

# Christ in You: Alive & Free

## Supplemental resources for discussion groups

### *Chapter 2: Spirit*

#### **Process**

##### **What are some ways you struggle to find your source in the Life of Christ?**

If people are struggling to identify ways they look to someone or something other than Christ as their source, it could help them to ask if there are any areas in their life that they've never thought about their faith...mundane tasks or recurring responsibilities are often overlooked areas.

##### **How will knowing these truths about your spirit and the flesh affect your struggles with sin?**

We've truly been set free (Galatians 5:1). Instead of focusing on the sin we may struggle with, we can focus on Christ (Hebrews 12), not as a way of ignoring the sin, but to best address it. In focusing on Christ, we see him more clearly and learn more about our identity in him.

The battle isn't in our spirit, it's in our soul (mind, will, emotion). The flesh is not a part of our identity - it's not who we are in Christ. For believers, our identity is sealed in Christ - we are saints, not sinners. Pete has often said, "We are saints who sometimes sin."

##### **How do these truths influence you to think differently than you did before about God? About yourself? About others?**

This is a paradigm shift! When we understand how much God loves us, what all Christ accomplished through the cross and resurrection, and the difference between our identity and the flesh, we begin to see God more accurately and personal, ourselves more biblically, and others with his eyes.

We are able to begin to realize that what people do isn't who they are, and can extend grace because we recognize we have become grace-givers.

## **Reflect**

### **How does properly diagnosing the source of your struggle help you find healing?**

If we think we are sinners, then sinning is the most natural thing for us to do, it also means we're still stuck in our sin and in need of rescue. Knowing we're saints who sometimes sin, then the deepest thing we desire is what he desires. The struggle isn't with who we are but rather lies we believe. Some place in our soul, there's a lying belief that we've held onto. This is great news for us, because the Holy Spirit is actively renewing our minds with truth (Romans 12:2) and reminding us of truth (John 14:26).

### **What are some "flesh patterns" you see in your life? How are you trying to find your source of Life apart from Christ's provision for you?**

See page 67-68 for help identifying ways we often operate in the flesh.

### **Describe examples of how your life looks when you are living with Jesus as your source of Life.**

We all have areas where we struggle, but it's important to recognize the work God has already done in our lives and how he's already transformed us (Romans 12:2). Maybe you can remember a moment, a season, or an area of your life where you experienced Christ as your Life, and have learned to trust him completely, depending on him to live through you.