



A Well-Defined
FAITH

[fāth] (noun)

Biblical words used in church...
Discover what they really mean.



Sunday
June 7, 2026

Romans 8:6, 14-16, 26-27

Example Teaching Rhythm

Welcome and Connect: 10 Minutes

This helps people feel connected and more comfortable participating in the study and discussion.

Look Forward: 5-10 Minutes

Share any important church events, service opportunities, or upcoming group plans. Keep this brief but clear.

Look at Scripture: 25-35 Minutes

This is the main focus of Community Groups. Read the selected scripture together and guide the group through discussion questions and observations.

Prayer: 10 Minutes

Invite members to share prayer requests and praises, then pray together as a group. This is a time to support one another.

Explaining the H.E.A.R Method

The acronym **HEAR** stands for **Highlight, Explain, Apply, and Respond**. Each of these four steps aims to cultivate an atmosphere to hear God speak.

Highlight - After praying for the Holy Spirit's guidance, read the passage of scripture, and highlight each verse that speaks to you.

Explain - Explain what the text means. Ask questions like:

- Who wrote this, to whom, and why? What does this reveal about God? What do the key words actually mean? What did this call the original audience to, and what does that reveal for me?

By asking questions, with the help of God's Spirit, and by using helpful study resources, you can understand the meaning of a passage or verse.

Apply - This application is the heart of the process. Everything you have done so far culminates under this heading. As you have done before, work to uncover the significance of these verses and the implications they have. Ask questions like:

- What does this passage reveal about God, yourself, or the world that you need to embrace or sit with? Does this passage challenge an attitude, assumption, or habit that needs to change? Is there something to do? Is there someone to love?

Respond - Your response to the passage may take on many forms. Ask: Is there something to pray? - Let the passage shape your prayer, not just inform it. Use the "Five Daily Prayer Prompts" to guide you in your response.

“Holy Spirit - God's Personal Powerful Presence”

Introduction

There is a moment in many Christians' lives when they realize they have been doing it alone.

Not dramatically alone. Not in obvious rebellion or deliberate distance from God. Just – quietly, gradually, practically alone. Making decisions by their own best judgment. Praying by their own best words. Persevering by their own best effort. Believing the right things about the Holy Spirit while functionally living as though He were an occasional visitor rather than a permanent resident.

That is exactly the gap Romans 8 was written to close.

The Holy Spirit is not an experience to seek, an energy to channel, or the emotional register of a particularly good worship service. The New Testament presents the Spirit as one who speaks, intercedes, leads, and bears witness – an advocate who comes alongside someone who cannot manage alone. Not a force. A presence. And a relentlessly active one.

What makes Romans 8 remarkable is what Paul does not do. He does not argue for the Spirit's existence. He does not explain how to access Him or qualify for His help. He simply describes a life already being lived from within the Spirit's presence – and assumes his readers are living it. The Spirit is already interceding. Already bearing witness. Already redirecting what sin bent toward death. The question is not whether any of that is happening. The question is whether you have been paying attention.

Most people in the room believe in the Holy Spirit in some general sense. The harder question is whether that belief has changed anything – whether the Spirit is the oxygen the Christian life runs on, or a theological category that gets affirmed on Sunday and forgotten by Tuesday.

Romans 8 presses that question without apology. And it does not leave you without an answer.

Discussion Questions + Illustration

Select a question or two below to open up discussion.

- When you hear the words "the Holy Spirit," what is your honest first reaction – and what does that reveal about how you've understood Him?
- Have you ever sensed that you were being led, helped to pray, or confirmed as a child of God? What was that like – did you recognize it?
- Is there a difference between believing the Spirit lives in you doctrinally and actually living as though He does? Where do you feel that gap most?
- Have you ever been in a season where you didn't know how to pray – and what did you do?
- What would it look like to set your mind on the Spirit not as a discipline, but as an orientation? What would have to change?

An early telegraph cable was laid in 1858, and it took 18 hours to transmit a single sentence. The connection was real – but the operator kept increasing the voltage until the cable burned out entirely. Communication failed not because the line wasn't there, but because no one had learned to use it.

- That is an accurate picture of how many Christians relate to the Holy Spirit. The connection is real. The presence is genuine. But we increase the voltage of our own effort and religious performance – and the quiet signal of the Spirit gets lost in the noise. Romans 8 describes a different way. Not louder effort. Attentiveness to a presence already there.

Highlight | Read Romans 8:6, 14-16, 26-27

Romans 8 is Paul at his most comprehensive – not an introduction to the Spirit but a description of a life already being lived from His presence. By verse 6, he has already argued that what sin bent toward death the Spirit redirects toward life.

Verse 6 draws the sharpest possible contrast: the mind set on the flesh tends toward death; the mind set on the Spirit tends toward life and peace. This is not primarily a moral category. It is an orientation – where a person's attention, trust, and dependence habitually rest.

Verses 14–16 move from orientation to identity. The Spirit bears witness alongside our spirit that we are children of God. The word *huiothesia* – adoption – was a Roman legal term conferring full rights and full standing. The Spirit's role is not to make that identity possible. It is to make it felt – pressing it past doctrine into lived certainty.

Verses 26–27 address where the Christian life most often breaks down: prayer. The word translated "helps" – *sunantilambanomai* – means to take hold of something together with someone from the other side, when they are not strong enough alone. The Spirit does not wait for articulate prayer. He intercedes with groanings too deep for words, and the Father who searches the heart reads those intercessions perfectly.

- What does it mean to "set the mind" on the Spirit – and what is a practical difference between those two orientations in a given day?
- Why does identity need to be confirmed – and what keeps it from landing?

Explain | Consider the Context

Romans is Paul's most careful letter – a theological argument from beginning to end. By chapter 8, he has established that no one is righteous by effort, that faith changes standing, that the old self has been crucified. Chapter 8 answers the obvious question: so what is the Christian life actually like?

The flesh (sarx) and Spirit (pneuma) are not physical categories. The flesh is human existence organized around its own resources. The Spirit is divine existence breaking in and reorganizing life around God's purposes – not an equally matched competitor, but God's own presence, the same one that raised Jesus, now dwelling in mortal bodies.

The Spirit does not merely confirm adopted status – He makes it real, making it possible to address God with the intimacy of a child rather than the formality of a subject. The intercession passage assumes Christian weakness not as exceptional but as the ordinary condition of human existence before God. The Spirit's help is not for crisis moments. It is the ongoing structure of genuine prayer.

- The Spirit intercedes "according to the will of God" – what does it mean that He prays for you in directions you can't always articulate?
- If adoption is irrevocable, why does the Spirit still need to bear witness to it? What is Paul saying about the difference between what is true and what is felt?

Apply | Discuss as a Group

The passage does not ask you to manufacture the Spirit's presence. It assumes the presence and describes what becomes possible from within it. That is a different starting point than most Christians actually use.

The most common failure mode is not unbelief. It is functional self-reliance – treating the Holy Spirit as confirmation of decisions already made, comfort for difficulties already suffered, a reasonable explanation for experiences that feel spiritual. Not the actual animating principle of daily life. The gap between what this passage describes and what most believers experience is not a gap of sincerity. It is a gap of attention.

Setting the mind on the Spirit is not a feeling to generate. It is a practice – a habitual turning of attention toward the one who has never stopped working, never stopped praying, never stopped pointing you back to who you are. A reorientation of what the mind rests on, not an achievement the mind produces.

Verses 26–27 offer the most practical application of all. If the Spirit intercedes with groanings too deep for words, inarticulate prayer is not failed prayer. The Christian who comes to God without words, without a formed request, without knowing what to ask – is not doing it wrong. They are doing it most honestly. The Spirit takes it from there.

- Where are you still organizing your spiritual life around your own effort rather than a presence you've been given?
- Is there something you haven't been able to pray about because you don't know what to ask? What would it change to believe the Spirit is interceding there right now?

Respond | How should I live/pray?

Romans 8 does not end at verse 27. It ends with a doxology – nothing can separate us from the love of God in Christ Jesus. That is where the Spirit's work is aimed: not toward an experience, but toward belonging.

The posture this passage calls for is not straining. It is receiving. The Spirit has been given, not earned. The adoption is already sealed. The intercession is already underway. The mind set on the Spirit – not the mind that has figured out how to perform spiritually, but the mind that has learned to rest in what has already been given – is the mind that tends toward life and peace.

That reorientation is not dramatic in its appearance. It looks like pausing before a decision to ask what the Spirit is doing rather than what you have already decided. It looks like letting silence in prayer be something the Spirit fills rather than something you have failed to fill with words. It looks like receiving the quiet confirmation that you are a child of God – not because you feel worthy of it, but because the Spirit bears witness to it regardless.

And when words run out – when the circumstance is too heavy, the grief too formless, the need too large to articulate – the most faithful thing is not to find better words. It is to bring the formless thing to God and trust that the one who searches the heart reads the Spirit's intercession perfectly.

The Spirit does not need your strength to do His work. He needs your willingness to stop working alone.

- Where have you been trying to live the Christian life in your own effort – and what would it look like to deliberately turn your attention to the Spirit's presence there this week?
- What would change about your prayer life if you stopped treating inarticulate prayer as inadequate and started trusting the Spirit to carry what you cannot put into words?

Response Tool: Five Daily Prayer Prompts

As you leave today, let these five questions carry the weight of your response into the week ahead – not as a checklist, but as an ongoing conversation with God. Introduce the five daily questions as a simple spiritual practice that can help us intentionally live out our faith in our workplaces, homes, families, and communities.

- God, where do you want me to go?
- God, who do you want me to see?
- God, what do you want me to say?
- God, what do you want me to pray?
- God, how do you want me to serve?

After this time of reflection, transition into a time of prayer requests. Allow time for members to share and, if appropriate, allow others in the class to pray for each other.

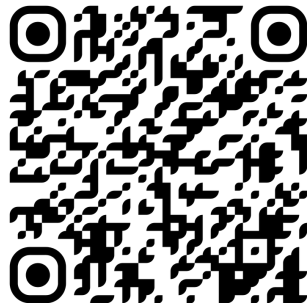
Additional Commentary

- On pneuma – "Spirit": The Greek means breath or wind – invisible, felt in its effects, not produced by the one it moves through. Paul's use is never impersonal. The Spirit speaks (v.26), leads (v.14), bears witness (v.16), and intercedes (v.26–27). These are not the actions of a force. They are the actions of a person – fully God, fully present in the believer.
- On "sets the mind on" (v.6) – phronema: What the mind habitually returns to when nothing demands its attention. The mind set on the flesh keeps returning to human resources. The mind set on the Spirit keeps returning to divine presence. The life that results is not the same.
- On huiothesia – "adoption" (v.15): Roman adoption conferred full standing as an heir – not subordinate, not provisional, not reversible. The child who cries Abba addresses God with the confidence of someone whose standing cannot be undone. The Spirit presses that identity past doctrine into lived experience of belonging.
- On Abba (v.15): The word a Jewish child used for their father in ordinary conversation – Jesus uses it in Gethsemane (Mark 14:36). Paul places it in the mouth of every believer. The Spirit does not give access to God as a distant authority. He gives access to God as Father.
- On sunantilambanomai – "helps" (v.26): To take hold of something together with someone from the other side – two people carrying what neither could carry alone. The Spirit takes the weight from the other end, carrying to the Father what the believer cannot articulate. Weakness in prayer is not a disqualification. It is the precise condition the Spirit was given to address.
- On "according to the will of God" (v.27): The Spirit's intercession is shaped not by what we want but by what God purposes. Even our most confused cries are received, interpreted, and answered by someone who knows both the one praying and the one being prayed to – and whose intercession always lands in the right place.

Community Group Resource Page

Visit our website to view our **leadership resources**.

From Community Group training and resources to Discipleship Group starter guides, we want to equip you to make disciples.



Additional Study

Watch/Listen

Bible Project - Romans



See a collection of videos, classes, and articles that dive into **Romans**.

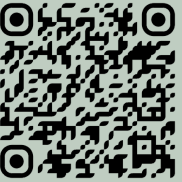
Bible Project - The Holy Spirit



In this guide, we explore the **Holy Spirit** as God's Personal Powerful Presence.

Overview

Enduring Word - Romans 8



Text commentary, written materials, and audio/video recordings over **Romans 8**.

Got Questions - The Holy Spirit



Biblical Q&A, articles, translations, audios, videos, apps, podcasts and more on the **Holy Spirit**.

Expand

Bible Reference - Romans 8



Explore chapter and verse commentaries to deepen your understanding of **Romans 8**.

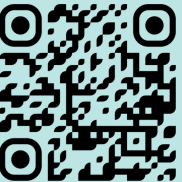
Bible Hub - Romans 8



Parallel translations, language tools, commentaries, and much more on **Romans 8**.

Deepen

Logos Factbook - Holy Spirit



Logos Factbook shares information resources and articles about **The Holy Spirit**.

Blue Letter Bible - Romans 8



Original texts, Translations, Cross-Refs, Commentaries, Dictionaries + more on **Romans 8**.

