

Week of September 13th, 2020 - Discussion Questions for Ohana Groups
Living By The Spirit's Mind | Romans 8:5-9

Overview

Not only is life given through the Holy Spirit, but believers are called to a new "lifestyle" - one that does the gratify the flesh, but lives listens, obeys, and follows Jesus by the power and guidance of the Holy Spirit.

ICEBREAKER

How do you try to keep fit? What is your exercise routine?

BIBLE: Read Romans 8:5-8

1. What words stand out in the passage? What words are repeated?
2. Does a Christian live according to the flesh or according to the Spirit? What key indicators distinguishes between a person who lives in the flesh, and a person who lives in the Spirit?
3. In verse 6, what are the consequences of living either according to the flesh or according to the Spirit?
4. Have you ever felt unable to do what is good or what God desires? We are in constant battle with our flesh. When have you experienced a battle or collision between your flesh and the Spirit?
5. What are some practical ways you can keep your flesh in check and live by the Spirit? What does it look like for someone to walk by the Spirit by listening, obeying and following the Spirit?

APPLICATION

What are some things in your life that "trigger" your flesh or cause your flesh to "emerge?" Your flesh and mind can be easily swayed, tempted, or distracted. What are indicators of the flesh in your life?

What are some practical ways to listen, obey, and follow the Spirit and not indulge the flesh? What are some ways you can battle against the flesh? What role does **prayer**, **Scripture**, and **discipline** have as one pursues a life according to the Spirit? Create a "**battle plan**" that will help you subdue the flesh and increase the mind of the Spirit in your life.

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

PRAYER

1. Ask God for strength not to indulge the flesh, but to walk in step with the Spirit.
2. Arm yourself through prayer for a mind that seeks and follows a lifestyle in obedience to the Spirit.
3. Spend some time in silence and listen to the Holy Spirit. What is the Spirit teaching you through God's Word?