

Romans 8 Church-wide Study

Small Group Session 2 – *Your Mindset*

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God. (Romans 8:5-8 – NIV)

GATHERING

Today we're going to talk about the power of our minds to control our lives. In fact, the most powerful influence in our lives is our mind. Tim Keller says that "*your life is shaped by whatever preoccupies your mind.*" So as we get ready to dig into a very important and relevant subject, let's go to the Lord in prayer.

OPENING PRAYER

1. Read Romans 8:5-8 (*Encourage the people in your group to be very intentional about their reading of Romans 8 and even attempt to memorize the entire chapter. It might be helpful in the memorization process to memorize the different segments of Romans 8 we will discuss each week. Another suggestion is to encourage the members of your group to handwrite the entire chapter on a piece of paper, and while transcribing the chapter, ask God to reveal His truth as it is being written down.*)

WATCH PANEL DISCUSSION VIDEO

2. **What did you hear in the video that really spoke to you?**
3. Paul uses the word *mind* five times in this passage. So obviously, the mind is a powerful influence over our lives. Tim Keller, in his commentary on Romans 8 writes this: "*Ultimately, Paul says, everyone will 'mind' something – we will either be preoccupied by the things of the Spirit, or 'the sinful nature' ... Whatever preoccupies the mind controls the life – and one preoccupation results in death; the other in life and peace.*"
 - **ON A SCALE OF 1 TO 10, HOW MUCH OF YOUR LIFE IS CURRENTLY LIVED IN THE FLESH?**
 - **ON A SCALE OF 1 TO 10, HOW MUCH OF YOUR LIFE IS CURRENTLY LIVED IN THE SPIRIT:**
 - **WHEN ARE YOU MORE INCLINED TO LIVE IN THE FLESH OR THE SPIRIT?**
4. Read Galatians 5:19-23 (this scripture talks about the works of the flesh versus the works of the Spirit)
 - **List out loud the acts of the Flesh as described in vs. 19-21**
 - **WHAT IS THE WARNING IN V. 21B?**

- **List fruits of the Spirit out loud in v. 22**
- **“WHAT MUST YOU BE AND DO IN ORDER TO WALK IN STEP WITH THE SPIRIT”?**
- **PRACTICALLY SPEAKING HOW DO YOU CRUCIFY THE FLESH?**

5. Read Colossians 3:1-4

- In this passage, Paul tells us to “*seek the things that are above, where Christ is...*” and to “*set our minds on things that are above, not on things that are on earth.*” We are to “seek,” and we are to “set”. **BUT - HOW DO YOU DO THAT?**
- **WHAT MAKES IT HARD FOR YOU TO SET YOUR MIND ON THE “THINGS THAT ARE ABOVE”?**
- *A follow-up or clarifying question at this point is: WHAT ARE SOME THOUGHTS YOU HAVE SOMETIMES THAT LEAD YOU TO LIVING IN THE FLESH? WHAT ARE SOME THOUGHTS YOU HAVE THAT LEAD YOU TO LIVE IN THE SPIRIT?*

6. Read 2 Corinthians 10:3-6

- **WHAT DOES IT LOOK LIKE FOR YOU TO “TAKE EVERY THOUGHT CAPTIVE AND MAKE IT OBEDIENT TO CHRIST”?** (HOW DO YOU DO THAT)?
- If your group is able to openly share about this, then ask this next question out loud and let it be a part of your group discussion. However, if you think it would be more appropriate, then give them 5 minutes and ask them to write their response in their journal. **TELL ABOUT A TIME WHEN YOU HAVE BEEN SUCCESSFUL IN TAKING A THOUGHT CAPTIVE AND MAKING IT OBEDIENT TO CHRIST. TELL ABOUT A TIME WHEN YOU HAVE BEEN UNSUCCESSFUL IN DOING THAT**

7. **In Romans 8:7-8, Paul writes:** ⁷*The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so.* ⁸*Those who are in the realm of the flesh cannot please God.*”

- **WHAT DO YOU THINK ABOUT WHAT PAUL SAID HERE?**
- *Say to your group, “in your journal, write down the names (or initials if you worry about the confidentiality of your journal) of some people you know who Paul is describing here.*
- **WHAT DO YOU THINK OUR RESPONSIBILITY IS TOWARD THEM?**
- *Make a note next to each of the names (or initials) that captures how you will engage them. (Maybe you will pray for them. Maybe you will write a note to them. Maybe you will take them to coffee, lunch, or dinner and share your heart with them.)*

8. **WHAT IS YOUR TAKE-AWAY FROM TODAY’S DISCUSSION?**