



The Spirit **Josh Morris**

Focus The law God gave to Moses is holy and good, but because of sin, it brings death. In contrast, the law of the Spirit brings life and has set us free from the law of sin and death. Our life is meant to be led by the Holy Spirit in every way.

Fun What do you do to get refreshed and recharged?

Review Key Scriptures: Luke 24:44–45; Exodus 13:21; Romans 7:7–12, 8:1–4; Numbers 13:26–30

1. The law brings death.

The law God gave to Moses in the Old Testament was a gift because it shows us how sinful we are. Without knowing what the law says, we wouldn't know if we were breaking the law or not. However, even though we know God's holy law, we are incapable of keeping the law in our flesh. Romans 7 tells us the law is holy and good but because of our sinful nature, it actually brings death. In Exodus 13, the Israelites are saved from their oppressor, but it wasn't an easy resolution. The Israelites still needed to make a long, hard journey to the Promised Land. In the same way, when we receive Christ and we are baptized in the water, we need the Spirit to guide us on our long and sometimes difficult journey.

2. The Spirit brings life.

Through the Spirit, we continually learn what the Scriptures teach us, and through the Scriptures, we find our way back to paradise and relationship with God. Romans 8:2 tells us "the law of the Spirit who gives life has set you free from the law of sin and death." Through God's Spirit, we experience life. Moses and the Israelites being led by the cloud during the day and protected by the

pillar of fire at night symbolizes the work of the Spirit in our lives. God leads us and guides us daily, and when we submit to Him, our lives are directed by His Spirit.

Group Dynamics Idea As you encourage one another to think of who you will invite to Easter service, make a prayer list that includes the people you are inviting as well as anyone you know who needs salvation. Take time to pray for these people as a group.

Discuss

1. Read Romans 7:7–12. How does knowing the law actually give power to sin?
2. Why do you think it is harder for people to avoid doing something after you specifically tell them not to do it?
3. Read Romans 8:1–4. In what ways is it encouraging that God's Spirit brings life?
4. What do you think it means to walk according to the Spirit versus walking in the flesh?
5. How does being led by God's Spirit look similar to the Israelites being led by the cloud and pillar of fire?
6. If you can think of an example of what it looks like in your life to be led by the Holy Spirit, please share.
7. What is the Holy Spirit saying to you through this message?

Take Home

As we conclude, remember the following:

- The law brings death.
- The Spirit brings life.

Prayer Heavenly Father, thank You for giving us the law so we could learn about the deadly influence of sin in our life. And thank You, Jesus, for taking our sin on the cross and giving us the Spirit as our guide. Today, we receive Your life-giving Spirit. Please help us to be led by the Holy Spirit in every area of our life. In Jesus' name, Amen.

New Leader Tip Are you consistently taking a sabbath and resting? Make sure you are not only having a day of rest but that you are also allowing time for life-giving friendships. Ask the Spirit to guide you as you plan your calendar each week.