



10/19/2025 | David Liauw

WARM UP QUESTION: Have you ever had a task that felt impossible to complete until someone offered to help you? How did their help enable you to complete the task?

READ: Romans 8:1-11

FOCUS: The Holy Spirit brings us freedom and life in Christ.

OBSERVE:

- The Holy Spirit brings us freedom from the penalty of sin by uniting us with Christ so that His condemnation satisfies the condemnation we deserve.
- The Holy Spirit brings us freedom from the power of sin, enabling us to fulfill the law by loving God and others. Through the Holy Spirit, we are freed to walk according to the Spirit so that we set our mind on the things of the Spirit and obey God.
- The Holy Spirit brings life to us in the present by indwelling us, empowering us to live by God's Spirit and overcome sin so that we live obediently and experience life and peace.
- The Holy Spirit will bring resurrection life in the future by physically raising us from the dead when Jesus returns, just as He physically raised Jesus from the dead.

DISCUSS:

- What stood out to you, or what did the Holy Spirit bring to your attention?
- Consider areas where you struggle with sin. How is the Spirit prompting you to rely on Him to overcome your sin?
- How does the knowledge that the Holy Spirit enables you to love God and others encourage you to live differently?

TAKE ACTION:

- Pray and ask the Holy Spirit to show you where you've been living according to the flesh.
- Repent and ask Him to help you rely on His power to obey God.
- In your group or with a friend, confess ways you've been living by the flesh and encourage one another to walk by the Spirit.

PRAY: *Father, thank You for providing us with the Holy Spirit who enables us to do Your will. Please help us to walk daily in the empowerment of the Holy Spirit rather than living according to our own flesh. In Jesus' name, Amen!*