

LIFE Groups: Autumn 2025

Week 8 - Spirit > Flesh!



Embracing The Spirit / Resisting the Flesh!

Romans chapter 8 is one of the most encouraging and inspiring sections in all of Scripture - describing the incredible power of the Holy Spirit!

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 Romans 8 message on Sunday

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

3 - Watch Pastor Scott's Video #8 on "Spirit > Flesh!"

Read Romans 7:15-25 -

- *Paul describes the frustration of trying to live a life pleasing to God while relying on the Flesh (our own human strength). He finds it impossible to overcome the power of sin by human willpower, but who has freed us from this bondage?*
- *Paul then describes the new experience of living in the Spirit in chapter 8...*

Read Romans 8:1-4 - No condemnation!

- *Such important verses! Read verse 1 again! Jesus has overcome sin for us, and has given us the Holy Spirit to live in victory - what does this mean to you?*

Read Romans 8:5-9 - You are alive in The Spirit!

- *Believers have the Spirit alive in them, meaning we can willfully invite the Spirit to guide us instead of relying on our flesh - easier said than done! What would you say is the difference between living by the Spirit vs the flesh?*

Read Romans 8:11 & 8:18-23 - The surprising work of the Spirit!

- *In these verses, Paul tells us of the "glory" yet to come - the physical resurrection of the bodies of believers when Jesus returns, AND the renewal of all of Creation! So, Jesus' victory changes everything - are these results surprising?*

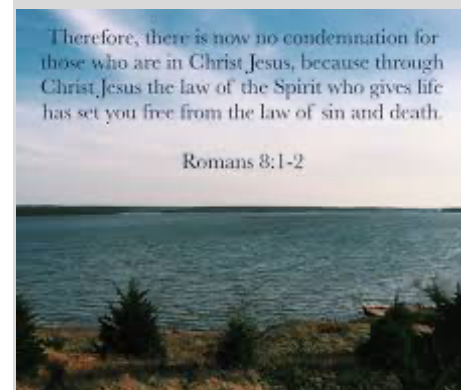
Spiritual Formation practices...

On the back of this page are guides for spiritual formation practices. How has "regular prayer" made a difference? This week we focus on connection...

- **Embrace God's Spirit: Table fellowship with others 3x this week**
- **Resist the Flesh: Block out an hour for real conversation**
- **Formation Purpose: Connect - loving God by loving others!**

Pray together!

- **Pray for each other! Pray that we find victory in the Spirit this week - and build deep connections with other people!**



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 8"!



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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 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!