

2:42LifeGroups

GROWING TOGETHER IN THE GOSPEL

Life Group Study Guide

Indwelt, Alive, Free

Introduction and Review

Romans 8 is a chapter that gives assurance to believers in Christ. It begins with the words “no condemnation” (8:1) and ends with “no separation” (8:39). In between these verses, Paul explains how such deep assurance is possible, and he focuses on the work of the Holy Spirit in our lives. Last week, we zoomed into the lives of those who are “in the Spirit” to see how they contrasted with those who are “in the flesh”. We discovered that the difference was in the *mind*. Because of their hostile mindset, people are “in the flesh” “cannot please God” (8:8).

Now in verses 9-11, Paul presents this contrast: “You, however, are not in the flesh but in the Spirit.” Now Paul addresses to those who believe in Jesus. They really *do* have the Spirit! And through the Spirit’s life-giving power, they can defeat sin, please God and live forever.

So the central idea of 8:9-11 is this: *Because the Spirit of life **indwells** us, we are **alive** and **free** from sin and death.*

1. **Indwelt:** The Holy Spirit indwells believers. - 8:9
2. **Alive:** So his life will overcome sin and death in us. - 8:10
3. **Free:** So we are free from sinful living. - 8:11

Discussion

1. When Paul says, “although the body is dead because of sin,” he is referring to the physical effects of sin. What kinds of things do we see around us that remind us that sin leads to death?
2. The word translated “dwells” (8:9, 11) has the word “house” or “home,” in it. This means that the Spirit has taken up permanent residence in the bodies of those who believe in Christ (see also 1 Corinthians 3:16-17; 6:19-20). Consider the particular preferences we have about our homes. Since the Holy Spirit makes us his home, how should that affect the way we think and act (see also 2 Corinthians 6:16-7:1).
3. The fact that we have God’s Spirit living in us means that we will be raised from the dead—just like Jesus was (Romans 8:11; see also Romans 6:4). While that is comforting, it is important to remember that our resurrection from the dead is not the end of the story. God has a purpose for us beyond the grave. Read Ephesians 2:6-7. What plans does God have for us “in the coming ages”?
4. In light of the Spirit’s death-defeating power, Paul stresses that “we are debtors, not to the flesh, to live according to the flesh” (Romans 8:12). Describe the mindset and actions of a person who believes that he or she is a “debtor to the flesh”? Describe the mindset and actions of a person who understands that he or she is *no longer* in debt to the flesh?