Week beginning December 1st 2025 Romans 8.1-13



Welcome

When navigating somewhere new, would you rather rely on your sense of direction, use a physical map, or follow google maps?



Worship

Read Psalm 98.1-5 together or in alternate verses

Or

Sing or listen to Yet not I but through Christ in me



Word

Read Romans 8.1-13

1. Question 1 is optional. I have placed this in here for groups which are wanting a weekly pattern of study to help them keep the same pattern for the weeks when studies aren't prepared by me. Spend 15 minutes before the study thinking about the sub-questions below before coming to your group.



Before you begin the study form groups of two or three and have each person summarize the passage to the other one. The, come back to the group and ask

- a. What stands out to you?
- b. Where is God?
- c. Where are we?
- d. Since this is the word of God, what do I need to change in my life?
- 2. What is Paul celebrating has changed in v.1–2? (The verdict and the master)
- 3. What does God do for us in vv.3-4 that the law could not do?
- 4. How does Paul contrast two ways of living in v.5-8?
- 5. What new identity does the Spirit give us implicit in the chapter? (see also vv.9–11)
- 6. What does Paul see as the stakes of "the mind set on the flesh" vs "the mind set on the Spirit"?
- 7. What is one practical next step for walking by the Spirit this week (v.12–13)?
 - a. You might wish to discuss the ANTHEM acronym as a group.
 - A Avoid sin where reasonable and possible
 - N Say No to temptation as fast as possible
 - T Take hold of a promise of God / word of scripture
 - H Hold onto that promise (Imagine what it might be like to receive it from Jesus hands. What might he say to you?)
 - E Enjoy that Promise (how does it point you to Jesus?)
 - M Move on (changing place or task when tempted helps to move the mind away from the temptation)

Witness



• In what way could you live "in the Spirit" this week?