



Walking in the Spirit  
Romans 8: 10-13  
Week 4: Walk in the Truth

It is normal for us to accept defeat and imprisonment as “normal”. Therefore, we simply stay in addictions, unhealthy habits, old family patterns.

**To begin discussion today, read Romans 6:1-23**

Who does Paul say died? What happened to sin? What is our relationship with sin now?

In verse 6-7 Paul says those that died with Christ no longer are slaves to sin-it no longer has power over us. If this is true, then why do we sometimes feel like it does have control over us?

What are all the ways Paul reminds the believer they are like Christ?

Paul understands that the Christian can live like they are not free from sin. It's like “fighting in the Bahamas” from the video we watched this morning. Paul understands that just because we don't live like we are free from sin, that doesn't mean that we are not free from sin. How does Paul encourage the believer to live like who they are?

What does Paul say is the difference in our slavery to righteousness than our slavery to sin? How does this encourage or discourage you?

**Now, simply read all the way through Romans 7.**

Don't analyze it, simply let the picture sit in you. This sets you up for finishing Romans 8 and appreciating it in full.

Romans 8 brings us to the place where we are able to say, there is nothing I can do to make this right, to make my sin go away. This is what God has done. I am now called to live under what Christ has done-this is walking in the Spirit.

**Read Romans 8:9-11 to grab this fully.**

Our bodies are dead. We see this all around us. Our physical bodies breaking down, temptations that we can't break, family and habitual patterns not going away, etc... Jesus' body also went through all of this.

Like Romans 6, we can see our bodies as “dead” and chose to live in a way that says, “Oh well, that's just being human, I can't change things so I'll just live this way.” What is the truth in Romans 8:11 that tells us this should not be our response?

**Read Romans 8:12-14**

What is our first step in walking in the Spirit?

To end your time today, end it with encouragement. **Read Hebrews 12:2-13**, an encouragement to walk in the Spirit.