

LIFE Groups: Autumn 2025

Week 6 - The Great Exchange!



Two Masters - One Freedom!

Ever When we enter into relationship with Christ by faith, what we receive goes beyond just forgiveness of sin and a hope of Heaven when we die - rather, we exchange our old life for an incredible new life in Jesus!

1 - "Check-in" with your Group -

Invite each person to share briefly about how their week is going. Remember that your group is a safe place to share in a supportive community!

2 - Watch Pastor Scott's Video #6 on "Freedom in Christ"

3 - Sermon discussion & Scripture reading

Consider Pastor Tim's message from Sunday -

- What aspects from this Sunday's message spoke to your heart?

Read Romans 5:1-5 -

- When we have "peace with God", it means we are in shalom with our Creator who has "poured out" His Spirit on us. How does this understanding expand the way we consider the benefits we receive through salvation in Christ?

"God demonstrates His love..."

Read Romans 5:6-11 - The "Great Exchange"

- Our New Covenant relationship with God through Jesus makes all things new! Look at the "exchange" described in Romans 5:1-11
 - We were sinners > now we are declared _____ by faith in Christ!
 - We were destined for wrath > now we are _____ by His blood!
 - We were enemies of God > now have been _____ to God and we have _____ with God through our Lord Jesus Christ!
 - We were helpless without Christ > now we have hope because Christ _____ for us, and we can rejoice in the _____ of God's glory!
- What does Paul mean by having hope in God's glory? How does this understanding help us to endure suffering?

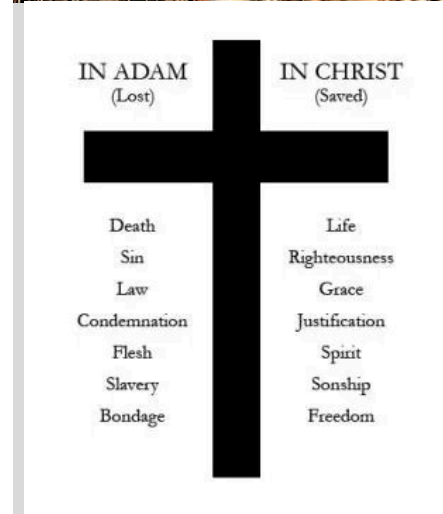
Spiritual Formation practices...

On the back of this page are two important charts to guide our focus on spiritual formation practices. If you are practicing "Scripture before phone", how has it made a difference?

- **Embrace God's Spirit: Daily** - Read Scripture before looking at phone
- **Resist the Flesh: Weekly** - Try Curate media down to 5 hours a week
- **Formation Purpose: From distracted and defeated to focused and growing!**

Pray together!

- Pray for each other! Pray that we would find victory in God's Word!



Visit the EagleNaz YouTube Channel for more!

Pastor Scott recorded additional brief teaching on Paul and Romans on the "Gospel Seeds" YT Playlist, reviewing current discussions among Bible scholars about Paul, his message, and how Paul's Jewish background influenced his writings.

This week look for the video called "Gospel Seeds Week 6 - Extra Seeds"!

5-Week Romans Reading Chart

Use this chart for your daily Scripture reading...

Week	Day 1	Day 2	Day 3	Day 4	Day 5
1 10/19-25	Romans 1:1-17	Romans 1:18-32 & Genesis 6:5-8	Romans 2:1-16	Romans 2:17-29 & Genesis 17	Romans 3:1-20 & Genesis 15
2 10/26-11/1	Romans 3:21-31 Acts 15:1-35	Romans 4:1-25 Galatians 3:6-22	Romans 5:1-21 Genesis 3:1-19	Romans 6:1-23	Romans 7:1-25 Galatians 3:23-4:7
3 11/2-8	Romans 8:1-17 Galatians 5:16-25	Romans 8:18-39 2 Corinthians 5:1-9	Romans 9:1-18 Exodus 19:1-8	Romans 9:19-33	Romans 10:1-21 Deuteronomy 30:11-20
4 11/9-15	Romans 11:1-24 Genesis 12:1-3	Romans 11:25-36	Romans 12:1-21	Romans 13:1-14 Matthew 22:35-40	Romans 14:1-23
5 11/16-22	Romans 15:1-13 Galatians 5:1-6	Romans 15:14-33 Matthew 28:18-20	Romans 16:1-16 Acts 18:1-4, 24-28	Romans 16:17-27	Acts 10:1-35

Spiritual Formation Practices Chart

As we move from life in the Flesh to new life in the Spirit, these practices support our growth! Let us embrace the Spirit and resist the Flesh, together!

Week	Embrace Life in The Spirit	Resist the Works of the Flesh
1 Scripture; Focus over Distraction	Prioritize God's Word - Scripture before phone; use the Romans reading chart above for a daily reading plan	Resist Distraction - Curate media use to 5 hours per week to reduce distractions and make more space to hear God's voice
2 Prayer; Connect with God over noise of the world	Hear the Lord - Schedule Prayer 3x each day - at least once while kneeling or in a posture of humility	Unplug - Set phone aside during prayer times, silence notifications, push away the "noise of the world"
3 Connection; Love God through Loving Others	Invite Fellowship - One meal a day with others, phones on mute	Resist Isolation - Block out one hour a week for real conversation with a friend or family member, preferably over spiritual things that edify
4 Schedule; Giving God my time and strength	Sabbath practice - intentionally ceasing from striving to invite God's renewal for His purposes	Fast from something for 24-hours - resist using worldly things to fill our souls, relying instead on God's provision
5 Power of Practices!	Seek to incorporate all 4 this week!	Seek to incorporate all 4 this week!