LifeGroup Study Sheet

June 11th and 14th , 2026: Romans 8:5-13

This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

If your flesh had its own Netflix account or YouTube algorithm, what would be in the 'Continue Watching' queue or recommended videos? What would be in the 'Watch It Anyway Even Though You Know Better' category?"

Digging In

Question 1: Read Romans 8:5-6. Where is my mind set? Paul tells us in Romans 12:2 to "be transformed by the renewing of your mind," and Colossians 3:2 commands us to "set your minds on things that are above, not on things that are on earth." Jesus himself said in Matthew 6:21, *"For where your treasure is, there your heart will be also."*

Take an honest inventory of what occupies your thoughts most throughout a typical day. Your worries, your scrolling habits, your ambitions, your daydreams. Would you say your mind is anchored in God's Word and His glory? Or would you say you are pulled toward your own comfort, reputation, and desires? What is one *concrete* habit or practice you could adopt this week, whether that's Scripture memory, a morning devotion, or simply putting your phone down — to intentionally reset where your mind dwells?

Read Psalm 119:11 and Read 2 Corinthians 10:5

What does it look like to 'store up' God's Word in a practical, daily way in the age of smartphones and constant distraction?"

What does it look like to actually 'take a thought captive'? What's one thought pattern you need to start capturing before it captures you?"

Question 2: Read Romans 8:9 Am I keeping in step? At of salvation, the Holy Spirit performs five distinct ministries in every believer:

1. **regeneration** (Titus 3:5 — giving us new life),
2. **sealing** (Ephesians 1:13-14 — guaranteeing our inheritance),
3. **baptizing** (1 Corinthians 12:13 — uniting us to the Body of Christ),
4. **indwelling** (1 Corinthians 6:19-20 — taking up permanent residence in us),
5. **filling** (Ephesians 5:18 — the ongoing empowerment we are commanded to continually yield to).

The first four happen once and are permanent. The filling, however, is a daily, moment-by-moment surrender. Galatians 5:25 puts it simply: *"If we live by the Spirit, let us also keep in step with the Spirit."*

Of these five ministries of the Spirit, which one do you find most comforting or personally meaningful and why? And when it comes to the *filling* of the Spirit, where do you find it hardest to surrender control? What area of

your life; relationships, finances, ambitions, fears, do you tend to take back from the Spirit's leading rather than walking in step with Him?

Read Ephesians 5:18

This *commands us to 'be filled with the Spirit.' It is a present tense, ongoing command. What do you think grieves or quenches the Spirit's filling in your life most regularly? (See 1 Thessalonians 5:19 and Ephesians 4:30)"*

Question 3: Read Romans 8:13. Am I killing sin? The Puritan John Owen famously wrote, *"Be killing sin, or sin will be killing you."* This is simply a restatement of Paul's own logic here. **Colossians 3:5** echoes the command: *"Put to death therefore what is earthly in you."* This isn't about earning salvation, that is secure! However, it is about the ongoing battle of sanctification that every genuine believer is called to wage. **James 1:14-15** warns that unchecked desire conceives sin, and sin when fully grown brings death.

Mortification is the "putting to death" of sin. It is **not passive**; it requires active, Spirit-empowered resistance. Is there a specific, recurring sin pattern in your life that you have been tolerating or managing rather than truly fighting? What does it look like practically to "put it to death" rather than simply try harder in your own strength? And how can this group be a part of that battle with you rather than you fighting it alone?

Read Hebrews 12:1 - "lay aside every weight, and sin which clings so closely" — the image is of a runner stripping off anything that would slow them down in the race.

Application

1. Why do I need the Holy Spirit?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?
Confession – What sin can I confess because of what this teaches me?
Thanksgiving – How can I thank God for what Jesus has done?
Supplication – What do I need to ask of God in order to grow in light of this?