

DISCUSSION GUIDE

TITLE: *Living By The Spirit*

MAIN TEXT: Romans 8:5-6

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Romans 8:5-6 (NLT)

Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. 6. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

WHAT ARE YOU THINKING ABOUT?

- Our thoughts reveal the state of our spiritual health.
- The Holy Spirit brings peace to our minds when we fix them on God.

SCRIPTURE:

- **Romans 8:5-6 (NLT)** Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit...
- **Isaiah 26:3 (NLT)** You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!
- **Romans 15:13 (NLT)** I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him.

DISCUSSION QUESTIONS:

- What kinds of thoughts tend to dominate your mind most often—Spirit-led or flesh-driven?
- How can you train your mind to focus more on things that please the Spirit?

FOLLOW-UP PROMPT: Encourage the group to choose one SCRIPTURE this week to fix their thoughts on daily.

KEY TAKEAWAY: What you think about shapes your life—Spirit-led thoughts bring life and peace.

ARE YOU DOING WHAT GOD’S WORD SAYS?

- Obedience to God’s Word is evidence of living by the Spirit.
- The way we treat others reveals if we are truly Spirit-led.
- We must be careful not to grieve the Spirit by the way we live.

SCRIPTURE:

- **Romans 8:7-8 (NLT)** For the sinful nature is always hostile to God... That’s why those who are still under the control of their sinful nature can never please God.

- **Galatians 5:16-18 (NIV)** So I say, walk by the Spirit, and you will not gratify the desires of the flesh...
- **Galatians 5:13-15 (NIV)** You... were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.
- **Ephesians 4:30 (NIV)** And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
- **Ephesians 4:29-32 (NLT)** Don't use foul or abusive language... Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

DISCUSSION QUESTIONS:

In what areas of life do you find it hardest to obey God's Word?

How do your words and actions toward others reveal whether you're living by the Spirit?

FOLLOW-UP PROMPT:

Invite the group to think of one relationship where they need to practice Spirit-led kindness this week.

KEY TAKEAWAY: Living by the Spirit means obeying God's Word in both actions and attitudes toward others.

ARE YOU LIVING LIKE THE HOLY SPIRIT IS LIVING IN YOU?

- Disciples are called to live differently because the Spirit lives in them.
- The Spirit gives us the power of life for today and the promise of life for the future.

SCRIPTURE:

- **Romans 8:9-11 (NLT)** But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you...
- **Romans 14:17 (NIV)** For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.
- **1 Corinthians 6:14 (NLT)** And God will raise us from the dead by his power, just as he raised our Lord from the dead.

DISCUSSION QUESTIONS:

- How does knowing the Spirit who raised Jesus lives in you change the way you face challenges?
- What does it practically look like to live daily as if the Spirit is alive in you?

FOLLOW-UP PROMPT: Ask the group to share one way they can live with more Spirit-led confidence this week.

KEY TAKEAWAY: When the Spirit lives in you, you carry both power for today and hope for eternity.

DO YOU LIVE BY THE SPIRIT?

- A life controlled by the flesh produces sin and death.
- A life controlled by the Spirit produces the fruit of the Spirit.

SCRIPTURE:

- **Romans 8:12-13 (NLT)** Therefore, dear brothers and sisters, you have no obligation to do what your sinful nature urges you to do...
- **Galatians 5:19-21 (NLT)** When you follow the desires of your sinful nature, the results are very clear...
- **Galatians 5:22-23 (NIV)** But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

DISCUSSION QUESTIONS:

- Which fruit of the Spirit do you see most evident in your life? Which one do you most want to grow in?
- How can you daily put to death the desires of the sinful nature and choose to walk by the Spirit?

FOLLOW-UP PROMPT: Encourage the group to pray for one specific fruit of the Spirit to increase in their lives this week.

KEY TAKEAWAY: Living by the Spirit means putting to death sinful desires and producing Spirit-filled fruit.

REFLECTION & PRAYER

REFLECTION: Thank God for giving His Spirit to lead us into life and peace.

SUGGESTED PRAYER:

- Pray for strength to obey God's Word and walk in the Spirit daily.
- Ask the Spirit to help the group bear fruit that reflects Jesus to others.