



October 11, 2026

**Change the Person by
Changing the Mind**



OPEN:
(2 minutes)

1. What is your favorite leisure activity?

DIG:
(20 minutes)
Read Romans 8:1-11

2. What is the “flesh”?
3. Why is the carnal mind enmity against God?
4. What does it mean to have the “Spirit of Christ”?

 REFLECT:
(20 minutes minimum)

5. What are some of the challenges of focusing on the things of the Spirit?
6. What is the interrelation of thoughts and actions?
7. Why doesn't focusing on spiritual concerns grant one immunity from temptation?