

---

## UNDER CONTROL

TODAY'S TEXTS: [Romans 8:5-17](#)

*How do we live our life controlled by the Holy Spirit?*

1. Get to Know Him as a \_\_\_\_\_.  
[John 14, Romans 8:5-8, Galatians 5, Romans 8:26-27](#)
  
2. Seek to Experience His \_\_\_\_\_.  
[Romans 8:9-11, Acts 3:19-20, Matthew 10:32-33](#)
  
3. Take Hold of His \_\_\_\_\_.  
[Romans 8:11-16](#)

# Main Street Church - Life Group Guide

Series: ROMANS: Best News Ever

Message: Part 13 – Under Control. Romans 8:5-17

Speaker: Shawn Vandop

Date: January 15, 2022



## Connect (30min)

### 1. CHECK IN: (Break into groups of 2-3 or Men/Women)

\*Share 1 Highlight & 1 Challenge from your life this past week.

\*Share a couple highlights or insights from your [Pray First](#) journey or personal devotions this past week.

*What are you experiencing & learning? How were you encouraged or challenged?*

### 2. OPEN UP

📖 Read [Psalm 63:1-8](#). Have one person read for this scripture for the group.

🙏 Pray – Let's take 5min to P.R.A.Y. together.

-- Pause (be still & listen. 1min)

-- Rejoice (praise & thanks. 1min.),

-- Ask (invite & request 2min.)

-- Yield (surrender & trust. 1min)

> Moments of silence are ok.

## Message Discussion (45min)

### 1. LAISSEZ-FAIRE (allow-to-do) vs CONTROL-FREAK

a. On a scale of 1-10, 1 being "*Laissez-faire*" and 10 being "*Control Freak*" – how would you describe yourself?

b. How might others rate you?

c. When you think of "control"-- is it a negative word or a positive word for you? Discuss.

### 2. MESSAGE RECAP: What jumped out at you from Sunday's message? What encouraged or challenged you?

### 3. HELLO HOLY SPIRIT

📖 Read [Romans 8:5-17](#)

\*Do you feel like you have a good understanding of the Holy Spirit?

Who is the Holy Spirit, and how would you *briefly* describe Him?

\*When it comes to understanding the Holy Spirit, what has been most confusing for you? How has this confusion impacted your faith journey and relationship with the Holy Spirit? (e.g. ignore Him, avoid Him, fear Him...).

📖 Read [John 16:5-7](#)

\*Discuss as a group WHY it is better for us to have Holy Spirit dwell in us and through us, rather than having Jesus physically here with us. **Why is this to our advantage?**

📖 Read [Romans 8:14](#)

\*What does it mean to be "*led by the Spirit*?"

\*Would you describe yourself as a person who is "*led by the Spirit*?" Why/why not?

### 4. PERSON-PRESENCE-POWER

a. Shawn talked about how to live a life controlled by the Holy Spirit.

Do you remember the three points he walked us through, and what are your thoughts on these points?

(Get to know Him as a PERSON, Seek to experience His PRESENCE and Take hold of His POWER).

**b. Let's check out the nature of Holy Spirit as taught by Jesus in [John 14-16](#).**

As we look at these characteristics let's discuss how they point to Jesus, and how they impact our lives. In other words – as you read each truth ask and discuss:

***“How does this impact my life and how does it bring me closer to Jesus?”***

- i. John 14:15-16 – Counselor/Comforter
- ii. John 14:16b – The One who will never leave you.
- iii. John 14:17a – Spirit of truth
- iv. John 14:17b – Dwells in us
- v. John 14:26 – He is our teacher
- vi. John 15:26 – He testifies of Jesus
- vii. John 16:8-9 – Convicts the world of sin
- viii. John 16:10 – Convicts the world of righteousness
- ix. John 16:11 – Convicts the world of Judgment.
- x. John 16:13a - Guides us into all truth.
- xi. John 16:13b – Does not speak of Himself.
- xii. John 16:13c – He shows us things to come.
- xiii. John 16:14 – He glorifies Jesus

## **8. TAKE HOME**

- **Thank God for the person of the Holy Spirit.**
- **Pause – Rejoice – Ask – Yield:**

Take time this week and intentionally be still before the Lord and pray for an awareness of the Holy Spirit's presence in your life. (You may want to play some worship music, go for a walk, or simply sit in silence).

- **Ask the Holy Spirit** to fill you with His power and then walk in confidence in it.

## **Prayer** (15min)

- In response to Roman's teaching and our discussion together, what is one way that we can pray for you?
- Break into groups of 3-4 people (or men & women) to pray for one another, and other needs that are shared.

## **Resource**

- Check out these videos from the [Alpha Film Series](#) on The Holy Spirit & Pray for our [Alpha Course](#) participants.  
[Who Is The Holy Spirit?](#)   [What Does The Holy Spirit Do?](#)   [How Can I Be Filled With The Holy Spirit?](#)

## **Romans Road**

- Continue to read & study through Romans this week.
- Memorize *The Romans Road* – [Romans 3:23](#), [Romans 6:23](#), [Romans 5:8](#), [Romans 10:9-10](#), [Romans 10:13](#).

## **Project 3:15**

- Our annual Apologetics Conference is coming up on **Sat. February 18<sup>th</sup>**, with guest speaker [Dr. Sean McDowell](#). Registration is filling up fast so visit [www.mainstreetchurch.ca/project315](http://www.mainstreetchurch.ca/project315) for more info & registration this week!