



Milestone #3: How Do I Grow?

Lesson 6 – Romans 8:1-39

Please read the scripture and watch the video first. Then use the questions below to begin your discussion of the message in your group.

Summary:

We are free!

- Free from condemnation – we have Christ's righteousness.
- Free from bondage to our sinful nature – the Holy Spirit lives within us.
- Free from discouragement – we are heirs with Christ and share his glory.
- Free from fear – nothing can separate us from God's love.
- Free to live for Christ in the power of the Spirit!

Definitions:

- **Condemnation.** To pronounce guilty.
- **Spirit of Sonship.** Having become a child of God through adoption, complete with inheritance rights.

Ice Breaker Question:

- The phone rings and you are offered a free trip. What is your response? Why?

Discussion Questions:

- What keeps a person from accepting the gift of a life of freedom in Christ?
- What is the difference between those who live according to their sinful nature and those who live according to the Spirit (8:5-8)? What do you hope people see in your life that demonstrates you are living according to the Spirit?
- Who has had a strong influence in your life? How does the Holy Spirit influence the life of a Christ-follower?
- Describe a time or season in your life that you were bogged down on your spiritual journey. Describe a time when you felt like you grew by leaps and bounds.

Checkpoint #3:

- Have you declared your desire for God? Are you growing in the Lord? Is the Spirit of God evident in your life?