

also give life to your mortal bodies because of his Spirit who lives in you. **Romans 8:9-11, NIV**

## Bounce Back

### Seek God's Presence and Power

January 16-17, 2021 / Chris Johnson

**God doesn't want us to have a Do-It-Yourself \_\_\_\_\_ when it comes to our spiritual \_\_\_\_\_.**

<sup>24</sup> What a wretched man I am! Who will rescue me from this body that is subject to death? <sup>25</sup> Thanks be to God, who delivers me through Jesus Christ our Lord! **Romans 7:24-25, NIV**

**What are my \_\_\_\_\_ - \_\_\_\_\_ beliefs? I can't do this because \_\_\_\_\_. (Fill in the blank)**

<sup>5</sup> Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **Romans 8:5, NIV**

**What preoccupies our \_\_\_\_\_ shapes not just \_\_\_\_\_ we live, but for \_\_\_\_\_ we live.**

<sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God. **Romans 8:6-8, NIV**

**What is my mindset about sin?**

- **My mindset may be \_\_\_\_\_.**
- **My mindset may be \_\_\_\_\_.**
- **The Spirit offers \_\_\_\_\_ and \_\_\_\_\_.**

<sup>9</sup> You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup> But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. <sup>11</sup> And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will

**When I need spiritual energy, where do I go to get it? Seek the Spirit's \_\_\_\_\_ and \_\_\_\_\_.**

<sup>5</sup> But now I am going to him who sent me. None of you asks me, 'Where are you going?' <sup>6</sup> Rather, you are filled with grief because I have said these things. <sup>7</sup> But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. **John 16:5-7, NIV**

<sup>12</sup> Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. <sup>13</sup> For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. **Romans 8:12-13, NIV**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. **Galatians 5:22-25, NIV**

**Seeking God's presence and power isn't just**

**\_\_\_\_\_ the power drain of sin. It's powering up with the \_\_\_\_\_ of God.**

## MEMORY VERSE

<sup>9</sup> You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. **Romans 8:9, NIV**

**My next step:** I will strive to have the daily mindset to run to God for forgiveness and power to be who He has declared me to be.

What's your next step today?

Mark it on your Communication Card.

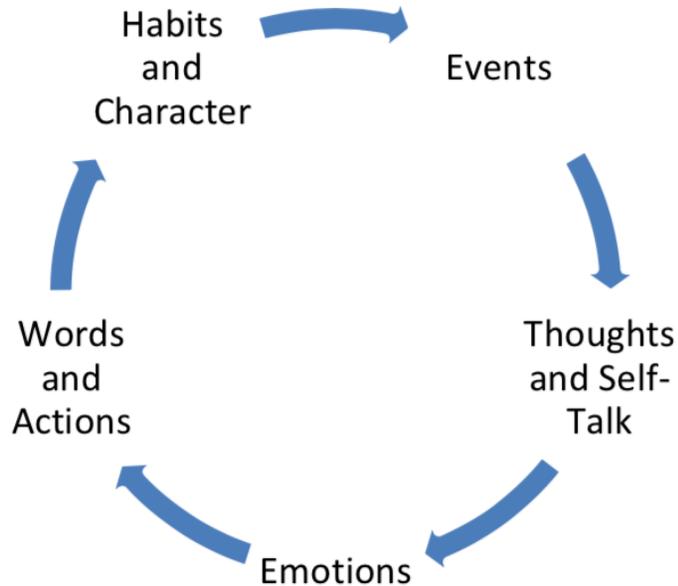
# Impact Groups

## Bounce Back: Seek God's Presence and Power

**Getting Started:** What is the most ambitious thing that you've done as a "Do-It-Yourself" project?

### Going back to Sunday

What truth from Sunday's message was most impactful for you? How has the truth made a difference in your thinking, your emotions, or your words and actions this week?



### Read Romans 8:5-8

<sup>5</sup> Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. <sup>7</sup> The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. <sup>8</sup> Those who are in the realm of the flesh cannot please God.

**Romans 8:6-8, NIV**

What do you do with your down time? What does this suggest your mind is set on?

### Read Romans 8:9-11

<sup>9</sup> You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. <sup>10</sup> But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. <sup>11</sup> And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. **Romans 8:9-11, NIV**

What are some false "energy fillers" that we may be tempted to choose instead of choosing to fill up with the Spirit? What is the best way that you have found to power up with God?

### My Next Step

Create a private list of hurts, habits or hang-ups that are preventing you from experiencing a closer walk with the Spirit. Share this list with a trusted friend and pray together and ask God to show you how you can overcome them.

### Doing Life Together

They say it takes 21 days to cultivate a habit. Come up with at least one way as a group that you can cultivate a healthy habit of powering up with God.

### Prayer

Pray together as a group for about 10 minutes. Many groups do this in a circle format, allowing each person in the circle to pray or pass as they wish until all have had a chance to pray.

### Reminders

Christian Essentials 2 – Grow is January 23, 8:30am at ALA.

Christian Essentials 3 – Serve is January 30, 8:30am at ALA.  
Signup on the Church Center app or on our website.