



Rock Bridge Small Group Discussion Guide
The Struggle - Part 9
PARTICIPANT GUIDE

Into the Word:

Read Romans 8:1-4

- 1) Why is condemnation such a powerful force in people's lives?
- 2) In your own life story, what have been the sources of condemnation?
- 3) Why do we struggle to believe, accept and live out the fact that in Christ we are not condemned?

Read Romans 8:5-13

- 4) How would you explain the Holy Spirit to a new Christian?
- 5) According to these verses, how does the Holy Spirit work and how do we cooperate with His work in us?
- 6) How is our struggle against sin through the Spirit a sign of assurance (see v. 13)?

Apply the Word:

- 7) Think about a particular struggle in your life right now. Share what it means for you to reframe that struggle in terms of "flesh vs. Spirit."
- 8) How can you be more intentional in thinking about the things of the Spirit and maintaining a mindset focused on Christ?

Prayer Time: 2 options:

A-Practice Psalm 46:10 (being still to know God).

B-Sentence Prayer: Holy Spirit, I declare my dependence upon You in _____.