



Small Group Discussion Notes

Romans: The Letter that Changed the World

In the Spirit

Romans 8:1-17

January 29, 2023

Reflecting Back

Before beginning your study of Romans 8:1-17, take a few minutes to reflect on our fall conversation about Sabbath rest and its impact on your life.

1. In what ways were you intentional about Sabbath over the last couple months?
2. How do you plan to continue pursuing Sabbath rest moving forward?

Warm Up

If you could have one superpower, what would it be?

Digging Deeper

Read Romans 8:1-11

Romans chapter 7 spoke in-depth about the law, however Romans 8 speaks in-depth about the power and work of the Holy Spirit. What do you think Paul's reason might be for following up teaching on the law with teaching on the work of the Holy Spirit?

Look at verses 1-4, how would you summarize the work that God has done?

Paul points to two different mindsets in verses 5-7. What are those mindsets and how would you say you and those around you operate from those mindsets? Do you or those around you tend to operate from one more than the other?

What are some specific examples of things that draw our minds away from "the things of the Spirit?"

Consider verses, 9-11, and passages like 2 Corinthians 5:1-10, Philippians 3:17-21. Share your understanding of the new life that is available to those in whom the Spirit dwells.

Read Romans 8:12-17

What does it mean to be a child of God, a "fellow heir with Christ."

Next Steps

On a scale of 1-10 (1 being unaware, 10 being incredibly aware), how aware would you say you are of the power of the Holy Spirit in your life on a daily basis?

What would it look like for you to live with a greater awareness of the Holy Spirit's power in your life?

How might the idea of being an heir with Christ influence the way you view yourself?

Final Thoughts

Take time to pray for a heightened awareness of the power of the Holy Spirit in your life and the things upon which the Lord desires for us to set our minds.