



RESURRECTION RESULTS

Romans 8:1-11



4/5/2026

OUTLINE

1. Free to rest
2. Free to love
3. Free to live

NOTES

READ Romans 8:1-11 after reading Observe 1

REVIEW

OBSERVE

1. Have one person in your group read slowly through Romans 8. Whenever you come to a result of the death and resurrection of Jesus, pause and make note of what that result is.
2. Note the repeated references to the Spirit in Romans 8. In this passage, what role does he play in believers experiencing the results of the resurrection?

INTERPRET

1. How do we seek rest, love and life apart from Christ?
2. How can we seek rest, love and life in Christ?

ASSESS

1. What measures do you tend to use to determine if someone is a good person?
2. What does it look like to actively rest in the work of Christ? How does that description match up with your life?
3. In love, God chose you and died for you. How does your relationship with him reflect his love for you? How does God's love for you impact your relationships with other people?
4. What does it mean to set your mind on the things of the flesh or the things of the Spirit? (5)
5. How do you consciously set your mind on the things of the Spirit and avoid setting it on things of the flesh?

DIG DEEPER

Weekly Reading Plan

Isaiah 52-53
 Ezekiel 36-37
 2 Corinthians 5:16-21
 Galatians 2:20
 Hebrews 3-4



MUTUAL MINISTRY

HOW DID YOUR PLAN GO?

How am I doing on my personal spiritual rhythms?

WORSHIP
WALK
WORK

How are we doing in our Group commitments?

LOVE FORGIVE MISSION
SERVE SUBMIT
ENCOURAGE BE DEVOTED

APPLY

1. Take some time each night this week to reflect on ways you tried to prove yourself to God or others that day. How would those moments have gone differently if you were resting in the approval Christ won for you?
2. Who is someone in your life that God is calling you to sacrificially love? What are 3 things you can do this week to love that person?
3. How can you set your mind on things of the Spirit this week?
4. Are there any other steps of obedience God is calling you to from the sermon?

I WILL

_____ WILL
