DOING LIFE TOGETHER

11. Are you relying on your own effort to be changed into the image of God, or are you relying on the Spirit? What measures help us determine whether we are trusting the Spirit's work instead of our own?

12. Like we saw from Jonah's example, we are tempted daily to fall back into the old patterns of sin. However, when we remember that we are children of God with the Spirit of God at work in our lives, it changes how we live each day. How can we, as a group, help each other be mindful of our relationship as children in the family of God?

Prayer Requests

evangelical free church helping people reach their potential in Christ
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April 24, 2016 The Jonah Syndrome: Jonah 4	Sermon Notes	
How could Jonah T	like that?	•
1. He L	_ God's Grace to his O_	K
2. He E	_ life by his O C_	
We need to Rto Grace in order to	our L • E God':	

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April 24, 2016

THINKING THINGS THROUGH

- 1. Imagine you were traveling to someplace you had never been before. What would you want to know in order to help you navigate? What would you use to plot your course?
- 2. What are some tools or practices you think you need in order to grow as a Christian?

DIGGING DEEPER

READ ROMANS 8:5-11.

- 3. In Romans 8:5-8, Paul contrasts people who live according to the flesh and people who live according to the Spirit. What does Paul mean when he says "live according to the flesh" (v. 5)? What things stand out to you about this comparison?
- 4. What do these verses teach us about the person and work of the Holy Spirit?
- 5. Why do we need the Holy Spirit to transform our hearts to be like God's? Why is working with the Spirit better than trying to manage our battles with sin and our personal growth on our

own?

- 6. Share about a specific time when you relied on the Holy Spirit to help you overcome a particular struggle or accept the place where God had you. What did you learn about God through that time of reliance and dependency? What did you learn about yourself?
- 7. Look again at Romans 8:9-11. What did Paul mean when he wrote that "the Spirit of God lives in you" (v. 9)? What are the implications of this truth in your life?

READ ROMANS 8:12-17.

8. What important distinctions does Paul make between those with and without Christ in these verses?

9. Read verse 17 again. What does it mean to be an heir of something? If we're co-heirs with Christ, what do we inherit?

10. What does it mean to share in Jesus' suffering? (See John 15:20-21.) Why is this type of suffering a necessary part of God's