

# WINNING THE WAR WITHIN

A STUDY IN THE BOOK OF ROMANS



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Salinas Main St. Saturday 5:00<sup>pm</sup> & Sunday 8:30 | 10:00 | 11:30<sup>am</sup>  
Marina-Seaside Sunday 10:00<sup>am</sup>  
Salinas Padre Dr. Sunday 10:00<sup>am</sup>  
Spanish Service Padre Dr. Sunday 10:00<sup>am</sup>  
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# The Battle for Your Habits

Romans 8:5-6, 8:18-25  
Winning the War Within  
Pastor T.K. Anderson  
March 7-8, 2026

## 1. Your \_\_\_\_\_ Determines Your Direction

“For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.” Romans 8:5-6, Proverbs 4:23, Colossians 3:2

## 2. \_\_\_\_\_ Gives Meaning to Present Struggles

“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, Hebrews 12:2, James 1:12

## 3. The Whole World is Waiting for \_\_\_\_\_

“For we know that the whole creation has been groaning together in the pains of childbirth until now.” Romans 8:22, Revelation 21:5, 2 Peter 3:13

## 4. Hope Sustains the \_\_\_\_\_ That Shape Our Lives

“For in this hope we were saved... But if we hope for what we do not see, we wait for it with patience.” Romans 8:24-25, Romans 4:18, Galatians 6:9



Give



LifeGroup lessons



Weekly Enews

Your life is not shaped  
by the intentions you make *occasionally*,  
but by the habits you repeat *daily*

1

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

2

**1** Your **MIND** Determines  
Your Direction  
“For those who live according to the flesh  
**set their minds** on the things of the flesh, but those  
who live according to the Spirit **set their minds**  
on the things of the Spirit. To **set the mind** on the  
flesh is death, but to **set the mind** on the Spirit  
is **life and peace.**”  
Romans 8:5-6 (ESV)

3

“**Keep your heart** with all vigilance,  
for from it flow the springs of life.”  
Proverbs 4:23 (ESV)

4

“**Set your minds** on things that are  
above, not on things that are  
on earth.”  
Colossians 3:2 (ESV)

5

Transformation begins  
in the mind

6

## 2 HOPE Gives Meaning to Present Struggles

“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)

7

Christians do not deny suffering,  
we redefine it through hope

8

“Looking to Jesus... who for **the joy that was set before Him** endured the cross.”

Hebrews 12:2 (ESV)

9

“Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life.”

James 1:12 (ESV)

10

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

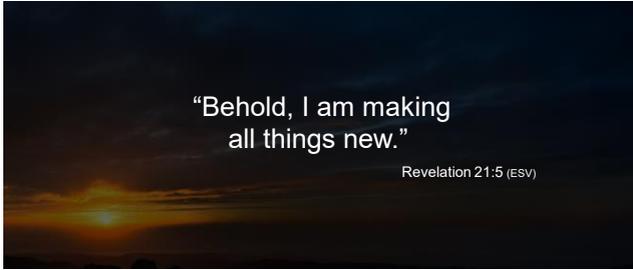
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## 3 The Whole World is Waiting for RESTORATION

“For we know that the whole creation has been groaning together in the pains of childbirth until now.”

Romans 8:22 (ESV)

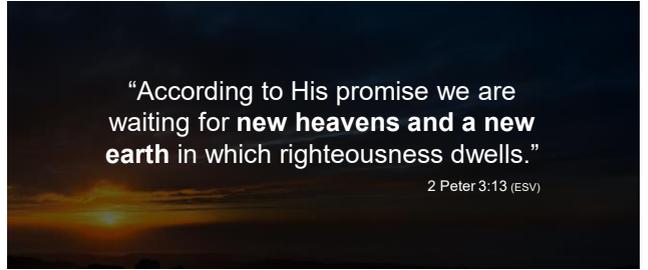
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“Behold, I am making  
all things new.”

Revelation 21:5 (ESV)

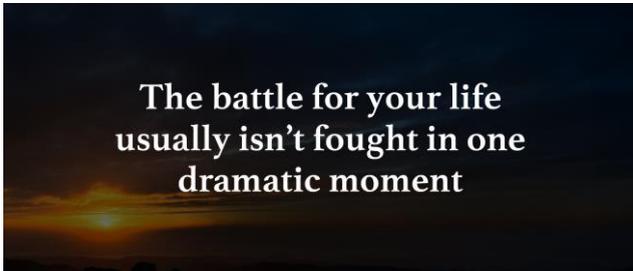
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“According to His promise we are  
waiting for **new heavens and a new  
earth** in which righteousness dwells.”

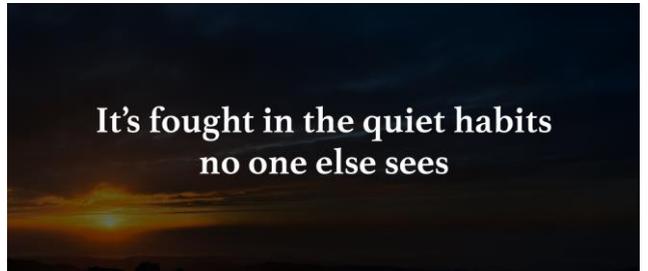
2 Peter 3:13 (ESV)

14



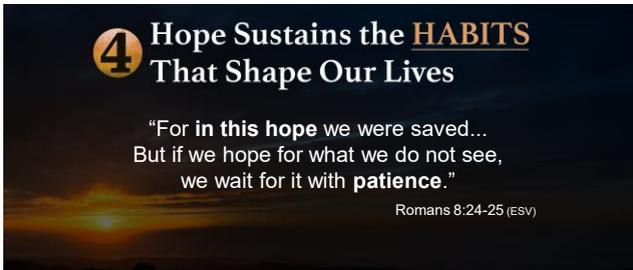
The battle for your life  
usually isn't fought in one  
dramatic moment

15



It's fought in the quiet habits  
no one else sees

16

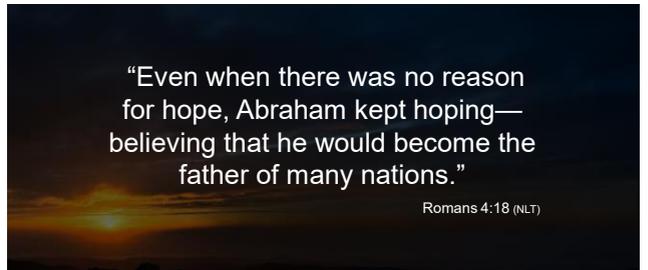


**4** Hope Sustains the **HABITS**  
That Shape Our Lives

“For **in this hope** we were saved...  
But if we hope for what we do not see,  
we wait for it with **patience.**”

Romans 8:24-25 (ESV)

17



“Even when there was no reason  
for hope, Abraham kept hoping—  
believing that he would become the  
father of many nations.”

Romans 4:18 (NLT)

18

What habits are you building  
right now that reflect the future  
you believe in?

19

“So let’s not get tired of doing what  
is good. **At just the right time** we  
will reap a harvest of blessing  
if we don’t give up.”

Galatians 6:9 (NLT)

20

What future  
are you building  
your life around?

21