



LIFE GROUP PLANNING

Aim of session:

What might God want to say to the group?
What does a Spirit filled life look like?



Key Scriptures

If you have access to a commentary, read some background to get context.

The Bible Project is a good starting point.

<https://bibleproject.com/>

ROMANS 8 v 1-11

Warm Up

In those rare moments when you have time to daydream or not think about stuff... what do you think about? Where does your mind wander to?

What does this say about you?

Thinking it through: Main discussion/activity

What are the surprising things in the passage? What is new? What don't you really understand? This could be a time to discuss and share reflections and ideas on the passage or watch a Bible project type video that helps explain things.

Paul opens this section of his letter with a reminder that we are no longer under God's wrath, but we are set free by the "law of the Spirit of life."

1. In the light of the passage what is in our past? What is our present like? What does our future hold?
2. What do you understand by "no condemnation"? How far back in our past does this go? How far forward?
3. What is the distinction between conviction (of sin) and condemnation?
4. Have you ever felt ambivalent or anxious about the Holy Spirit? Why?
5. Read Colossians 3v1-14. What does a Spirit filled life look like in reality?
6. What hope do we see in v 9-11? Are you looking forward to it? How should this truth guide /motivate us?

Growing in discipleship: Practical application

William Temple (a former Archbishop of Canterbury) said: "Your religion is what you do with your solitude." Think back to our warm up activity, is he correct?

1. How do we train our mind to be "set on things above"?
2. What is your experience of your life being "Spirit filled"?
3. A Christian should never allow themselves to feel condemned. Why? What does it say about our faith?
4. What happens to our spiritual life if we forget that we are no longer condemned?



Try to leave 15-20 mins to talk about prayer needs of the group and to pray.

Praise God that there is "no condemnation" any longer

Thank God for his Spirit in your life. Ask for more!

Pray for each other.