

Activity #3: Print this out for the older student group leaders.

Group Discussion for Romans 8:1-11

6th-10th Grade: "Real-Life Decision Breakdown"

Purpose:

Helps students understand the difference between condemnation and conviction & connects the battle of the flesh and Spirit to everyday life

What You Need:

- Whiteboard or paper
- Markers
- Scenario sheet (or read aloud)

Activity Steps:

1. Break into small groups (3-4 students)

Each group answers:

Part A – Am I Safe With God?

Discuss:

- Have you ever worried about whether God is disappointed in you?
- Why do Christians sometimes doubt their salvation when they sin?
- What does Paul mean when he says there is "no condemnation" for believers?

Romans 8:1 "There is now no condemnation for those who are in Christ Jesus."

Have students discuss:

- Assurance of salvation
- Forgiveness
- Grace
- Security in Christ

Part B – Safe in Christ, Living by the Spirit

Have them discuss living by the flesh vs living by the Spirit:

Romans 8:5-6

Discuss:

- What Paul means by "flesh"
- What it means to walk in the Spirit
- Why Christians experience an ongoing battle

Living by the Flesh	Living by the Spirit
Focused on self	Focused on God
Leads toward sin	Leads toward obedience
Temporary desires	Eternal priorities
Death	Life and peace

Part C – The Holy Spirit Changes Everything

Ask: “How do we know we belong to Jesus?”

Have students look up tie-in scriptures and connect:

- John 10:28 “I give eternal life to them, and they will never perish.”
- John 14:26 “But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.”
- Ephesians 1:13-14 “You were sealed in Him with the Holy Spirit of promise.”

Discuss:

- The Holy Spirit lives in believers
- The Spirit helps us follow God
- The Spirit is proof we belong to Christ

Group Discussion Questions:

- Why do Christians still struggle with sin if they are saved?
- What is the difference between conviction and condemnation?
- How does the Holy Spirit help believers every day?
- Why is it comforting to know our salvation depends on Christ and not our performance?

2. Personal or Out loud Reflection (Silent – 5 minutes)

Ask students to write or answer out loud: “When do I most often doubt or fear instead of trusting God?”

OR

What is one way I can rely more on the Holy Spirit this week?

Prayer & Reflection: Ask God to help you rely on the Holy Spirit when making choices each day. If you often make decisions without seeking His guidance, ask Him to make you more aware of and sensitive to the Spirit’s leading. Take time to confess any sin you may be holding onto, and thank God for His forgiveness and His work of growing you into the image of Christ.

(No sharing required if done silently- keep it personal)

Key for Lesson: Because of Jesus, believers are no longer condemned. The Holy Spirit lives within them, helping them walk with God and giving them confidence that they belong to Him forever.