

DISCUSSION GUIDE

Part 9 of The Fruit of the Spirit

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Life According to the Flesh

1. You Do What You Hate and Can't Seem to Stop (Romans 7:15)

Discuss:

- Can you think of a time you kept doing something even though you hated it? What made it so hard to stop?

2. You Want to Do Right But Can't Follow Through (Romans 7:18–19)

Discuss:

- What are some areas where you've had the desire to change, but not the ability?

3. You Feel Like There's a War Inside You and You're Losing

(Romans 7:23)

Discuss:

- How can someone tell if they're being ruled by sin vs the Spirit?

4. You're Exhausted and Desperate for Rescue (Romans 7:24)

Discuss:

- How does self-control connect to surrender rather than striving?

Life According to the Spirit

1. You're No Longer Condemned. You're Completely Free.

(Romans 8:1)

Discuss:

- How can freedom in Christ change your response to temptation?

2. You're No Longer Stuck. You're Empowered to Live Free.

(Romans 8:2)

Discuss:

- How can empowerment lead to real transformation?

3. You Don't Have to Live Divided. You Can Live at Peace. (Romans 8:5–6)

Discuss:

- What are practical ways to “set your mind” on spiritual things?

4. You Don't Fight Alone. The Spirit Gives You Victory. (Romans 8:13)

Discuss:

- What would victory over sin look like in your life?

