



## LIFELINE Discussion Guide

Week of January 5, 2026

1. Have you ever seen the outdoor event called the “steeple-chase”? It’s a running event where obstacles are placed in the runners’ paths. What are some of the obstacles that participants are forced to jump over? (Not sure? Google it.). What are some of the obstacles that keep Christians from growing closer to God and more effective for Him? What obstacles have hindered you in the past?
2. Read **Romans 8:1-17**. Have each person in your Life Group read one verse and go around the room until the passage is complete. How would you summarize this passage of Scripture in your own words? What is the big idea of this section?
3. **THE OBSTACLE of PERFECTION:** Will you have to live a perfect life in the present to be pleasing to God or accepted by Him? What do verses 1-4 say about “condemnation” and how we are accepted in God’s eyes? How was Jesus “condemned” on the cross?
4. **THE OBSTACLE of a FLESH-FOCUSED MIND:** What does the Bible mean when it talks about the “flesh”? Is there something wrong with our skin? According to verses 5-6, what does a fleshly approach to life lead to? What does a life impacted by the Holy Spirit lead to? What are some of the ways that our “flesh” distract us from living a godly life? Give some real-world examples.
5. **THE OBSTACLE of FORGETTING WHO LIVES IN YOU:** What is the primary evidence that someone is a true Christian according to verse 9? How does the presence of the Holy Spirit give the Christian confidence for daily living that is truly “life”? What kind of life did Jesus promise in John 10:10?
6. **THE OBSTACLE of FEAR-BASED IDENTITY:** What are some of the significant differences of relationship between EMPLOYER/EMPLOYEE versus PARENT/CHILD? What do verses 14-16 say about our relationship with God, now that we’ve trusted Christ? What are the blessings given to the “sons” and “daughters” of God? (see verse 17 and discuss what ‘heirs’ receive)
7. What are some of the reasons why some Christians run away from God? How can this passage of Scripture encourage someone to run TO God, instead of AWAY from Him?

*Therefore, there is now no condemnation for those who are in Christ Jesus.  
(Romans 8:1)*