



Old habits are hard to break ... Most of us have behaviours or attitudes that have become part of us — habits that we know don't make us better people. And as hard as we try, we can't change. Do we just resign ourselves to the fact that this is just who we are? Is there a way to break those patterns?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Romans 8:1-11**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What does it mean to be controlled by the Holy Spirit? What does it mean to think about things that please the Holy Spirit specifically in your own life?
- Why do we find it so difficult to separate from the sin in our lives? What are some Scripture verses that have helped you when dealing with sin?
- What does “no condemnation” mean to you? (v.1)
- Paul describes two kinds of life, living according to the sinful nature and living according to the Spirit. Together read Galatians 5:16-26, where Paul contrasts the “acts of the sinful nature” with the “fruit of the Spirit”.
- What are the acts of the sinful nature? What are the fruit of the Spirit?
- What does it mean to be “led” by the Spirit? How does the Holy Spirit help us fight our battles? Share an example.
- Have you given yourself over completely to the power and work of the Holy Spirit? If not, what seems to be holding you back?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other’s prayer requests.