

LIFE Groups: Autumn 2025

Week 10 - The Life of The Church



Living in harmony with one another

The last half of Romans chapter 12 is where Paul moves from discussing individual life in the Spirit to how we live as the unified Body of Christ. This week we will explore how we seek harmony in the Church.

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 - Sermon discussion - Consider Pastor Tim’s message on Sunday

- *What points from this message spoke to your heart?*

3 - Watch Pastor Scott’s Video #10 on “Living in Harmony”

Pastor Scott mentioned the challenges we sometimes face in Church life!

What factors do you feel make harmony in the Body a challenge?

- Read **Romans 12:9-10** - What does Paul exhort the Roman church to focus on?
- Read **Ephesians 4:1-6** - Paul also encourages the church at Ephesus, with slightly different language - what connections do you see between these passages?

Read Romans 12:11-21 - Paul lists the attitudes of Church life!

- *As you read this list of ways Paul encourages us to let God’s Spirit guide our life, what attitudes or practices are the most challenging for you?*

Read Romans 13:8-10 - Love one another

- *Church life is about love for God and for people! Paul, following the teaching of Jesus, echoes the same command! Read Jesus’ words to His disciples in **John 13:34-35** - how do we demonstrate to the world that we belong to Jesus?*

Spiritual Formation practice - Submit my Schedule!

This week we focus on giving God our time and strength...

- **Embrace God’s Spirit: Sabbath** - Intentionally cease from striving to invite God’s renewal for His purposes
- **Resist the Flesh: Fasting** - Resist using worldly things to fill our souls, relying instead on God’s provision
- **Formation Purpose:** Submitting my schedule to the Lord

Pray together!

- **Pray for each other! Pray that we find victory in the Spirit this week - and find renewal in Sabbath and fasting!**



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 “Extra Seed for Week 10”!



LIFE GROUPS
DISCIPLESHIP • COMMUNITY • OUTREACH

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 - At least three meals this week 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 cease 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!