

***I Declare War* by Levi Lusko**

Get out of your own way.

Whether you recognize it or not, you're at war with yourself. There's anxiety. Selfishness. Self-sabotaging tendencies. Narcissism. The black dog of depression. The inability to do the great things you long to do because you spend so many hours mindlessly drifting through the internet.

It is war, but all is not lost. You can win—if you choose to engage.

In *I Declare War*, Levi Lusko candidly shares about his struggles with moodiness, bullying, suicidal thoughts, night terrors, and difficulty managing himself. He identifies four weapons you have at your disposal—thoughts, words, behaviors, and power—and illustrates how to use them to achieve ongoing victory. These practical tools from God's Word will help you learn to:

- Retaliate against your anxiety by filling your heart with truth and making it inhospitable to terror
- Stop being victimized by your bad behaviors and become the victor you were born to be
- Overcome self-imposed isolation by learning to think right so you can live right
- Spare your family unnecessary heartache by confronting your dysfunction so they don't have to

It's time to stop being your own worst enemy. Declare war and become the person, the spouse, the parent, and the leader God intended you to be.

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Discussion Questions:

1. What is holding you back from declaring war on the negative thoughts that continue to affect your life?
2. What are some of the distractions that may help temporarily but don't move you forward in battle?
3. What are some responses that you can include in your daily life to help store up positivity for when your thought life turns thug?
4. How do you speak to yourself and others? In what way is your speech positive?
5. In what way do you have a hard time controlling your tongue? In what specific ways can you declare Christ the lord of your speech?
6. What are some of bad habitual actions in your life that you need to overcome? What are some positive habitual actions that you can create?
7. What have you been putting off that God has called you to step out and achieve?
8. How can you kill the doubts, the paralysis by analysis, and all the other tricks that your brain plays on you to prevent you from fulfilling your calling?
9. How can you use Scripture, prayer, and worship to ensure that you know what goals to reach for and what calling to pursue?
10. The Holy Spirit is our secret weapon in the fight. To this point, has the Holy Spirit been an active part of your life with God? If so, how? If not, why not?



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(<http://www.booksamillion.com/p/9781455539598>)
- You might also enjoy *Hope in the Dark*
(<http://www.booksamillion.com/p/9780310342953>)