

# GROWTH GROUP

## Study Guide

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Romans 8:5-11 – What's in Your Head?

### My Story

1. Who do you most resemble in your family? In what ways do you resemble that person (appearance, temperament, behavior, interests, etc.)?

### Digging Deeper

2. What might be evidence of having one's mind set on the things of the flesh? What might be evidence of having one's mind set on the things of the Spirit?
3. What do John 14:16-17 & 1 Cor. 2:12-14 contribute to our understanding of Rom. 8:6-8?

4. In Rom. 8:9 Paul says that we are in the Spirit if the Spirit is in us. Read John 14:16-17; 1 Cor. 3:16; Eph. 4:30. How do these passages indicate that all believers have the Spirit at conversion?

### Reflection

5. When unhealthy thoughts enter your mind, what have you found helpful in dealing with them?
6. Where you choose to set your mind makes the difference between life and death (vv.5-6). What are some practical things you could do each day to set your mind on Jesus?

# SERMON NOTES

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Romans 8:5-11 – What's in Your Head?

## Taking the Next Step

Make a list of the struggles with sin you are currently facing. Toward what is the flesh pulling you? Toward what is the Spirit guiding you? Ask God to help you set your mind on the desires of the Spirit.

## Praises / Prayer Requests

