

## ICEBREAKER

- **What's an unwritten social rule that really bothers you when people break it?**  
(Examples: not replacing the toilet paper roll, talking on speakerphone in public, leaving shopping carts in parking spaces, watching ahead in a series)

## IDEA 1: THE PURPOSE OF THE LAW

**Key Concept:** The law wasn't given to drag us down, but to drag us up. God's law was designed for our flourishing, our identity, and our relationship with Him.

- **Where do you see God's law like a "fence around a big yard" that allows us to play freely rather than a cage that restricts us?**
- **Where have you viewed God as a "cosmic killjoy" rather than a loving Father who wants you to flourish?**

## IDEA 2: THE PROBLEM AND THE PROVISION

**Key Concept:** The law shows us our need but can't meet it. Like a thermometer that diagnoses but doesn't deliver healing, or a donut spare tire that gets us from A to B but isn't permanent—the law points us to Jesus, who is the ultimate provision.

- **Have you ever fallen into the trap of legalism—trying to earn God's approval through performance? What did that look/feel like?**
- **How does understanding that "we don't have to perform for God's approval—Jesus already earned it" impact your life? What does it look like in your daily life when you remember you're already approved by God?**

## EXPERIENCING GOD TOGETHER

### 1. Read Romans 8:1-2 aloud together:

- "So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death."

### 2. Ask the Holy Spirit - where am I currently living in condemnation?

- Provide space to quietly listen and pay attention to whatever He brings to mind.

### 3. Break up into smaller groups and provide space for people to share what Holy Spirit brought to mind. Then pray for one another, asking the Holy Spirit to help each person walk in that freedom this week.

## PRACTICE FOR THIS WEEK

Read through and discuss which of these practices you feel like God might be inviting you to do in response to the sermon this week.

### 1. Continue to Pray for Filling

- Each morning this week, pray: "Holy Spirit, fill me fresh today. Give me the power to love God and love others from the inside out. Be the wind in my sails."
- Pay attention to moments when you sense the Spirit's prompting or empowerment.

### 2. Continue to Walk in Forgiveness

- Continue to read and meditate on Romans 8:1-2 this week.
- When condemning thoughts come to mind, respond with this breath prayer:
  - Inhale: No condemnation
  - Exhale: Only freedom