

# LIFE GROUP

## DISCUSSION QUESTIONS

### Spiritual Freedom April 27, 2025

#### Summary

In this message, Pastor Kyle launches a new series, *Spiritual, Not Religious*, which focuses on the power of the Holy Spirit in the life of a Jesus follower. Using the metaphor of rowing versus sailing, Kyle contrasts the exhausting work of religion—trying to earn favor with God through our efforts—with the freedom and transformation that come from living by the Spirit. In Romans 8:1–4, Paul declares that there is now no condemnation for those in Christ Jesus. We are no longer bound by sin or striving in our flesh, but empowered by God’s Spirit to live out the righteous life God desires.

#### Scripture

“This is the covenant I will make with the people of Israel after that time,” declares the Lord. “I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people.” Jeremiah 31:33 (NIV)

“I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.” Ezekiel 36:26 (NIV)

Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” And with that he breathed on them and said, “Receive the Holy Spirit.” John 20:21-22 (NIV)

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 3:23 (NIV)

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8 (NIV)

What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer? Or don’t you know that all of us who were baptized into Christ Jesus were baptized into his death? We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. Romans 6:1-4 (NIV)

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23 (NIV)

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do... For I have the desire to do what is good, but I cannot carry it out... What a wretched man I am!  
Romans 7:14-15, 18b, 24a (NIV)

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Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. Romans 8:1-4 (NIV)

### Let's Start

Have you ever been sailing or out on a boat? What did you notice about how the wind affected the movement—and how is that different from rowing?

### Gratitude and Prayer

How has God worked in your life since we were together?

### Let's Talk

1. What does the image of rowing vs. sailing reveal about your own experience with following Jesus?
2. How does knowing “there is now no condemnation” affect your view of yourself? Of others?
3. In what ways are you still tempted to rely on your effort rather than the Spirit’s power?
4. Romans 8 says the Spirit has set us free from the law of sin and death. What does living in that freedom look like?
5. Kyle gave two steps to raising our sails this week:
  - Don’t condemn yourself.
  - Don’t condemn others.

Are there any areas where you’re silently condemning others? What would it look like to respond instead with grace and truth?

### Let's Act

Identify one area of your life where you’ve been rowing—trying to power through in your own strength—and ask the Holy Spirit to help you raise your sail and trust Him instead. Write it down and take a few minutes each day this week to pray, “Holy Spirit, I give this to You. Help me stop striving and start trusting. Lead me by Your power, not mine. Amen.”

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