



## Life Groups Discussion Guide

As the discussion leader, there are a few things to keep in mind for your Life Group:

- Pray for your group discussion time!
- Review your notes from the sermon and familiarize yourself with the discussion questions prior to the meeting.
- Choose a few questions from the guide which you feel will generate the most discussion in your group.

**Text:** Romans 8:1-4

### Getting to Know Me:

- If your house were on fire, what three items (not people) would you try to save?
- What is one of the greatest miracles you have ever experienced?
- What was the most significant thing you learned from the message today?

### Into the Bible:

1. Paul wrote in v.1 there is “no condemnation for those who are in Christ Jesus” (ESV). Although the Bible tells us we have no condemnation, we often voluntarily put ourselves back under the bondage of sin through a misunderstanding of grace. Have you ever felt like you couldn’t get close to God in worship and prayer after sinning? Explain. How did that affect your struggle with sin and your walk with Christ?
2. Read Romans 8:1, 2 Corinthians 5:17, and Galatians 2:20. When a person is in Christ, they enter the family of God and become part of the body of Christ, which is the Church. What is the role you feel God has called you to play in the body of Christ in this season of your life? What is one dream you’d like to accomplish for the kingdom of God in your lifetime?
3. Romans 8:1 says, “There is therefore now no condemnation for those who are in Christ Jesus” (ESV). What does it mean to be in Christ? How does this close connection with Christ change us, even down to our very identity?
4. Paul wrote in Romans 8:2 that as Christians, we are set “free in Christ Jesus from the law of sin and death” (ESV). What has God set you free from as you have lived in Christ? What situation are you currently praying for God’s freedom, either for you or for someone you know?

### Application:

1. Read Romans 8:3-4 and Galatians 5:16, 25. What does it look like for a person to walk by the Spirit and not by the flesh? What are some things you can do in your life to be more led by the Spirit every day?
2. As believers, why do we often wrestle with feelings of condemnation even though we know we are in Christ? What is the difference between condemnation of the enemy and conviction of the Holy Spirit? What can we do to remind ourselves of the truth that “there is no condemnation for those who are in Christ Jesus” (v.1 ESV)?
3. Bible scholars say that Romans 8 is a turning point in the book, a halfway point in Paul’s argument. Since chapter 8 is a midway point for Romans, what are some major takeaways for your life that you have gained from our study in chapters 1-7?
4. In Romans 8:2 Paul wrote that though we were once under “the law of sin and death,” there has been a transfer to “the law of the Spirit of life” (ESV). Take some time as a group and list some of the major distinctions between living under these different systems. What is one thing you can do this week to help you better walk in the freedom given to Christians under the law of the Spirit?
5. What is one thing from the message or this discussion that has really hit home for you? How can you apply that truth to your life?