

# TOBYMAC



Artist:	Album Title & Record Company:	Song:	Study by:
TOBYMAC TOBYMAC.COM	HEAVEN ON MY MIND FOREFRONT RECORDS	RESIST (KEEP THE DEVIL AWAY)	MIKE DEVITO VETERAN YOUTH WORKER OF 47 YEARS COSTA MESA, CALIFORNIA MIKE.DEVITO53@GMAIL.COM



## Playlist

This song is featured on “The Linc: Spiritual Warfare” Spotify playlist – which is the perfect way to remind your students what you’ve taught them in this session. To share it with them, click the live link on the web version of this study.

## Theme

Spiritual Warfare, Temptation, Grace

## Objective

Students will recognize the battle between God’s truth and the enemy’s lies and reflect on how these spiritual struggles impact their daily lives.

## Warm Up

*The Battlefield*– Divide the room into two sides—one represents God’s truth, and the other represents the enemy’s lies. Read aloud various real-life scenarios that students might face. After each statement, students must physically move to the side they think represents how they would naturally respond (Truth = trusting God’s promises, Lies = falling for temptation/doubt).

After each movement, briefly discuss why students chose their response and how they can shift from the enemy’s lies to God’s truth in everyday life.

Example Scenarios:

- You feel like you’ve failed too many times for God to still love you.
- You’re tempted to compromise your values to fit in with your friends.
- You hear a voice in your head saying you’re not good enough or strong enough to change.

- You know you should stand up for your faith, but fear holds you back.
- You’ve sinned, and shame makes you want to avoid God.

## Transition

These battles we face aren’t just mental or emotional—they’re spiritual. The enemy wants us to believe lies, but God’s truth gives us strength. That’s what TobyMac’s song “Resist” is all about. Let’s listen and reflect on the fight we’re in and the power we have in Christ.

## The Song

Play “Resist” by TobyMac.

- What was Toby struggling with?
- What was his response? What was he asking for?
- What is one thing you relate to about Toby’s struggle?

## Bible Study

Divide into small groups and assign each group 3 or 4 of the following Scriptures. Encourage students to discuss how these verses connect to the themes and struggles highlighted in the song, and how they apply to their personal lives.

Read **Romans 7:21-24**

- What does Paul say about his struggle with sin?

- How do you relate to this struggle in your own life?

Read **John 8:44**

- What does this verse reveal about the devil’s tactics?
- In what ways do you see the devil lying to teenagers today?

Read **1 Peter 5:8-9**

- What warning does this passage give about the enemy?
- How can you resist the devil in practical ways?

Read **John 10:10**

- How does the enemy try to “steal, kill, and destroy” in our lives?
- What does Jesus offer in contrast?

Read **Romans 8:1-2**

- What does this passage say about guilt and condemnation?
- How does this truth affect how you see yourself?

Read **Hebrews 4:14-16**

- What does it mean that Jesus understands our struggles?
- How can we approach God confidently?

Read **James 4:7**

- What does it look like for you to submit to God and resist the devil?
- How does standing firm change your response to temptation?

Read **Ephesians 6:13**

- Why is putting on the full armor of God so important?
- Which piece of the armor do you need the most right now?

## Wrap Up

Bring the groups back together and have them share what stood out from the Scriptures, song, or discussion.

The enemy is always working to deceive and distract us. How we respond matters. We need to stay grounded in God’s truth and keep His Word in front of us.

Remember—there’s no condemnation in Christ. Jesus meets us with love, not shame. No matter what, we can turn to Him.

We also need each other. Let’s be a community that encourages, prays, and stands together.

Take a moment in your small groups to pray for each other—to fully embrace God’s love and resist the enemy’s lies.

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