



# **LifeGroup Discussion Packet**

## **Winning Against Anxiety & Internal Chaos**

Series: Winning the War Within

Romans 7:14-25

February 14-15, 2026

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## Main Idea

Anxiety is not defeated by trying harder but by surrendering the internal battle to Jesus. Victory isn't achieved, it's received.

## Key Passage

"Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord!" Romans 7:24–25 (ESV)

## Warm-Up Question

1. When your mind starts racing, what does it usually race toward... the past, the future, or worst-case scenarios?
2. Have you ever felt physically tired but mentally wired? What does that feel like for you?

## Discussion Questions

### 1. The War Within Is Real

Romans 7:15 (ESV) "For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."

- Why is it comforting that Paul admits this struggle?
- How does knowing that even Paul wrestled internally change the way you view your own anxiety?
- What does Pastor Todd mean when he says, "Dead things don't fight"?

### 2. Trying Harder Increases the Chaos

Romans 7:18 (ESV) "For I know that nothing good dwells in me, that is, in my flesh..."

- Why is "trying harder" often our first response to anxiety?

- When has effort turned your faith into pressure instead of peace?
- How does John 15:5, “Apart from Me you can do nothing,” reshape how we think about effort?

### **3. An Anxious Mind is a Divided Allegiance**

Romans 7:22–23 (ESV) “For I delight in the law of God, in my inner being, but I see in my members another law waging war...”

- Where do you see divided allegiance in your own life?
- What are some areas where you trust God spiritually but still try to control outcomes practically?
- Pastor said, “You can’t surrender what you won’t acknowledge.” What does that mean for you this week?

### **4. The Turning Point Is a Cry**

Romans 7:24 (ESV) “Wretched man that I am! Who will deliver me...?”

- Why is Paul’s shout/cry a turning point?
- What’s the difference between asking “What will fix me?” and “Who will rescue me?”
- Have you ever reached a moment where surrender felt like relief?

## **5. Victory Comes Through a Person**

Romans 7:25 (ESV) “Thanks be to God through Jesus Christ our Lord!”

- What does it practically mean that “Victory isn’t achieved. It’s received”?
- How does Philippians 4:6-7 connect surrender and peace?
- What would it look like for you to “live from peace” instead of fighting for it?

## **Going Deeper**

Psalm 42:5 (ESV) “Why are you cast down, O my soul...?”

- How does this Psalm show that internal turmoil is not new?
- What does it look like to preach truth to your own soul?

Galatians 5:17 (ESV) “...the desires of the flesh are against the Spirit...”

- How does understanding this internal war reduce shame?

## **Personal Reflection**

Take a quiet moment...

- What area of your life feels most internally chaotic right now?
- What have you been trying to fix through effort instead of surrender?
- What would it look like to say, “Jesus, I need You,” in that area this week?

**Next Step** This week,

1. Identify one recurring anxious thought pattern.
2. Write down Romans 7:25.
3. When anxiety rises, pray, “Jesus, I receive Your peace. I don’t fight alone.”

**Remember... You don’t manage your way out of anxiety. You surrender your way into peace.**