

**Romans 8:1-11 Another Blessing of Being *In Christ***

*Romans 7:21-25a*    *Colossians 2:13-15*    *Philippians 3:12-14*  
*John 8:11*            *Ephesians 1:13-14*

- 1) Anyone who is without Jesus stands \_\_\_\_\_ to eternity in hell and separation from God.
- 2) For believers, condemnation is a \_\_\_\_\_, trying to drag us down with unnecessary burdens.
- 3) For believers, \_\_\_\_\_ is a work of the Holy Spirit, helping us to walk in the Spirit and not in the flesh.
- 4) Condemnation puts the emphasis on \_\_\_\_\_
- 5) Living for the flesh asks, “What do \_\_\_\_\_?”
- 6) Living for the Spirit asks, “What does \_\_\_\_\_?”

**How do I know if I have the Holy Spirit?**

- (1) Has the Spirit led to me to \_\_\_\_\_?
- (2) Do I want to be more \_\_\_\_\_?
- (3) Has my life \_\_\_\_\_?

**How Do We Walk in the Spirit?**

*Galatians 5:16-17*    *Romans 7:15,18,24*    *Galatians 6:7-8*

- 7) \_\_\_\_\_ the Spirit, \_\_\_\_\_ the flesh.
- 8) Walking in the Spirit is a \_\_\_\_\_

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- 1) Anyone who is without Jesus stands CONDEMNED to eternity in hell and separation from God.
- 2) For believers, condemnation is a LIE OF SATAN, trying to drag us down with unnecessary burdens.
- 3) For believers, CONVICTION is a work of the Holy Spirit, helping us to walk in the Spirit and not in the flesh.
- 4) Condemnation puts the emphasis on ME
- 5) Living for the flesh asks, “What do I WANT?”
- 6) Living for the Spirit asks, “What does GOD WANT?”

**How do I know if I have the Holy Spirit?**

- (1) Has the Spirit led to me to JESUS?
- (2) Do I want to be more GODLY?
- (3) Has my life CHANGED?

**How Do We Walk in the Spirit?**

*Galatians 5:16-17*    *Romans 7:15,18,24*    *Galatians 6:7-8*

- 7) FEED the Spirit, STARVE the flesh.
- 8) Walking in the Spirit is a DAILY CHOICE

## TAKING IT HOME

- 8) One way for us to walk in the Spirit is to ask Him to continue His work of making us more like Jesus. Copy the verse below by hand, and make it your prayer.

**Psalm 139:23-24** - "[23] Search me, O God, and know my heart; Try me, and know my anxieties; [24] And see if there is any wicked way in me, And lead me in the way everlasting."

Take 5-10 minutes of uninterrupted, quiet time to let the Holy Spirit speak to you and reveal any hidden "flesh".

- 9) Are there any practical ways you need to better feed the Spirit or starve the flesh? If so, what are they?
- 10) As you look back on the sermon, your notes, and this week's study questions, is there anything else you need to remember or do?

## PRAYER REQUESTS

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- ▶
- ▶

## Life Group Homework For the week of January 16, 2022

### GETTING TO KNOW YOU

- 1) What is your favorite "guilty pleasure" food?

### REVIEW

- 2) Looking back at your notes from this week's teaching in Romans 8:1-11, was there anything that caught your attention, challenged or confused you?

### DIGGING DEEPER

- 3) This week we talked about starving the flesh and feeding the Spirit. What are some examples of things that feed the flesh?
- 4) What are some examples of things that feed the Spirit?
- 5) What do the following verses teach us about relying on the Holy Spirit's power rather than our own?

**2 Corinthians 12:7-10** - "[7] And lest I should be exalted above measure by the abundance of the revelations, a thorn

*in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. [8] Concerning this thing I pleaded with the Lord three times that it might depart from me. [9] And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. [10] Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong."*

**Galatians 2:20** - *"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."*

**Matthew 16:24** - *"Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me."*

What encouragement would you give a friend who struggled to stop feeding their flesh?

6) What stands out to you from the following passage?

**1 John 1:5-10** - *"[5] This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. [6] If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. [7] But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of*

*Jesus Christ His Son cleanses us from all sin. [8] If we say that we have no sin, we deceive ourselves, and the truth is not in us. [9] If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. [10] If we say that we have not sinned, we make Him a liar, and His word is not in us."*

What does that passage teach us about sin?

What does it teach us about God?

7) How does the following passage help us know that we are forgiven, while also helping us not continue living for the flesh?

**1 John 2:1-5** - *"[1] My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. [2] And He Himself is the propitiation for our sins, and not for ours only but also for the whole world. [3] Now by this we know that we know Him, if we keep His commandments. [4] He who says, "I know Him," and does not keep His commandments, is a liar, and the truth is not in him. [5] But whoever keeps His word, truly the love of God is perfected in him. By this we know that we are in Him."*

How would you help a friend discern whether their feelings of guilt come from the conviction of the Holy Spirit or from the condemnation of Satan (or of our own flesh)?