

## ULC Sermon Study Resource

### *Romans // Life in the Spirit*

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**Prayer:** Pause for a few moments to go to the Lord in prayer. Ask that He would draw near to you in this time, and open your heart and mind to hear His Word.

**Icebreaker:** You've been chosen to represent your country in a global competition. What sport or activity are you doing?

**Reading:** Romans 8:1-11

#### **Outline:**

- I. The Spirit Frees (Romans 8:1-4)
  - A. Paul explains that the "law of the Spirit" has set us free from the "law of sin and death" by joining us to Jesus. Therefore, if we are "in Christ" we are promised no condemnation because sin was already condemned in Christ's death, which we are now joined to.
  - B. God is always acting *for us*. The Father sent the Son to die *for us*, the Son now sends the Spirit to draw us into what he did *for us*.  
**Q: *When/where in your life have you seen God acting for you or those around you? Share an example.***
- II. The Spirit Directs (Romans 8:5-8)
  - A. We are called to set our minds on the Spirit, meaning that the Spirit directs us in all that we do. However, we live in a world that is constantly trying to direct us as well.
  - B. We are all shaped and directed by a convergence of forces. The Spirit directs you by linking you to God's story revealed in Jesus.  
**Q: *What forces do you feel most strongly are trying to shape and direct you in life?***
- III. The Spirit Empowers (Romans 8:9-11)
  - A. We are no longer of the flesh but rather in the Spirit. The same Spirit that raised Jesus from the dead now lives *in us*.
  - B. No matter what we face in this life, when our faith is in Jesus, the Spirit lives in us. The Spirit that is working to restore you will not abandon you in your moment of need..  
**Q: *Has there been a time in your life where, despite all the troubles around you, the Spirit did not abandon you?***

#### **Reflection/Application Questions:**

- 1) How can you remind yourself the Spirit has freed you from the "law of sin and death"?
- 2) How can knowing that God is acting for us change how you view your relationship with Him?
- 3) Do you find it difficult to be directed by the Spirit? Why or why not?
- 4) How can it be hard to remember we are no longer of the flesh? How can you remind yourself you are in the Spirit?

#### **Suggestions for further study:**

- 2 Corinthians 4:-14-16 Q: How can these verses serve as a reminder to the faithfulness of the Spirit?
- John 6:63 Q: How does this verse show us the freedom of the Spirit?

#### **Closing Prayer:**

God, thank you for sending your Spirit to give us freedom from the law of sin and death and to direct us here on Earth. Help us to accept that direction from your Spirit and to resist direction from other forces. Thank you for the empowerment you offer us by the Spirit living in us, and keep us faithful to you during times of trouble. Amen.