



Paul Phillips: 910-470-0870

Fighting Shadows

Ecclesiastes 6:7-12

- “All a man’s work is for his mouth...yet this appetite is never satisfied”
- “There are many words which only increase futility” – “The more the words the less the meaning”
- “Who knows what is good for a man in his life?”
- “During the few futile years of his life...he will spend them like a shadow”

3 common missteps men make in trying to get out of the Shadow.

1. Overcompensate
2. Shut Down
3. Medicate

Genesis 3:9-11

3 Questions God asks to help us out of the shadow

1. Where Are You?
2. Who Told You?
3. Have you eaten of the tree?
 - Where have you taken your hunger?



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Questions

1. What is your common misstep when dealing with despair: Overcompensate – Shut Down – Medicate? Why?
2. Where Are You? What are some clues you can observe that lead you to believe someone is still hiding or covering?
3. Who Told You? What false narratives do you tend to believe? Where do those voices come from: Culture, Parent, Spouse, Tiktok?
4. Where have you taken your Hunger? Which of your Desires are most easily Distorted....which ones tend to rule your life? Physical, Pleasure (Emotional) or Your Wisdom How?



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