

LifeGroup Study

Animated: The Breath in the Frame

DISCUSSION GUIDE

SERMON SUMMARY

Following Jesus isn't about white-knuckling your way through behavior modification. It is an internal civil war between our "flesh" (our hardwired, self-reliant human nature) and the Holy Spirit living within us. To live by the Spirit means learning to actively "put to death" the old habits of the body by relying on a higher power—daily shifting our dependence from our own willpower to God's presence.

KEY VERSE

Romans 8:13 - For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

SERMON NOTES

[HTTPS://BIBLE.COM/EVENTS/49622503](https://bible.com/events/49622503)

1. What ideas from the sermon caught your attention?
2. In Galatians 5:16-17, Paul writes that the desires of the flesh are against the Spirit. This means spiritual struggle is a *normal* sign of life, not a sign of failure. What does this daily internal "tug-of-war" actually feel like?
3. Romans 8:3-4 reminds us that the moral law was powerless because it was "weakened by the flesh." In other words, simply knowing the rules doesn't give us the power to keep them. Why do you think our attempts at "behavior modification" or just trying harder to be good always eventually fail? When have you experienced the limit of your own willpower?
4. Read Romans 8:5. Living "according to the flesh" isn't just about committing obvious sins; it's our default human setting of self-reliance, self-protection, and people-pleasing. When you are stressed or exhausted, what is your default "fleshly" autopilot setting to cope or feel secure, and how does that get in the way of trusting God?
5. Read Romans 8:6. What are some practical "mind-sets" or recurring thought patterns we need to actively redirect if we want to experience that promised "life and peace"?
6. Galatians 5:19-21 lists the "works of the flesh." These outer behaviors always point to an inner idol. If you look at a recent moment where you lost your temper or harbored bitterness, what was the underlying "fleshly" demand (e.g., control, comfort, validation) driving it?
7. Romans 8:13 tells us that *by the Spirit* we must "put to death the deeds of the body." Romans 13:14 challenges believers to "make no provision for the flesh, to gratify its desires." Making provision means creating an environment where it's easy to stumble (like keeping junk food in the house when dieting). What is one practical area where you need to "put to death the deeds of the body" and "stop making provision" by intentionally altering your environment or routines to starve a fleshly habit?
8. Read Romans 8:14. Being "led" means we give up the right to direct our own lives. What is one specific boundary or decision in your life right now (finances, relationships, career) where you are struggling to let the Spirit lead instead of your own ambitions?

CLOSING PRAYER

Spend two minutes in silence. Have everyone breathe in deeply while silently praying, "Fill me with your Spirit," and breathe out completely while praying, "I put to death my self-reliance."