



LifeGroup Discussion Packet

Renewing Your Mind with God's Truth

Series: Winning the War Within

Romans 6:12-23

January 31-February 1, 2026

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Main Idea

Lasting change happens when your thinking aligns with God's truth instead of your old patterns and impulses.

Key Verses

"Do not let sin control the way you live; do not give in to sinful desires." Romans 6:12 (NLT)

"Don't you realize that you become the slave of whatever you choose to obey?" Romans 6:16 (NLT)

"The wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord." Romans 6:23 (NLT)

Warm-Up Question- Have you ever known the right thing to do but still felt pulled to do the opposite? What usually makes that moment so difficult?

Discussion Questions

1. Authority - What Reigns in Your Mind

Pastor Todd said, "What reigns in your mind will rule your life."

- What are some common things that try to "reign" in our thinking today (fear, habits, emotions, stress, etc.)?

- Why is it easier to let familiar impulses lead instead of intentionally submitting to God's truth?

Read Romans 6:13-14

What does it look like, practically, to "present yourself to God" in everyday life?

2. Formation - What You Present Shapes You

Read Romans 6:16-19

- Paul says we become shaped by what we repeatedly obey. Why do you think habits often shape us more than intentions?
- Pastor Todd said, "You don't drift into righteousness, you're shaped into it." Where do you see that playing out in real life?

In the message, we heard about how Nicky Cruz learned that feeling anger did not require obeying it.

- What's the difference between having a thought or emotion and allowing it to be in charge?
- How can this understanding bring hope instead of guilt?

3. Direction - Where Obedience Leads

Read Romans 6:20-23

- Paul contrasts wages and gifts. How does that distinction change the way you think about obedience and grace?
- Why do you think Paul wants believers to consider where their choices are leading, not just what they feel in the moment?

Pastor Todd said, "Obedience isn't about avoiding punishment; it's about choosing a destination."

- How does that perspective change your motivation for following Jesus?

Going Deeper

Read Proverbs 4:23 and Colossians 3:1-3.

- How do these verses support Paul's teaching in Romans 6?
- What connection do you see between focus, obedience, and spiritual freedom?

Next Step

This week,

- A. Identify one area where you need to clarify who is in charge... your old impulses or God's truth.
- B. Ask God daily... "Who gets the final word in my mind today?"
- C. Choose one practical step...
 - Replace a negative thought with Scripture
 - Pause before reacting emotionally
 - Change what you give your attention to during stress. Write it down and pray over it this week.

Closing Prayer

God, thank You that sin is no longer our master. Help us align our thinking with Your truth. Show us where old patterns still try to reign, and give us the courage to submit those areas to You. Renew our minds so our lives reflect Your freedom and grace. In Jesus' name, amen.