

LIFE Groups: Autumn 2025

Week 9 - A Living Sacrifice



Making my life an offering to the Lord!

Romans chapter 12 is well-known as an exhortation to “present our bodies as a living sacrifice”. This week we will explore what Paul means by this phrase...

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 12 message on Sunday

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

3 - Watch Pastor Scott’s Video #9 on “Living Sacrifices”

Paul describes how God has revealed a New Covenant process:

- Circumcision is now of the heart - **Romans 2:28-29**
- Ritual Immersion for physical purity is now baptism to identify with Jesus’ death and resurrection in our spirit - **Romans 6:4-6**
- Instead of a sacrifice to the Temple, we become the living sacrifice...

Read Romans 12:1 - Our life is our worship offering!

- *Instead of going to the Temple - God comes to us by His Spirit! Instead of bringing an animal sacrifice - we become the sacrifice in the way we live!*
- *How does this help us rethink our whole life is an offering of worship to God?*

Read Romans 12:2 - Renewing our mind

- *Since we no longer live in the Flesh, but in the Spirit, we are not part of this present world, but we belong to God. The hard part is believing it! What is the hardest part about renewing our mind? What can we do to “not be conformed to this present world”, but actively live in God’s Kingdom?*

Read Romans 12:4-8 - The Body of Christ

- *In the New Covenant, we become the new Tabernacle where God’s Spirit lives and we serve together as Jesus’ Body - how does this passage encourage you to use the gift of the Spirit you have been given?*

Spiritual Formation practice - Connection - Week 2!

This week we continue to focus on connection in the Body of Christ...

- **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 9”!



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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!