



Life in the Spirit

LEADER NOTES

Review the Guidelines each time you have a new member join your group or once a month.

- **Keep bringing the group back to freedom.** Romans 8 opens with one of the clearest promises in Scripture. There is now no condemnation for those who are in Christ Jesus. Help your group feel the relief of that truth. Many people still carry shame, guilt, or the feeling that they have to earn their standing with God. Bring them back to what Christ has already done.

- **Make it clear that freedom is not passivity.** Paul does not describe a life where sin no longer matters. He describes a life where the Spirit gives believers power to fight what once ruled them. Help the group see that holiness is not self improvement. It is Spirit empowered obedience.

- **Keep the battle in view.** This passage shows that the Christian life involves a real struggle. The mind set on the flesh moves away from God, but the mind set on the Spirit leads to life and peace. Help your group identify where that battle shows up in daily life such as thoughts, habits, reactions, temptations, and desires.

- **Highlight identity, not just effort.** Do not let the conversation stay at the level of behavior only. Paul says believers are not slaves living in fear. They are children of God. The Spirit confirms that new identity. Remind the group that we fight sin from acceptance, not for acceptance.

- **Handle the Heart Question with care.** Questions about condemnation may touch deep places. Some people may quietly carry shame from their past. Others may be weighed down by present failure. Let the room feel safe for honesty. Point people toward the finished work of Christ and the nearness of the Spirit.

- **Make the Hands Question practical.** Encourage each person to name one specific area where they need the Spirit's help this week. It may be anger, fear, lust, pride, anxiety, harsh words, or discouragement. The goal is not vague good intentions. The goal is one clear step of dependence and obedience.

- **Share & record prayer request.**
- **Ask a volunteer to close in prayer.**
- **Follow up throughout the week.**
- **PLEASE TAKE ATTENDANCE.**

TARGET

Topic: Freedom, Holiness, and Identity in the Spirit.

Take Away: The Spirit frees from condemnation, empowers holiness, and assures adoption.

God Stories: A God Story is an undeniable encounter or experience that creates an impact or breakthrough in a person's day-to-day life.

Ice Breaker Question: What phrase lifts your spirits when discouraged?

This Week's Passage: *Romans 8:1-17*

Share background: *Romans 7 concludes with a spiritual conflict in which the desire to obey God's Law is continually hindered by the indwelling "law of sin." Paul wrote to a Roman church facing tension between Jewish and Gentile believers over the Mosaic Law. The Roman world ran on debt and obligation, so Paul's words about the wages of sin would have hit hard. Roman family structure and adoption laws help explain Paul's picture of believers moving from slaves to heirs. The desperate cry of "Who will rescue me?" at the end of the chapter marks the exhaustion of human effort...and now the story from God's Word.*

Tell the story. Rebuild the story. Read the story from God's Word.

Head Question: *What does Romans 8 teach us about how the Holy Spirit helps a believer fight sin, walk in freedom, and live as a child of God?*

Heart Question: *Where in your life do you most need to believe and live like there is now no condemnation for you in Christ?*

Hands Question: *What is one practical step you will take this week to rely on the Holy Spirit in fighting sin and walking in your identity as God's child?*

ASSIGN NEXT WEEKS STORY: 1 Corinthians 12:4-11