

What We Really Need More Than Conquerors

In Jesus, we have power over sin (Romans 8:1-6, 37). God desires for our lives to be increasingly free from what weighs on us, specifically the weight created by *our sin*. Everything that weighs us down in life is connected to either our own sin or the sin of others that we know. Thankfully, through Jesus the law of the Spirit of life has set us free from the law of sin and death (Romans 8:2). We will spend the entirety of our existence maturing in that freedom, growing up into who we already are in Christ Jesus. In that process and journey, our focus and the renewal of our minds will determine our level of victory over sin (Romans 5:6; 2 Corinthians 10:4-5).

GETTING STARTED

What is one thing you've experienced personally that you were relieved when it ended, as though a weight was lifted off of you? What made the situation challenging or weighty for you?

GO DEEPER

1. Hebrews 12:1 tells us to *lay aside every weight, the sin which clings so closely, and let us run with endurance the race that is set before us*. What does it mean to lay aside the weight of our sin? In what ways does sin (either our own sin or the sin of someone we know) weigh us down?
2. From Galatians 5:19-23, why do we gravitate towards works of the flesh more than fruit of the Spirit? What does it look like to operate in the fruit of the Spirit and the freedom He provides?
3. 1 Peter 2:2 instructs us that like newborn infants, we should *long for the pure spiritual milk, that by it you may grow up into salvation*. How do we continue to grow up or mature in our faith? What is the evidence that we are progressively growing up spiritually?

MAKE IT PERSONAL

1. Romans 8:5-6 shows us that what we focus on is where our victory lies. If our focus determines our level of victory over sin, how focused are you? What distracts you the most?
2. What habits of the mind are you shifting (or have shifted) as a follower of Jesus? What lie of the enemy or ungodly belief do you wrestle with the most, and why?
3. What weight do you think God wants to take from you?

PRACTICE IT NOW

Take some time as a group to ask God to help you focus on things of the Spirit, to win the battle of your minds. Ask Him to help you identify any lie or ungodly belief that you may have unknowingly embraced. Surrender to Him whatever He reveals, and ask Him to replace that thought with what is true. Thank Him together that you have power over sin in Jesus.

BLESS

Who is someone in your group, neighborhood, or workplace that you could serve this week in a small, simple way? Make a plan today to be a blessing with no strings attached.