

BOOK STUDY GUIDE



THROW THE FIRST PUNCH

**DEFEATING THE ENEMY HELL-BENT
ON YOUR DESTRUCTION**

**BASED ON THE BOOK BY
BETH GUCKENBERGER**

Book Study Guide

Throw the First Punch by Beth Guckenberger

Overview

This 6 week book study is based on Throw the First Punch: Defeating the Enemy Hell-Bent on Your Destruction by Beth Guckenberger. Designed for you to use in small groups, or personal study, it helps one understand spiritual warfare, reclaim authority in Christ, and proactively confront the enemy using truth, Scripture, and prayer.

Facilitator Instructions

- **Pray Before You Begin:** Seek the Holy Spirit's guidance for each session.
- **Create a Safe Space:** Remind participants of confidentiality and grace.
- **Stay on Topic:** Gently redirect conversations that drift from Scripture or the book.
- **Encourage Participation:** Ensure everyone has a voice. Use open-ended questions.
- **Follow Up:** Check in with members during the week to reinforce the study's impact.
- **Use Visuals or Worship (optional):** Add songs, images, or object lessons to support spiritual concepts.

INTRODUCTION—PREPARING FOR BATTLE

WEEK ONE

“He trains my hands for war.” Psalm 144:1

Reading: Introduction + Chapter 1, 2, 3, and 4, pages 23-66

Theme: Spiritual alertness, identity in Christ

Scripture Focus: *Ephesians 6:10-18, 2 Corinthians 10:4*

Discussion Questions

- What does spiritual warfare mean to you?
- How have you seen the enemy at work in your life? What tricks has the enemy used on you (over and over again)?
- What challenged or inspired you in Beth’s approach? Are you more spiritually comfortable on defense or offense? Why?

Activity

- Journal your current spiritual battles. Pray using *Ephesians 6:10-18* daily this week.

Reflection Journal

- What new insights did I gain about spiritual warfare?
- What area of my life feels most vulnerable to spiritual attack?
- How does knowing my identity in Christ change my approach?

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Reading: Chapter 2

Theme: Recognizing Satan's strategies

Scripture Focus: *John 10:10, 1 Peter 5:8*

Discussion Questions

- What lies has the enemy used to discourage you?
- What truth in this chapter gave you clarity or peace?
- Which of the three tools are you most comfortable with (prayer, Scripture, or praise)?

Activity

- Identify 2–3 lies you've believed. Write out Scriptures that replace them with truth.

Reflection Journal

- What lies have I believed recently?
- Which Scripture spoke directly to my heart?
- How will I guard against future deception?

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RECOGNIZING STRONGHOLDS

Reading: Chapter 3

Theme: Breaking thought patterns and cycles

Scripture Focus: *2 Corinthians 10:5, Romans 12:2*

Discussion Questions

- What strongholds (emotional, mental, relational) are you aware of?
- How do thoughts become spiritual battlegrounds?

Activity

- Start a thought journal. Track patterns, and speak Scripture over them.

Reflection Journal

- What thought patterns keep surfacing?
- What strongholds am I actively surrendering to God?
- How can I replace these patterns with truth?

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Reading: Chapter 4

Theme: Stepping into spiritual authority

Scripture Focus: *Luke 10:19, James 4:7*

Discussion Questions

- What does it mean to take spiritual authority?
- How can fear keep us from walking in authority?

Activity

- Pray with boldness over an area of struggle using Jesus' authority.

Reflection Journal

- Where do I feel powerless, and why?
- What does Jesus' authority mean to me today?
- How can I speak boldly with His authority?

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SPIRITUAL HABITS OF A WARRIOR WEEK TWO

Reading: Chapter 5 -9

Theme: Daily spiritual discipline

Scripture Focus: *Matthew 4:1-11, Psalm 119:11*

Discussion Questions

- Which spiritual habits help you stand firm?
- What habits need to be strengthened in your daily walk?

Activity

- Choose one habit to intentionally practice this week (Scripture, worship, fasting).

Reflection Journal

- What discipline do I struggle with most?
- What change do I notice after practicing a habit?
- How can I keep consistency beyond this week?

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“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

Discussion Questions

- How does offensive prayer differ from defensive prayer?
- What role does Scripture play in your prayer life?

Activity

- Write a prayer using Scripture that targets a current battle.

Reflection Journal

- What Scripture prayer did I write?
- How do I feel when praying offensively instead of reactively?
- Where can I be more intentional in my prayer life?

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THE ENEMY WANTS ME____, GOD WANTS ME____.
WEEK THREE

"The wicked flee though no one pursues, but the righteous are as bold as a lion." Proverbs 28:1

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
Joshua 1:9

Reading: Chapters 10-15, pages 103-144

Focus: Sharing insights and breakthroughs

Discussion Questions

- When is a time you've held on to God's truth in the middle of a confusing season?
- What would you do if you were BOLDER?
- What privileges come with being one of God's kids?
- When was the last time you felt spiritually disoriented?
- How much do you think about your strengths and weaknesses, your choices, and how they impact future generations?
- What would a list of brutally honest statements from you look like?
- How much confession is in your daily spiritual rhythm?

"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." 2 Corinthians 4:16

Satan wants me too weary to fight back. God strengthens me.

"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

*Satan wants me judgemental and unaware of my own sin.
God gives freedom.*

THE ENEMY WANTS ME____, GOD WANTS ME_____.

Activities

- Share one personal testimony or spiritual insight.
- Group prayer over specific areas of spiritual warfare.
- Create “battle cards” with personal Scripture declarations.

Reflection Journal

- What testimony encouraged me most today?
- What spiritual insight do I want to carry forward?
- What truth do I want to declare daily?

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RECAP OF WEEK THREE

WEEK FOUR

Reading: Chapters 16-19, pages 145-174

Focus: Living in freedom and authority, *Mark 14: 37-48, Psalms 119:105, John 8:44, Hebrews 12:2*

Discussion Questions

Satan wants me numb. God wakes me up.

- What is an example in your life when a small problem became a big problem?
- Have you ever spiritually fallen asleep?
- How can you tell when you are numb? What can you do about it?

Satan wants me anxious. God is peace. Philippians 4:6-7

- What kinds of things make you anxious? What can you do about it?
- When was a time you felt in the desert? How did God speak to you there?
- Does anxiety sneak up on you or hit you all at once?
- What lies are easiest for you to believe?

Satan wants to confuse my identity. God provides belonging. Jeremiah 20:9

- Who do you know who reflects God's light instead of stealing it for himself or herself?
- What parts of your life experience do you wear like an identify?
- How easily are you discouraged? What can you do about it?

Satan wants me distracted with pleasure. God is my Deliverer. Psalms 144:2

- What pleasures of the flesh most tempt you? What can you do about them?
- What strongholds or habitual patterns of thought have held you captive?
- What gifts are tempting to love more than the Giver?

Activities

- Anointing prayer or blessing for each participant
- Worship or creative reflection session (journaling, artwork, declarations)

Reflection Journal

- What has God done in my life through this study?
- What personal declarations will I carry forward?
- How will I continue to walk in spiritual authority?

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RECAP OF WEEK THREE WEEK FIVE

Reading: Chapters 20-24, pages 175-212

*Satan wants me to feel shame. God redeems me.
Genesis 50:20, 1 John 4:4*

Discussion:

- Where do you see shame creeping into your life? What can you do about it?
- What kinds of things do you replay in your mind?
- How vulnerable are you with people who listen to you?

Satan wants me ignorant to the Holy Spirit's power. God wants to introduce Himself to me. Psalms 91: 11-13

- What do you believe about prophetic thoughts and how God uses them?
- When have you seen God respond to your chutzpah?
- What has God invited you to participate in? Is He inviting you now?

*Satan wants to mess with my body. God intervenes.
James 5:14*

- How has God grown your spiritual frame?
- How have you seen the enemy mess with the body?
- When can you ask God to intervene and heal?

*Satan wants me self-absorbed. God says, "others first."
1 John 5:19*

- Who do I want to be at the end of my life?
- Who cheers you on and points out when you are being self-absorbed?
- What have you seen divide God's family?
- How have you seen service to others form community?

RECAP OF WEEK THREE

Satan wants me to build my own kingdom.

God is the chief architect. Matthew 6:20-21

- What are you known for?
- What stone can you throw?
- When have you settled for baseline? What can you do about it now?

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STANDING STRONG – CONCLUSION & COMMISSION

WEEK SIX

“Be steadfast, immovable, always abounding in the work of the Lord.” 1 Corinthians 15:58

Reading: Chapters 25-26, page 213-240

*God is sovereign over Satan. Luke 22:31,
2 Cor. 10:5, Col. 3:2, Rom. 12:2, Psalms 94: 18-19, Psalms 23.*

Discussion

- Do you think in terms of adding up the good things you’ve done in your life to see if you’re “qualified” for heaven? If so, how can you change that line of thinking?
- When do your feelings overrule your thinking?
- How has the enemy tried to set at your table?

Hope is a rope.

“May the God of hope fill you with all joy and peace as you trust in Him so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13, Psalms 27:14, Luke 22:31-32

- Who told you the gospel, and how was that work opposed?
- What are you holding onto right now with hope?

C O M B A T

C - Confession.

O - Observing.

M - Measuring His Impact.

B - Believing What’s True.

A - Aiming Our Weapon.

T - Throwing The First Punch.

STANDING STRONG – CONCLUSION & COMMISSION

Reflection Journal

- What has God done in my life through this study?
- What personal declarations will I carry forward?
- How will I continue to walk in spiritual authority?

Materials Needed

- Throw the First Punch by Beth Guckenberger
- Journals or notebooks
- Bibles
- Optional: Teaching videos or audio from Beth Guckenberger
- *recklessfaith.com* and youtube

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“

**THE ENEMY DOESN'T GET
THE LAST WORD – WE DO**

**SO LET'S SPEAK TRUTH,
WALK IN VICTORY
AND**

**THROW THE
FIRST PUNCH**

”

–BETH GUCKENBERGER

**THROW THE
FIRST PUNCH**