



**LifeGroup Study**  
**2024-01-28**  
**OPEN**  
**Open to Transformation**  
**Participant Notes**

**OVERVIEW:**

Welcome back to our study, Open to the Spirit. Over the six weeks of our series we are exploring who the Holy Spirit is, how He is at work in our lives and how we can follow his lead. For this week, our topic is “Open to Transformation”. Romans 8 gives us insight into how we are transformed by the power of the Spirit. For our LifeGroup study, let’s explore what that transformation looks like.

**ICEBREAKER:** [That Changed Me!](#)

When I was 21, I left my family home in London, Ontario, to attend Bible College in Toccoa Falls College (TFC) in Georgia. That experience changed my life. It was the first time I had been away from home and out on my own. The environment at TFC was transformative in my walk with God. How about you. What experience have you had that has changed who you are or the direction of your life? Share your story with the group!

## **STUDY:**

For the first part of our study, we'll walk through the first 17 verses of Romans 8 to see how God's Spirit transforms us. As your group reads through these verses and talks about the questions, remember that God's Spirit is at work in you! He is transforming your heart and mind, even through this study.

### Transformed by the Spirit

1. READ: Romans 8:1-2

Therefore, there is now no condemnation for those who are in Christ Jesus,<sup>2</sup> because through Christ Jesus the law of the Spirit who gives life has set you<sup>[a]</sup> free from the law of sin and death. NIV

- **According to these verses, how has God's Spirit transformed us?**

2. READ: Romans 8:3-4

<sup>3</sup>For what the law was powerless to do because it was weakened by the flesh,<sup>[a]</sup> God did by sending his own Son in the likeness of sinful flesh to be a sin offering.<sup>[b]</sup> And so he condemned sin in the flesh,<sup>4</sup> in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. NIV

- **How does Paul contrast the law and the Spirit in these verses?**

3. READ: Romans 8:5-6

<sup>5</sup>Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup>The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. NIV

- **What differences do we find in these verses between living according to the flesh and living according to the Spirit?**

4. READ: Romans 8:6-7

<sup>6</sup>The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup>The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. NIV

- In these verses Paul contrasts the mind governed by the flesh to the mind governed by the Spirit. **What does it mean to have our mind "governed by" the flesh or the Spirit?**

5. READ: Romans 8:9-11

<sup>9</sup>You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup>But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life<sup>[a]</sup> because of righteousness. <sup>11</sup>And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of<sup>[b]</sup> his Spirit who lives in you. NIV

- What is at the heart of our transformation? It is Christ living *in* you through the presence and power of his Spirit! **How can you know that God's Spirit is living in you?**

6. READ: Romans 8:12-13

<sup>12</sup>Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. <sup>13</sup>For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. NIV

- **What does it look like to “ ... put to death the misdeeds of the body ...”?**

7. READ: Romans 8:14-15

<sup>14</sup>For those who are led by the Spirit of God are the children of God. <sup>15</sup>The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.<sup>[a]</sup> And by him we cry, “*Abba*,<sup>[b]</sup> Father.” NIV

- Here is another incredible transformation God has done for us. We are no longer slaves of fear. Instead, we are children of God! **What does it mean to you to be adopted into God's family?**

8. READ: Romans 8:16-17

<sup>16</sup>The Spirit himself testifies with our spirit that we are God's children. <sup>17</sup>Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. NIV

- In these verses we read, “Now if we are children, then we are heirs – “ **What does it mean to be an heir of God?**

### The Fruit of the Spirit

One of the key ways we are transformed by God's Spirit is the Spirit's work in us to us, making us more and more like Jesus. The evidence of this work is what the Bible calls The Fruit of the Spirit

9. READ: Galatians 5:22-23

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. NIV

- **How would you describe the Fruit of the Spirit?**
  
- Read back through the Fruit of the Spirit list in Galatians 5:22-23. **Which of these do you have questions about? Which do you hope to grow in?**

### **PRAYER:**

Spend some time today thanking God for his transforming work in your life. Ask him to help you grow more and more like his Son as you follow his lead.