



The Stuff Behind our Stuff!

Intro Reading: *This week we'll think deeply about living in the power of the Holy Spirit - sometimes called Sanctification or being Spirit-filled. We learned how we can receive the gracious gifts of forgiveness and new spiritual life through faith - but the problem is that the memories of our hurts, hang-ups, and habits still remain, causing us to sometimes feel like nothing in our life has changed, or that we can't truly live in victory. Even though we are saved, we still feel defeated, fearful, anxious, and even wonder about our relationship with God. This lesson aims to move us toward assurance, peace with God, and being grounded in the victory Jesus has won for us!*

- **Watch Video #8 - You can use the back side of this paper to take notes or draw the diagram that Pastor Scott shares in the video as a reference**

Group discussion questions:

- *The video stated that we've all heard words that hurt, and these have stuck with us! Did this stir up any particular memories in you? Are these hurts or hang-ups something you still carry in your heart and mind?*
- *We've talked about finding our identity in Christ, based on the Truth of God's Word. The messages we have received in our lives are often in conflict with who God tells us we really are! Why is it so hard to let go of painful memories of the past and embrace a new identity in Christ?*
- *In the video, Pastor Scott suggests that our sin and struggles are symptoms of the deeper hurts, hang-ups, and habits that are the "stuff behind our stuff". Do you agree with this correlation?*
- *Pastor Scott suggests that Sanctification, or the Spirit-filled life, is really about letting God heal the deeper places in our soul so that we might live in the freedom God desires for us. Is this different than thinking of Sanctification as "being good" and not sinning? Is this a helpful way to reimagine the Sanctifying work of the Holy Spirit in our life?*

In Your Group, Read Romans 8:1-4

- **Discussion:** *Paul states that "there is now **no condemnation** for those who are in Christ Jesus", because of what God has done for us in Jesus. We can now serve God in gratitude and love, rather than from shame, guilt, or fear of punishment. How does that change the way we relate to God in our everyday walk?*

Next, read Romans 8:5-9

- **Discussion:** *We see again the difference between a life lived in the flesh (our own human knowledge, desires, emotions) versus a life lived in the Spirit (God's wisdom, guidance, and power). The difference is based on where we "set our mind" - our thoughts are powerful in creating the reality we daily live in! What are the habits of someone whose mind is "set on the Spirit" instead of "set on the flesh"?*

Read 2 Corinthians 5:16-21 - The Great Exchange!

- **Discussion:** *Paul makes an amazing statement - in Christ, we are already part of the New Creation in our spirit, newly created by the Spirit of God! Verse 21 describes the "exchange" - what did Christ take on, and what have we become?*
- *Is it difficult to believe that you are righteous through Christ? Where does this righteousness come from?*
- *Verse 20 states that we are now "ambassadors for Christ" - how does this relate to last week's lesson on living out the good works God has created us for? (Eph. 2:10)*

EN-CORE

JOURNEY

SCRIPTURE • BELIEFS • PRACTICES

Spiritual Health in Practice

When Jesus died on the cross for our sin, He also suffered a shameful death - meaning that He carried both our sin AND shame! However, many Christians still carry painful shame and guilt. How can this experience make it difficult to share the Gospel message with others? Discuss this in your group.

Close with Prayer for One Another

Pray for one another to let go of past hurts, hang-ups, and habits and exchange them for the joy and peace of the Spirit. How can your group pray for you in this!