

# Small Group Guide: A Romans 8 Kind of Life

## Opening Prayer & Icebreaker (10 minutes)

**Icebreaker Question:** Share a time when someone showed you unexpected love or grace when you felt undeserving. How did that impact you?

## Sermon Review (5 minutes)

**Main Theme:** Moving from a life of condemnation and struggle (Romans 7) to a life of freedom and victory (Romans 8) - like Israel crossing the Jordan River into the Promised Land.

**Key Scripture:** Romans 8:1, 37-39

## Discussion Questions (40-50 minutes)

### Part 1: No Condemnation (15 minutes)

#### 1. The Verdict of Heaven

- The pastor shared that Romans 8 begins with "no condemnation." Why is it so difficult for many believers to truly accept that they are completely forgiven, not just "sort of forgiven"?
- What are some signs in your life that you might still be living under condemnation rather than freedom?

#### 2. The Man and the Mansion

- Discuss the story of the man who had keys to a mansion but stayed in his hut. What "keys" has God given you that you haven't used because of fear or unbelief?
- What keeps you from fully stepping into the promises God has for you?

### Part 2: The Spirit Within (15 minutes)

#### 3. From Selfish to Selfless

- The pastor challenged us to move from "me and I" thinking to "we and us" thinking. What are practical ways this shift happens in daily life?
- How does the Spirit of God enable this transformation in ways our own willpower cannot?

#### **4. Following the Ark**

- The Israelites were told to "follow the ark" through the Jordan. What does it mean practically to "follow Jesus" through your current challenges?
- Share a time when following Jesus led you through difficulty to blessing on the other side.

### **Part 3: More Than Conquerors (15 minutes)**

#### **5. Identifying Your Enemies**

- The pastor listed three things that keep us on the "east bank": condemnation, living in the flesh, and enemies we think are winning. Which of these resonates most with your current struggle?
- What would it look like to believe you are "more than a conqueror" in that specific area?

#### **6. Love That Transforms**

- The sermon emphasized that love is what ultimately changes broken hearts (like foster children). How have you experienced God's love transforming areas of brokenness in your life?
- Who in your life needs to experience that kind of persistent, patient love through you?

### **Key Takeaways (5 minutes)**

**Write these down and share which one speaks to you most:**

- 1. The verdict is final:** There is NO condemnation for those in Christ Jesus - not less condemnation, but none.
- 2. The Spirit empowers:** The same Spirit that raised Jesus from the dead dwells in you and gives life to your mortal body.
- 3. Nothing separates:** No circumstance, struggle, or enemy can separate you from God's love in Christ.

4. **You have a choice:** Today you can choose to cross your Jordan and take possession of what God has promised.
5. **It's not about you alone:** The Christian life is about moving from "me" to "we" - putting others ahead of yourself.

## **Practical Applications (15 minutes)**

### **This Week's Challenge:**

**Choose ONE of the following to practice this week:**

1. **Release Something at the Jordan**
  - Identify one thing you're holding onto (guilt, shame, unforgiveness, control) and intentionally "drop it in the Jordan" through prayer and confession to a trusted friend.
2. **Cross Over in One Area**
  - Pick one area where you've been "living on the east bank" and take one concrete step of faith this week to cross over (start that difficult conversation, serve in that ministry, forgive that person, etc.).
3. **Practice "We" Instead of "Me"**
  - Identify one situation this week where you'd normally think of yourself first, and instead ask, "How can I put someone else's needs ahead of my own?"
4. **Memorize Romans 8:1 or 8:37-39**
  - Write it on a card and read it daily when condemnation or fear tries to take hold.
5. **Show Foster-Parent Love**
  - Think of someone in your life who is "hard to love" (difficult personality, has hurt you, etc.) and commit to one act of persistent, patient love toward them this week.

## **Accountability & Prayer (15 minutes)**

**Pair up or form groups of 3:**

1. Share which practical application you're committing to this week.
2. Share one specific "enemy" or struggle where you need to believe you're "more than a conqueror."

3. Pray for each other - specifically that:
  - God would help you receive the verdict of "no condemnation"
  - The Spirit would empower you to live from victory, not for victory
  - You would have courage to cross your Jordan this week

## **Closing Reflection**

### **Read together as a group:**

*"Not one word of all the good promises that the Lord has made to the house of Israel has failed. All came to pass." - Joshua 21:45*

God has never broken a promise. What He says, He will do. The question is: Will we trust Him enough to step into the water?

## **For Next Week**

- Read Romans 7 and 8 in their entirety
- Journal about areas where you see transformation happening (or need to happen)
- Come prepared to share testimonies of how God met you this week

**Leader's Note:** Be sensitive to those who may be struggling with deep condemnation or past trauma. Create a safe space for honest sharing, and be prepared to pray with individuals who need extra encouragement. Consider having resources available for those dealing with addiction, abuse, or other serious struggles.