



LifeGroup Discussion Packet

The Battle for Your Habits

Series: Winning the War Within

Romans 8:5-6, 8:18-25

March 7-8, 2026

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Main Idea

Your life is not shaped by your intentions as much as it is shaped by your habits. Hope in Christ sustains the daily spiritual rhythms that transform us into the people God created us to be.

Key Passage

“For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.” Romans 8:18 (ESV)

Warm-Up Question

What is one habit in your life that has helped you improve something over time? (Health, finances, learning, relationships, etc.)

Discussion Questions

1. The Battle Happens in Daily Habits

Most people think the biggest battles in life happen during big decisions or dramatic moments. But Pastor Todd explained that the real battle often happens in the small habits we repeat every day.

Question:

- What are some small habits that shape people’s lives for better or worse?

2. Hope Changes How We Face Struggles

Read **Romans 8:18**

Paul reminds believers that present struggles are temporary compared to the glory that God has prepared.

Questions:

- How does hope in God’s future help you endure present challenges?

- What struggle in your life right now requires that kind of perspective?

3. The World Is Broken but God Is Restoring It

Read **Romans 8:19–22**

Paul says creation itself is “groaning” and waiting for restoration.

Questions:

- Where do you see evidence that our world is broken?

- How does knowing God will restore all things give you hope today?

4. Habits Require Endurance

Read **Romans 8:23–25**

Paul says believers “wait with patience.” The word describes steady endurance over time.

Questions:

- Why do you think spiritual growth usually happens slowly rather than instantly?

- Which spiritual habits have helped you grow the most?

Going Deeper

Read these verses together:

- **Galatians 6:9**
- **Hebrews 12:11**
- **1 Timothy 4:7–8**

What do these passages teach about discipline and spiritual growth?

Next Step

Ask God this week to help you develop one intentional spiritual rhythm.

Examples could include:

- Beginning each day with prayer
- Reading Scripture daily
- Expressing gratitude
- Encouraging someone intentionally
- Limiting a distracting habit

Remember: The habits you build today are shaped by the future you believe in.