



# LIFE IN THE SPIRIT

LIFE GROUP STUDY GUIDE

 CHRIST PACIFIC CHURCH

# In and According to

Romans 8:1-13

Life *in* the Spirit is also lived *according to* the Spirit. In this week's verses, Paul contrasts those who live "according to the flesh" and those who live "according to the Spirit." The areas of contrast include thinking, one's relationship with God, and righteousness before God. To enter into the new life God offers us in Christ and by the Spirit, we must learn to live "according to the Spirit."

## KNOW

Romans 8 draws together much of Paul's thought up to this point in the letter (note the word "therefore" in verse 1). What good news did Paul declare in 8:1-4? What did God accomplish through "his own Son"? How is "the righteous requirement of the law...fulfilled in" Jesus' followers (8:3-8)? What kind of life can "those who live according to the Spirit" have (8:5-8)?

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In 8:9-13, Paul exhorts the Roman believers to live "according to the Spirit." What does it mean for Jesus' followers to be "not in the flesh but in the Spirit" (8:9-11)? What does it mean to "belong" to God? Why are Jesus' followers "debtors" to God (8:11-13)?

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## GROW

An essential aspect of spiritual growth is the life of the mind. Read Romans 12:1-2. What does it mean to “be transformed by the renewal of your mind” (12:2)? Consider what occupies your thinking. What do you focus on throughout each day? How could you dwell more on “the things of the Spirit” (8:5-8)? What habits of thinking might God be calling you to change?

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## GO

The Gospel can be described as the good news of *new life* in Christ and by the Spirit. Consider the ways in which this new life have been a blessing. How does gratitude for this new life move you to live for Christ? How can you incorporate these benefits into your sharing of your faith story? How might God’s Spirit be leading you to be open about these benefits with those who do not yet know Jesus?

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### “The Flesh”

The word “the flesh” (*sarks*) is a complex idea in Paul’s theology. Sometimes, it is translated as “the sinful nature.” However, the idea can refer to weakness or mortality of flesh *as well as* humanity’s sinful disposition. In this week’s verses, the emphasis seems to be on the sinful nature present in our bodies, that is our “flesh.” It is important to stress that Paul does *not* devalue physicality. Instead, Paul’s message is about humanity’s need for total redemption.