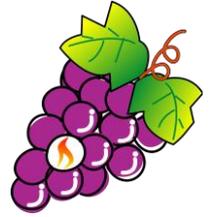




## LIFE GROUP PLANNING



### Aim of session:

What might God want to say to the group?

To understand that we are sons and daughters in God's family, that brings obligations during these difficult times but we have a hope for an amazing future.

### 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/> (view the ones on Romans)

**ROMANS 8 v12 -25**

### Warm Up

What frightens you? Why?

How do you find comfort when frightened?

Is family important to you? Why?

What do you look forward to most about family life?

### 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.

1. When we became a Christian, we "put to death" our old life. In v 12 -13. What is the obligation we have?
2. What does v15 suggest about our "fears"? What fears does he mean?
3. What does it mean to be a son or daughter? How do we know we are our (human) parent's children?
4. Some people say "We are all children of God" Why is this a lie?
5. What does it really mean to be a child of God, a co heir with Christ (v17)?
6. What does share in his suffering mean?
7. What is God's future plan? How are we a part of it?

### Growing in discipleship: Practical application

8. Part of human life is "suffering". How might the passage help us understand our own personal suffering.
9. Paul suggests that creation itself is suffering and has done since "The Fall". We can see evidence of this all around. How can we help liberate creation? Should we?
10. When will we be fully adopted in to God's family? Should we look forward to it?
11. How does this passage provide comfort for us living today in such a difficult world?
12. How can this passage motivate us to live by the Spirit rather than our sinful nature?



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

PRAY FOR UKRAINE: BOHDAN, SERGEY and their families, THE TEAM at the mission and the buildings. There are already food shortages and the Russians are in LEBEDYN