**Be Free (1/21/24) Discussion Questions**

**Summary:** In Jesus Christ God offers us forgiveness, freedom and fullness. What does it mean to be filled with the Holy Spirit? How can we seek this filling? Romans 8 shows us a three-part cycle that connects our activity, identity and mindset. First, we walk with the Spirit (our activity). Then we “are being” in the Spirit (our identity). Finally, we set our minds on the Spirit. All three happen at once and mutually reinforce each other. How full is your spiritual gas tank? Come be encouraged in seeking a life that is more filled with the Spirit of God!

**Be Filled**

Romans 8:3-11

“There is therefore now no condemnation for those who are **in Christ Jesus**. For the law of the Spirit of life has set you free **in Christ Jesus** from the law of sin and death. For God has done what the law… could not do. By sending his own Son… to be a sin offering.” Rom. 8:1-3

**The Cycle of Spiritual Filling:**

* Your **Activity** - Becoming more like **Jesus** (v. 4)
* Your **Identity** - **Belonging** more fully to Jesus (v. 5-6, 9-10)
* Your **Mind** - Being more **Focused** on Jesus (v. 5-9)

“Do not get drunk with wine… but be filled with the Spirit.” Ephesians 5:18

**Get Started:**

1. When you were a teenager what was your life “filled” with? What were you really into and involved in?
2. How did you experience the connection between activity, identity and mindset for that thing you were involved with? How did those things reinforce one another in your life (for better or for worse…)?

**Dig In:** Read Romans 8:3-11

1. What stands out to you in this passage?
2. What is the outcome God desires (v. 4) from the gospel work He has done (v. 1-3)?
3. What does it mean to “walk” according to the Spirit? (v. 4)
4. What does it mean to “live” or “be” according to the Spirit? (v. 5)
5. Why is our mindset or thought life so important in this cycle (v. 6-8)?

**Move Forward:**

1. Which of the three parts of the cycle (A.I.M.) comes easiest or most naturally for you? Which is more difficult? Why?
2. What can you do this week to better engage this cycle?
3. Pray for each other to listen to the Spirit’s leading this week and walk closely with Him, to experience greater fullness!