

LIFE Groups: Autumn 2025

Week 11 - Build Each Other Up!



Kingdom > Empire

In the final chapters of his letter to the church in Rome, Paul addresses some of the concerns of believers living in a secular Empire about social, ethical and relationship issues that are relevant for us today!

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 from Sunday

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

3 - Watch Pastor Scott’s Video #11 on “Building Each Other Up”

The believers in Rome faced challenges in being Kingdom of God people living in a secular Roman Empire. What are similar challenges for us today?

- Read **Romans 14:13-19** - *Paul says don’t let disagreements about food and drink drive a wedge between believers, but to pursue peace and build one another up.*

Read Romans 15:7-13 - Paul celebrates the inclusion of Gentiles

- *Any of us that were not born Jewish would have been excluded from God’s Covenants were it not for Christ! It’s important for us to celebrate the expansion of God’s Kingdom because of what God has done through Jesus!*

Read Romans 15:14-21 - Paul’s purpose for writing

- *Paul celebrates what God is doing in the church in Rome - in this Thanksgiving season, what do you celebrate about what God is doing in our church?*

Spiritual Formation practice - The Power of Practices!

This week we focus on putting the formation habits together...

- **Embrace God’s Spirit:** *Let’s intentionally invite God’s Spirit to direct our daily patterns.*
- **Resist the Flesh:** *Let’s intentionally resist fleshly and worldly desires to let more of God’s Spirit direct us.*
- **Formation Purpose:** *Submitting our daily and weekly lives to God’s Spirit.*

Pray together!

- **Pray for each other! Pray that we would live in gratitude for God’s blessings in this Thanksgiving season!**



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 11”!



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!