



In the Spirit: How God Helps Us Grow | | Change is Possible

Romans 8:5-11

It seems that people are always making changes in their life. It might be changing jobs, houses, cities, cars, schools, and even hairstyles. Change happens constantly in life.

- *Why do you think many of us are always looking to change something in our lives?*
- *Why do some people resist change while others embrace it?*

Read Romans 8:5-11 together as a group

- *What do you feel is the main idea that Paul is trying to teach us in this passage?*
- *Do you find Paul's words encouraging to you? Why or why not?*

The human mind is a very powerful thing. It drives what is inside of and it dictates our outer behavior. Change must start from within and it starts in your mind and heart.

- *How do our hearts and minds work together and how do they affect our outward behavior?*
- *Why should we care about what we fill our minds and hearts with on a daily basis?*

There are three things we can do to help change ourselves; think about good things, fight the urge to blame others and partner with the Holy Spirit. The Lord gives us the Holy Spirit to guide us and to help us make healthy changes in our lives.

- *How do these three implications help you change?*
- *What is something that you know needs to be changed in your life? How can the group pray for you as you work on making this change?*