



# Gains

## Part 3 – Consistency Wins

### Discussion Guide

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Every day, a visible and invisible war is raging around us, trying to distract us and keep us from being intentional and consistent. Through this study, we will look through the lens of Scripture and self-examination to discover how winning the battle of consistency starts with what we focus on first.

#### Jump Start

1. What's the first thing you do when you wake up each morning?
2. *Plan.* Read [Romans 7:15-18](#), [Philippians 1:6](#), [Proverbs 16:3](#) and [Romans 12:2](#). What annoying habit do you have? What is a good habit that you have? What habit do you believe you need to grow in consistency? Once you've heard from God, what is your plan to grow in this area?
3. *Get committed, then get consistent.* Read [Luke 22:39](#), [Mark 1:35](#), [Psalms 16:11](#), and [Psalm 34:8](#). What was Jesus' custom? How does a consistent Quiet Time benefit you? If you are already consistent with your Quiet Time, what steps will you take to go deeper?
4. Final Thought: Read [Luke 18:1-8](#). What is God promising you in these verses? In what area are you committing to consistency and persistence this week? Take time to write and pray over your plan. Who is going to partner with you to encourage and support you?

#### Deeper

This week, we talked about the importance of having a Quiet Time. Through a commitment and consistency to that special time, we discover who God is. We begin to see His character and His will. He reveals His desires for our lives.

5. Read [Mark 1:35](#), [Philippians 4:6-7](#), [Jude 1:20](#), [Hebrews 4:16](#), and [Luke 18:5](#). How does persistent prayer build our faith?
6. Read [Hebrews 5:7-9](#). List things you can learn about prayer from the example of Jesus. Were all His prayers heard? Were His prayers all answered? What did He learn? How did that benefit us?

7. **Read [2 Peter 1:5-8](#)**. We know faith is crucial: it leads us to salvation. But that is not all. You have to have some skin in the game and that starts with consistency. What phrases imply the hard work of consistency? Which of the qualities do you have? Which do you lack? What is the benefit to gaining all of them?