



Session #3— July 19, 2026

Title: Let God's Spirit Lead You

Theme: Praise

Scripture: Romans 8:12-17 (NIV)

Objective: During this session, the learner will gain a better understanding of why it's better to live by the Spirit, rather than the flesh.

Outreach from Previous Week:

What distractions or "thorns" might be choking your spiritual growth today? How do you handle them?

Training Text: Romans 8:12-17 (NIV)

¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

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Scripture Discussion | Romans 8:12-13

- As brothers and sisters in Christ, how are we obligated *not* to live?
 - What are the results of living by the Spirit, instead of living by the flesh?
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Scripture Discussion | Romans 8:14-15

- According to verse 14, who are “the children of God?”
 - Explain what happens when you receive the Spirit of God.
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Scripture Discussion | Romans 8:16-17

- How do we become God’s children?
 - What privileges do we gain from being children of God?
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Discussion Questions:

- What are the consequences of living for the flesh versus living by the Spirit?

- Provide examples of how the Holy Spirit has given you assurance of God’s salvation work in your life.

- Explain what it means to you to be adopted into God’s family.

Next Week’s Scripture: Psalm 105:1-4 (NIV)

Outreach:

Ask two people the following question: What are the consequences of living for the flesh versus living by the Spirit?

Report your results in the group next week.