



GroveGROUPS Sermon Guide

The Great 8 ~ Week 2 ~ Mind Reset ~ 9/24/2023

ICE BREAKER

What is something other people have told you that you are good at? Is that something that comes easy to you, or do you have to work at it?

DISCUSSION QUESTIONS

1. Last week we were reminded to, “walk not according to the flesh but according to the Spirit.” (Romans 8:4b, ESV) Over the last week can you recall a time where you needed to make a choice to “live in the Spirit” or go your own way? How did it go? If you’re in a group, share that experience with your group.
2. READ Romans 8:5-11.
3. Take a minute to talk or think about the Holy Spirit. What is your understanding of and relationship with Him? Do you see Him as your conscience? A voice inside? A gut feeling? Is He just those things or does He play a bigger role in your life? What role does He play? (*For more information about the Holy Spirit and what “dwelling in side of us” looks like check out these verses: **New life giver** Romans 8:11, **Giver of Wisdom and a mind that thinks as God thinks** 1 Corinthians 2:10-12, **Giver of supernatural strength** Ephesians 3:16, **Giver of Godly virtues** Galatians 5:22-23, **Giver of gifts and talents** 1 Corinthians 12:4-7)*)
4. If one role of the Holy Spirit is to give us the power to choose to live God’s way over our own, what’s one area in your life where you’d like to invite the Holy Spirit to be more present?
5. Does your mind have a tough time resting? Do you struggle to allow God to reset or refocus the things you wrestle with in you mind? Have you found ways to have peace in your mind? Share any tips or tricks you’ve found to settle your mind.
6. Take time to pray in your group or on your own for the war that may be going on in your mind. Invite God into the dialog already happening in your head and see if He wants to ease the burden, reset your focus or give you a new perspective in the situation you’re wrestling with.