

**Week of August 30<sup>th</sup>, 2020 - Discussion Questions for Ohana Groups**  
**Life in The Spirit I Romans 8:1-4**

**Overview**

There is no condemnation for those who are in Christ Jesus! The Spirit gives life to people by freeing them from the power of sin and death!

**ICEBREAKER**

What is your earliest memory as a child?

**BIBLE: Read Romans 8:1-4**

1. Identify key words (repeated words, contrasting words) that stand out in the passage.
2. For those who believe in Jesus, what are they not condemned of?
3. Identify the places where the Holy Spirit is mentioned. What is the role of the Holy Spirit in the life of the believer?
4. In verse 3, what did Jesus become that has freed people from sin and death?
5. What is the difference between living according to the flesh and living according to the Spirit? What are some practical ways you can live according to the Spirit?

**APPLICATION**

If there were a pollution control device on your thoughts right now, what would it register? GREEN (no problem); ORANGE (warning signs); RED (fire alert zone). Are you holding on to any guilt, blame, or remorse? When the travel agent for your old nature tries to send you on a guilt trip, what does Paul want you to keep in mind? If you're struggling with guilt, follow these three steps of repentance and renewal.

1. **Identify** why you feel guilty. Is it sin? Past mistakes? Broken relationships?
2. **Repent** by admitting fault and seek forgiveness by the blood of Jesus.
3. **Seek** the Holy Spirit, which gives life and sets you free from sin and death.
4. **Renew** your mind, live according to the Spirit as one liberated from condemnation!

Take on the Romans 8 Challenge as an Ohana Group! As an Ohana Group, encourage one another to memorize Romans 8!

**PRAYER**

1. Thank God that you no longer live under the condemnation of sin and death.
2. Pray over those who are struggling with guilt or blame. Pray for freedom by the power of the Holy Spirit!
3. Pray for discernment to walk not according to the flesh, but according to the Spirit!