



Last week, we started a new series in Romans 8 called “The Greatest Chapter in the Bible,” exploring the incredible truths of our freedom in Christ. Freedom is something we all long for, yet many struggle to experience it fully in their spiritual lives. In Romans 8:2-11, Paul reminds us that true freedom is found in Christ, who sets us free from sin, condemnation, and the exhausting traps of performance and pretending. Too often, we live as though we are still bound by guilt and shame, forgetting that the Holy Spirit empowers us to live in victory. Today, we will discuss what it means to live according to the Spirit rather than the flesh, embracing the life and peace that God offers.

**Key Passage:** Romans 8:2-11

### Discussion Questions:

1. What is the performance trap, and how does it rob believers of freedom? Have you ever felt trapped in a cycle of trying to earn God's approval through your performance?
2. What is the pretending trap, and why does it prevent true freedom? Have you ever felt the need to pretend everything is fine when you're actually struggling?
3. How does the gospel free us from the performance and pretending traps?
4. What is the "law of sin and death" versus the "law of the Spirit of life" in Romans 8:2?
5. How does knowing Jesus paid for our sins change our perspective on judgment?
6. What does it mean to "set your mind on the things of the Spirit" (Romans 8:5-6)? What are the things that most often occupy your mind throughout the day?
7. How does the Holy Spirit help believers overcome sin?
8. What practical steps can believers take to experience the freedom described in today's passage?