

STRONGER THAN THE *Struggle*

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MEMORY VERSE:

*But you belong to God, my dear children.
You have already won a victory over those people,
because the Spirit who lives in you is greater than the
spirit who lives in the world.*

1 John 4:4 (NLT)

"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions." Galatians 5:16–17 (NLT)

WINNING THE WAR INSIDE OF ME

Have you ever said:

“Why do I keep going back to this?”

“Why do I keep sabotaging myself?”

“Why do I keep saying what I promised I wouldn’t say?”

“Why do I keep returning to the same cycle?”

“I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate.”

Romans 7:15 (NLT)

That is the **war inside**.....The battle is real.

**Victory begins when the Spirit becomes stronger
than your _____.**

TO WIN THE WAR I MUST:

1. RECOGNIZE THE _____ WITHIN ME.

“... These two forces are constantly fighting each other, so you are not free to carry out your good intentions.”

Galatians 5:17b (NLT)

THE FLESH SAYS:

react
quit
lust
lie
hold the grudge
stay bitter
stay comfortable

THE SPIRIT SAYS:

forgive
obey
surrender
grow
trust God
choose discipline

**The fact that there is tension means the Spirit is
_____ you toward transformation.**

Action Steps:

This week ask...“What part of me keeps fighting God?”

CIRCLE ALL THAT APPLY:

anger	insecurity
pride	bitterness
lust	laziness
fear	control

**Name the battle...You cannot _____ what
you refuse to identify.**

2. _____ WHAT IS DEFEATING YOU.

"But ask the Lord Jesus Christ to help you live as you should, and don't make plans to enjoy evil."

Romans 13:14 (LB)

**Paul says stop making _____ for what keeps
defeating you.**

Sometimes the war inside us keeps winning because we keep **feeding the wrong appetite.**

WE FEED:

Toxic conversations

Negative thoughts

Unhealthy environments

Social media comparison

Wrong relationships

Compromise (giving into pressure, sex, etc.)

Secret habits

Action Steps:

Ask..." What am I _____ that is fighting my future?"

MAKE PRACTICAL MOVES:

Unfollow the trigger

End the unhealthy access

Leave the environment

Change the routine

Stop rehearsing the pain

Remove the source

3. STRENGTHEN MY _____ DAILY.

"So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves."

Galatians 5:16 (NLT)

Victory over the _____ is not accidental...it requires spiritual strength.

You cannot overcome inner chaos with occasional devotion.

THE SPIRIT MUST BE FED DAILY THROUGH:

Prayer

Fasting

Worship

Obedience

Scripture

Accountability

Action Steps:

This week commit to:

- 15 minutes in the Word daily...before social media
- 15 minutes of prayer... (between getting up and bed time)
- Fasting one day
- Text your accountability partner

4. LET THE HOLY SPIRIT _____ ME.

"For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. For those who are led by the Spirit of God are the children of God." **Romans 8:13–14 (NIV)**

HOLY SPIRIT IS CHANGING:

Desires

Thoughts

Reactions

Habits

Identity

Action Steps:

- Every morning pray: "Holy Spirit, lead my thoughts, my reactions, my desires, and my decisions."
- Pause before reacting and ask...**"Is this my flesh or God's Spirit?"**

The war inside can be won...not by

_____...but by surrendering

control to the Holy Spirit.

MY NEXT STEP TODAY IS:

- ✓ I will memorize **1 John 4:4 (NLT)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

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open daily from 6am-7am CST.

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