

# Coming up @ TWIN CITIES

**VALENTINE'S DATE NIGHT**  
THURSDAY, February 12

**GROWTH PATH**  
MONDAY, February 23

**UGANDA SHARE**  
SUNDAY, February 15

**GROW UNIVERSITY**  
BEGINS MONDAY, March 2

**STUDENT ALL-NIGHTER**  
SUN-MON, February 15-16

**BAPTISMS**  
SUNDAY, February 22



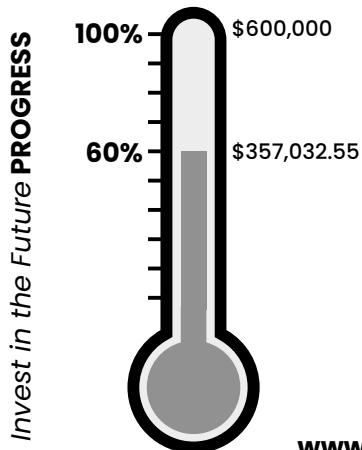
[twincities.church/events](https://twincities.church/events)

## Connect with a LIFE GROUP

**BROWSE THE GROUPS!**  
*Let's be the Church together!*



[twincities.church/life-groups](https://twincities.church/life-groups)



We're excited to do life with you! For these & any other opportunities, scan the QR codes above or visit us in the lobby at church on Sunday mornings!

[www.twincities.church](https://www.twincities.church)

## how we **change**

### THE BATTLE WITHIN

Mark Hadley • February 1, 2026



- We are new in Christ — yet we still carry old desires, habits, and reflexes.

### ROMANS 7:15,19,22-24 NLT

*For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. GALATIANS 5:17 NIV*

- **Positional reality:**  
*We are in Jesus Christ and sin no longer rules us.*
- **Experiential reality:**  
*Old habits, desires, and patterns still exist and we struggle with them.*

*So I say, walk by the Spirit, and you will not gratify the desires of the flesh. GALATIANS 5:16 NIV*

- **We don't change by trying harder; we change by surrendering deeper.**

**Recognize → Release → Rely**

*Open to continue taking notes!*

## 1. Recognize the flesh

*The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. GALATIANS 5:19-21A NIV*

## 2. Release control

*Those who belong to Christ Jesus have crucified the flesh with its passions and desires. GALATIANS 5:24 NIV*

*"Holy Spirit, I notice my flesh wants to \_\_\_\_\_.  
I let go of my attempts to handle this my way. I surrender  
this to You. I trust You to lead me now. Change my heart  
so that I love You more than this."*

## 3. Rely on the Spirit

*Spiritual practices shaped by Jesus' life create space for  
the Spirit to transform you from the inside out.*

*You were taught, with regard to your former way of life, to put off  
your old self, which is being corrupted by its deceitful desires; to be  
made new in the attitude of your minds; and to put on the new self,  
created to be like God in true righteousness and holiness.*

**EPHESIANS 4:22-24 NIV**

### Surrender:

Silence and Solitude  
Follow the Holy Spirit  
Rest & Reflection

### Engage:

Talking to God  
Biblical Guidance  
Worship and Gratitude

## NEXT WEEK:

Born Again

Watch this message & more at [twincities.church](https://twincities.church)

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For group discussion the week of February 1

**This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!**

1. Think about a time when you really wanted to do the right thing — but found yourself doing the opposite. What was that like for you?
2. This week's message was *The Battle Within*. Let's read a key passage, Romans 7:15–24. Was there a moment, story, or idea from the message that really stood out to you or felt especially personal this week?
3. Let's read Galatians 5:17–25. What do you notice about how the Bible describes this conflict between the flesh and the Spirit? How do you see this play out in your life?
4. God wants to help us overcome this battle. What does Galatians 5:16 say about how God brings change in our lives? What does this tell us about God's character?
5. Which part of the strategy "recognize, release, or rely" do you feel most challenged by or invited into right now? How might 2 Corinthians 12:9 help us?
6. What is one small, realistic way you could practice "less trying and more relying" this week? Is there a spiritual practice — like silence, prayer, Scripture, rest, or surrender — that you sense God inviting you to lean into?
7. As we close, what's one area of your life where you'd like prayer for surrender, strength, or reliance on the Holy Spirit this week?