



EMMANUEL

LifeGroup

LifeNotes

LifeGroups exist to follow Jesus together, build authentic community, and lead others to Him

Sermon: The Way to Life Is Death (Wk. 3 Holy Spirit Series)

(Michael - Aug. 30th, 2026)

Primary Scriptures:

Romans 8:13

Supporting Scriptures:

Romans 12:1, Galatians 5:16–17, Galatians 5:19–25, Colossians 3:5–10, John 10:10, Luke 9:23

Ice Breaker Question (15 min): *(Ice Breakers build deeper relationships!)*

What is something you own that you've had much longer than you expected?

Sermon Summary:

This week we looked at a challenging truth about life in the Spirit: sometimes something in us has to die so that we can truly live. As followers of Jesus, we still experience a real battle between the desires of our flesh and the leadership of the Holy Spirit, but the Spirit gives us power to surrender those desires instead of being controlled by them. Following the Spirit will not always lead us toward what is easy or comfortable because becoming more like Jesus requires surrender, sacrifice, and obedience. We often want abundant life without a surrendered life, but Jesus never separated following Him from denying ourselves and taking up our cross. The good news is that the Spirit is not trying to take life away from us, He is freeing us from desires that can never give us the life they promise. As we surrender to Him, He increasingly produces the character of Jesus in us through love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Group Discussion Questions (30 - 45 Minutes)

1. Romans 8:13 says that by the Spirit we put to death the misdeeds of the body and then live. What does this verse reveal about the partnership between our responsibility and the Spirit's power?
2. Which of the more subtle expressions of the flesh, defensiveness, control, needing recognition, resentment, criticism, comfort, self-reliance, or something else, are you most likely to excuse in yourself?
3. Read Galatians 5:22–23. If the fruit of the Spirit shows us the character of God it wants to produce in us, which qualities would make the biggest difference in our homes and relationships right now?
4. Jesus said abundant life comes through denying ourselves and taking up our cross daily. Where is the Spirit currently inviting you to surrender something so that His life can become more visible through you?

Prayer Time (15 min): *(Break into smaller groups, read the following instructions, and pray for one another.)*

- **Pray:** Spirit of God, search me and show me what still needs to die so that the life of Jesus can grow. We choose to surrender those places rather than deny them. Transform the desires that pull us toward self and shape us into people who carry Your love, joy, peace, and self-control into every relationship and decision.