



Sermon Growth Guide

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What Are You Praying For? | Romans 8:1-11

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Key Verse: Romans 8:11 – “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.”

Big Idea: If you are in Christ, the Spirit who raised Jesus from the dead now lives in you, giving Resurrection Life!

Foundations

Romans 8 doesn't begin with a call to be-have better; Paul begins with good news. There is now no condemnation for those who are in Christ Jesus. That's not a feeling to chase or a standard to maintain—it's a verdict already declared. And from that verdict flows a new power: the Spirit of life, breaking the old patterns of sin and death and awakening something entirely new within us.

The Christian life isn't about trying harder to be better people. It's about living from a different source altogether. One path—the flesh—keeps us curved in on ourselves, chasing things that promise life but quietly drain it away. The other—the Spirit—leads to life and peace, even when it asks for surrender, trust, and sacrifice.

This is not theoretical. It presses into what we desire, how we think, what captures our attention, and what shapes our days. Paul is clear: everyone is moving in a direction; everyone is on a path. The question is not if we are being formed, but by what power.

So the invitation is clear and present: Pray for resurrection life—not just someday, but today. Pray that the Spirit would fill you, reorient you, and empower you to walk with Jesus—not as one striving to become alive, but as one who already is.

Understanding God's Word

Read Romans 8:1-11 together.

What does the news that there is “no condemnation” actually free you from? What does it free you for?

When you hear “the Spirit of him who raised Jesus from the dead lives in you” (v.11), what stirs in you—confidence, doubt, indifference?

Applying God's Word

Read Romans 8:5-8. How would you describe the difference between a mind set on the flesh and a mind set on the Spirit?

Which direction do you see most clearly shaping your thoughts and desires right now?

Witnessing God's Word

Who in your life seems to be “running on empty”—spiritually disconnected, exhausted, or searching for life?

How does understanding “resurrection life” change the way you see and engage those people?

The sermon challenged us to think about trajectory: life or death. How might your presence point someone toward life?