



## **Within - Week 7 (Speaker: Pastor Rob King)**

### **Introduction**

[Reader: Group Leader]

**Let's open in prayer.** [Leader prays]

The Holy Spirit is at work in our lives everyday, and every moment. He is calling us to live in freedom from sin and death; the gift from our Lord and Savior. However, many of us still live as though we are shackled and bound by our sin. Everyday we are engaged in a battle against our flesh and our intrinsic nature. A battle that we do not have to wage alone, because we have the Holy Spirit and are free in Christ Jesus. We must trust God when He says we are no longer shackled by the law but are free. Holy Spirit come!

**Romans 8:1-2** Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

***Here is the opening question:***

- Have you felt a time when you were your own worst enemy? (Tell your experience.)

[Reader: The last person to arrive]

**What's it there for?**

**Read Romans 7:21-24** So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord?

- What do you think is the reason for the struggle Paul describes?
- Do you sense a battle between right and wrong in your life?

[Reader: Person who drove the farthest]

Rob said when we see the word "therefore," we should ask what is it there for.  
Read [Romans 8](#).

- Why is this passage there for?
- What are the good things you want to do?
- How can you experience victory in this battle?

**Read Romans 12:2**

Do not conform to the pattern of this world, but be transformed by renewing your mind. Then you will be able to test and approve what God's will is — His good, pleasing and perfect will.

- What's wrong with the human mind?
- Why does our mind need renewing? And what does this renewal look like? And how can we pursue and enjoy this renewal?

[Reader: the person with the longest hair]

**Rules and Religion can't do what the Holy Spirit can.**

**Read Phil. 2:13 NLT**

For God is working in you, giving you the desire and the power to do what pleases Him.

He sent the Holy Spirit as a way of telling us this. He said I know you and you can't do this on your own. I can be faithful to keep my promises, my covenant, I made with you my people. Where the Spirit of the Lord is there is freedom.

Rob said to let Him into the other rooms of your house. Allow Him to leave the tidy front rooms with all the pretty knick knacks, perfect vacuumed carpet, and the furniture the kids are not allowed to sit on. His freedom will fill the rooms you allow Him in and there will be only room for Him.

- Take a moment to journal about which “room(s)” you need to let Jesus into. Share with the group, if you feel led.

[Reader: Person whose legs are crossed.]

### **Consequences for satisfying appetites**

#### **Read Romans 8:5**

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

- Have you taken a look at the consequences for satisfying your fleshly desires?
- Are the results fear induced?
- Are you ready for better? Explain.

Peace and the other “fruits of the Spirit” come from obedience to God.

[Reader: the person who is wearing glasses or contacts]

### **Stop trying to earn what you already own.**

#### **Read Titus 3:5**

...He saved us, not because of the righteous things we had done, but because of His mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit.

Accept God’s forgiveness all along the way.

- What is the difference between living by rules and living by the Spirit?

#### **1 John 1:9**

But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.

How can you begin living by the Spirit? (Philippians 2:13)

1. Set your mind on God's things. Romans 8:5, 12;1-2, I Thess 2:13
2. Stop trying to earn what you already own. He did it; we didn't! Titus 3:5

3. Admit that faith will always be necessary. Faith is more important than feelings.  
Galatians 2:20
4. Accept God's forgiveness along the way. 1John 1:9

**Application:**

Discuss with the group your how you plan to live by the Spirit this week. Choose an area you struggle with from the list above. Allow your group to hold you accountable by sharing your struggle and your goal.

Let's close in prayer and ask for the Holy Spirit to give us what we need to obey God and bear fruit.