Big Idea

The highest calling isn't simply **doing something for Jesus**. It is **becoming like Jesus**.

We can be busy serving God while God is working on something much deeper—**our character**.

Teach

1. God is more interested in who we are becoming than merely what we are accomplishing.
2. Ministry must flow from relationship with Jesus.
3. The goal of discipleship is Christ formed in us.
4. What God does **through us** should flow from what He is doing **in us**.

Discuss

- What does “becoming like Jesus” mean to you?
- Can someone be successful in ministry without becoming Christlike?
- What characteristic of Jesus do you most want God to develop in you?

Activation

Ask:

“Jesus, what part of Your character do You want to develop in me right now?”

Spend five minutes listening and write down what comes to mind.

Declaration

“Jesus, my highest calling is to know You and become like You. Form Your character in me. Let everything I do for You flow from who I am becoming in You.”

WEEK 2 — THE PATH OF LIFE

Every Choice Is Taking Me Somewhere

Key Scriptures: Deuteronomy 30:19; Proverbs 4:18; Galatians 6:7–8

Big Idea

Our decisions establish our direction.

**Choices become habits.
Habits become character.
Character establishes destiny.**

Discuss

- What choices are currently shaping your life?
- Where do you see yourself growing?
- Is there an area where you need to change direction?

Activation

Identify **one decision** you need to make this week that moves you toward life.

Declaration

“I choose life. I choose the Spirit. My decisions are aligning me with God's purposes.”

WEEK 3 — THE SEEDS OF IMMORALITY

Deal With the Seed Before the Fruit

Key Scripture: James 1:14–16

Big Idea

Sin often begins as a seed in the heart long before it becomes visible behavior.

Teach

Look beneath behavior:

Thought → Desire → Agreement → Action → Habit → Bondage

Discuss

- Why is it easier to deal with behavior than the heart?
- What seeds must we learn to recognize?
- How does the Holy Spirit expose things before they become destructive?

Activation

Ask the Holy Spirit:

“Show me any seed in my heart that You want me to surrender.”

Declaration

“Holy Spirit, search my heart. Expose every wrong seed and help me surrender it before it produces destructive fruit.”

WEEK 4 — IDOLATRY

What Has My Heart?

Key Scriptures: Exodus 20:3; Matthew 6:21

Big Idea

An idol is anything that occupies God's rightful place in our heart.

Discuss

- What can become an idol besides money?
- Can ministry become an idol?
- How do we know when something good has become something ultimate?

Activation

Write:

“God, is there anything I love, fear, trust, or pursue more than You?”

Declaration

“Jesus, You alone are Lord of my heart. I surrender every competing affection and give You first place.”

WEEK 5 — WITCHCRAFT

Authority Without Control

Key Scriptures: 1 Peter 5:2–3; 2 Corinthians 3:17

Big Idea

Spiritual authority releases people. Control possesses people.

Discuss

- What is the difference between influence and manipulation?
- How can leaders unintentionally control people?
- What does servant leadership look like?

Activation

Ask:

“Am I trying to lead people toward Jesus—or toward my expectations?”

Declaration

“Lord, make me a shepherd, not a controller. Let my authority serve freedom, maturity, and relationship with You.”

WEEK 6 — ENMITIES

People Are Not the Enemy

Key Scriptures: Ephesians 6:12; Matthew 5:44

Big Idea

We don't fight people. We fight **for people.**

Discuss

- Why do people sometimes become our perceived enemies?
- How does seeing spiritually change the way we respond?
- Who do you need to begin praying for rather than fighting against?

Activation

Pray blessing over someone with whom you have difficulty.

Declaration

“I refuse to make people my enemy. I will see people through God's eyes and fight for their restoration.”

WEEK 7 — STRIFE

Don't Become a Carrier of Offense

Key Scriptures: Proverbs 6:16–19; Ephesians 4:3

Big Idea

Division can disguise itself as discernment.

Discuss

- How does offense spread?
- Why is gossip so destructive?
- How can we protect unity?

Activation

Make a commitment:

I will not carry an offense I have not been assigned to carry.

Declaration

“I am a carrier of peace, not offense; unity, not division; reconciliation, not suspicion.”

WEEK 8 — JEALOUSY

Their Blessing Doesn't Diminish My Calling

Key Scriptures: 1 Corinthians 12:18–21; John 21:21–22

Big Idea

Jealousy asks:

“Why them?”

Maturity asks:

“What has God assigned to me?”

Activation

Celebrate someone else's blessing this week.

Declaration

“I rejoice in what God is doing in others. Their blessing does not diminish my calling.”

WEEK 9 — ANGER

Learning to Govern My Responses

Key Scriptures: James 1:19–20; Proverbs 16:32

Big Idea

The mature believer doesn't merely control circumstances—they learn to **govern themselves**.

Discuss

- What usually triggers your anger?
- What happens when anger controls a leader?
- What would Spirit-governed anger look like?

Activation

Practice the **pause principle**:

Stop → Breathe → Pray → Respond

Declaration

“Holy Spirit, govern my emotions, words, and responses. Let my reactions reveal Jesus.”

WEEK 10 — A DISAGREEABLE SPIRIT

I Can Disagree Without Becoming Disagreeable

Key Scriptures: Ephesians 4:1–3; Proverbs 15:1

Big Idea

Maturity isn't measured by never disagreeing.

It's measured by **how we disagree**.

Activation

Think of one disagreement and ask:

“What would love sound like here?”

WEEK 11 — SEDITION

When Offense Becomes Division

Key Scriptures: Hebrews 12:15; Titus 3:10

Big Idea

A private offense can become a public division.

Discuss

- How does rebellion develop?
- How does criticism become contagious?
- Why must leaders deal with offense quickly?

Declaration

“I refuse to participate in division. I will protect unity and honor the Body of Christ.”

WEEK 12 — HERESIES

Truth Without Pride

Key Scriptures: Ephesians 4:15; John 17:21

Big Idea

We can stand firmly for truth without becoming proud about being right.

Discuss

- How can truth become a weapon?
- What does “speaking the truth in love” look like?
- What is more important: winning an argument or winning a person?

Activation

Pray for someone with whom you have theological disagreement.

WEEK 13 — ENVY

Embracing My Assignment

Key Scriptures: Psalm 139:13–16; John 21:22

Big Idea

Envy often reveals dissatisfaction with God's assignment for us.

Discuss

- What comparisons steal your joy?
- Where are you tempted to compare your calling with someone else's?
- What has God entrusted to you?

Declaration

“I embrace God's assignment for my life. I will not compare my calling with another person's calling.”

WEEK 14 — DRUNKENNESS

What Controls Me?

Key Scriptures: Ephesians 5:18; Galatians 5:16

Big Idea

The fundamental issue is **control**.

What governs my:

- thoughts?
- emotions?

- desires?
- decisions?

Declaration

“I choose to be continually filled with the Holy Spirit. Jesus is Lord over every area of my life.”

WEEK 15 — CAROUSING

When Appetite Becomes Lord

Key Scriptures: 1 Corinthians 6:12; Philippians 3:18–19

Big Idea

The flesh wants to become our master.

The Spirit restores proper order:

Spirit → Soul → Body

Activation

Identify one appetite that needs to come back under God's authority.

PART II — CULTIVATING THE FRUIT OF THE SPIRIT

Weeks 16–30: Becoming Like Jesus

This is where the study becomes especially exciting.

The movement is no longer merely:

“What must I stop doing?”

It becomes:

“Who is Christ becoming in me?”

That transition—from what must be overcome to what must be cultivated—is central to the framework developed from the book.

WEEK 16 — FREEDOM

Free FROM — Free FOR

Key Scripture: Galatians 5:1, 13

Big Idea

Freedom isn't merely freedom from bondage.

It is freedom **to love, serve, obey, become, and fulfill God's purpose.**

Declaration

"I have been set free to become everything God created me to be."

WEEK 17 — THE GOOD SOIL

We Need One Another

Key Scripture: Luke 8:15; Acts 2:42

Big Idea

Spiritual growth happens best in **healthy spiritual community.**

This is an especially important Connect Group week.

Teach

A healthy Connect Group becomes:

Good Soil

where people are:

- known
- loved
- challenged
- encouraged
- prayed for
- corrected
- discipled
- activated

That community emphasis is one of the strongest connections between Joyner's material and your Connect Group vision.

Activation

Ask each person:

“What kind of soil am I creating for the people around me?”

Declaration

“Lord, make our Connect Group good soil where people can encounter You, grow, heal, mature, and become fruitful.”

WEEK 18 — SEIZE THE DAY

Recognizing Divine Opportunities

Key Scripture: Ephesians 5:15–16

Big Idea

Tests, interruptions, difficulties, and relationships may contain **divine opportunities**.

Question

Instead of:

“Why is this happening to me?”

Ask:

“What is God developing in me through this?”

WEEK 19 — ONE HEART WITH THE KING

Abiding Before Producing

Key Scripture: John 15:1–5

Big Idea

Fruit comes from connection.

A branch doesn't strain to produce fruit.

It remains connected to the vine.

Key principle

Relationship precedes fruitfulness.

Activation

Spend ten minutes simply abiding in Jesus.

No requests.

No agenda.

Just:

“Jesus, I love You. I am here.”

WEEK 20 — THE FRUIT OF THE TREE OF LIFE

Cultivating Spiritual Fruit

Key Scripture: Galatians 5:22–23

Big Idea

Fruit requires cultivation.

Planting → Watering → Weeding → Pruning → Patience → Harvest

Question

Which fruit is most evident in your life?

Which fruit needs cultivation?

Declaration

“Holy Spirit, cultivate Your fruit in me until the character of Jesus becomes increasingly visible through my life.”

WEEK 21 — LOVE

The Foundation

Key Scriptures: John 13:34–35; 1 Corinthians 13:1–8

Big Idea

The ultimate evidence of maturity isn't how powerful we appear.

It's **how deeply we love.**

Connect Group Challenge

Ask:

“Does everyone who enters our group experience the love of Jesus?”

Activation

Do one intentional act of love for someone who cannot repay you.

WEEK 22 — JOY

Joy in the Middle of Difficulty

Key Scriptures: John 15:11; Nehemiah 8:10

Big Idea

Joy isn't the absence of difficulty.

It is **confidence in God in the middle of difficulty.**

Activation

Each person identifies one difficult circumstance and deliberately thanks God in the middle of it.

WEEK 23 — PEACE

Become a Carrier of Peace

Key Scriptures: Matthew 5:9; John 14:27

Big Idea

Peace isn't merely something we possess.

Peace is something we carry.

This makes an excellent leadership question:

“What atmosphere do I bring into a room?”

Declaration

“Holy Spirit, make me a carrier of Your peace. Let the atmosphere around me become more like heaven because I am there.”

WEEK 24 — PATIENCE

Let God Work in People

Key Scriptures: James 5:7–8; 1 Thessalonians 5:14

Big Idea

People mature at different speeds.

Shepherding requires patience.

Connect Group principle

Don't give up on someone because they aren't growing as quickly as you expected.

WEEK 25 — KINDNESS

Love Made Visible

Key Scripture: Ephesians 4:32

Big Idea

Kindness makes invisible love **visible**.

Activation

Challenge the group:

Seven days of intentional kindness.

Every day:

One person.

One act.

One expression of Jesus.

WEEK 26 — GOODNESS

Character in Action

Key Scriptures: Ephesians 5:8–9; Matthew 5:16

Big Idea

Goodness isn't simply being nice.

It is **God's character expressed through righteous action.**

Question

Where is God asking you to do what is right even when it costs you something?

WEEK 27 — FAITHFULNESS

Can God Trust Me?

Key Scriptures: Luke 16:10; 1 Corinthians 4:2

Big Idea

God often develops great things through people who are faithful in small things.

Discuss

- What commitments has God given you?
- Are you faithful when nobody sees?
- What small thing needs greater faithfulness?

Declaration

“I will be faithful in little and faithful in much. My life will be trustworthy in the hands of God.”

WEEK 28 — GENTLENESS

Strength Under Control

Key Scriptures: Matthew 11:29; Galatians 6:1

Big Idea

Gentleness isn't weakness.

Gentleness is strength surrendered to God's purposes.

Leadership question

Can people experience my strength without being crushed by it?

WEEK 29 — SELF-CONTROL

Christ Is Lord Over Me

Key Scriptures: Galatians 5:24–25; 1 Corinthians 9:25–27

Big Idea

The flesh says:

“I want what I want.”

The Spirit says:

“Jesus is Lord.”

Areas of self-government

- thoughts
- emotions
- words
- appetites
- reactions
- time
- relationships
- choices

Declaration

“Jesus, You are Lord over my thoughts, emotions, desires, words, reactions, and choices.”

WEEK 30 — THE OVERCOMING LIFE

BECOMING LIKE JESUS

Key Scriptures: Romans 8:29; 2 Corinthians 3:18; Galatians 4:19

This final week brings the entire journey together.

The Journey

Flesh → Spirit

Self-rule → Christ's rule

Immaturity → maturity

Works → fruit

Doing for God → becoming like Christ

Independence → abiding

Isolation → community

Receiving → reproducing

The ultimate goal isn't:

“I overcame.”

It is:

“Christ is being formed in me.”

And then:

“Christ can be revealed through me.”

And finally:

“Christ can be reproduced in others.”

That final progression fits the discipleship/multiplication emphasis we developed earlier.

THE 30-WEEK JOURNEY AT A GLANCE

Weeks	Movement	Question
1–3	Awakening	What is God showing me?
4–6	Surrender	What must come under Christ's lordship?
7–10	Relationships	How am I treating people?
11–15	Freedom	What must I overcome?

Weeks	Movement	Question
16–20	Cultivation	What is God developing in me?
21–29	Character	What does Jesus look like through me?
30	Multiplication	Who am I helping become like Jesus?

And I would give the entire study one simple statement:

OVERCOME → BECOME → GIVE AWAY

Overcome what belongs to the flesh.

Become increasingly like Jesus.

Give away the life of Christ that has been formed in you.

We don't want people spending 30 weeks simply becoming **better Christians**.

We want them to emerge as **disciples who make disciples**.

Experiencing the love of God — and giving it away.