

# ROMANS 8

## A Worship Discussion Guide for Individuals, Groups & Families for the week of March 29, 2026

Read the Bible passage aloud in your group meeting. This is a worship discussion guide, and our reflections and applications are grounded in Scripture. You do not need to work through the whole guide. Decide which points would be most helpful for your meeting, and use them as a starting point for your time together.

### Romans 8:5-9 *The Spirit of God Dwells in You*

<sup>5</sup>For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. <sup>6</sup>For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. <sup>7</sup>For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. <sup>8</sup>Those who are in the flesh cannot please God. <sup>9</sup>You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

- Paul contrasts living “*according to the Spirit*” with living “*according to the flesh*.” What contrasts does he draw out?
- What is Paul saying is the connection between “*setting our minds*” and “*living*”?
- Is the leading and empowering ministry of the Spirit available to some Christians? All Christians? How do you know?
- What is something that is particularly attractive to your flesh these days? Why is it so compelling to you?
- How is the Spirit guiding you these days? How do you know?
- “*To set the mind on the Spirit is life and peace.*” Can you share a way in which you have seen that minding the Spirit leads to peace, but forgetting the things of the Spirit leads to death? If you need help, you can start with a complicated emotion you have felt lately.
- What name does Paul give to the Holy Spirit in verse 9? What does that name tell you about the identity of the Holy Spirit, and His relationships withing the Trinity?
- Pray together in light of this week’s passage. Ask God for grace to submit to the desires and work of His Holy Spirit.