



LifeGroup Discussion Packet

God's Plan for Emotional Strength

Series: Winning the War Within

Romans 8:1-11

February 21-22, 2026

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Main Idea

Emotional strength grows when you stop living under condemnation and start living from the Spirit within you.

Key Passage

“There is therefore now no condemnation for those who are in Christ Jesus.” Romans 8:1 (ESV)

Warm-Up Question

Have you ever replayed something in your mind over and over... a conversation, a mistake, or a regret long after it was over? Why do you think it's so hard to let those moments go?

Discussion Questions

1. Read Romans 8:1-4

Pastor Todd explained the difference between **condemnation** and **conviction**.

- How would you describe the difference in your own words?

- Have you ever struggled with feeling forgiven in position but condemned in perception?

- What would change in your emotional life if you truly believed the verdict is settled?

2. The Courtroom Illustration

The message used the picture of a courtroom where the verdict reads “Not Guilty.”

- Why do you think it's easier to accept forgiveness intellectually than emotionally?

- In what ways do believers sometimes continue “prosecuting themselves” after God has already justified them?

3. Read Romans 8:5-8

Paul moves from **verdict** to **mindset**.

- What does it mean to “*set your mind*” on something?
- What are some examples of cultural messages that shape the “*flesh mindset*” today?
- Where do you see the greatest mental battle in your own life?

Pastor Todd said, “Where your mind rests determines where your emotions land. Where has that been true for you recently?

4. Read Romans 8:9-11

The Spirit of God “*dwells*” in believers.

- What does it mean that the Spirit is not a visitor but a permanent resident?
- How does knowing that resurrection power lives in you change the way you handle fear, shame, or insecurity?
- In what situations do you tend to rely on your own strength instead of drawing from the Spirit within you?

5. Emotional Strength Defined

Pastor Todd said, “Emotional strength is not pretending you never struggle. It is knowing you are never powerless within the struggle.”

- How does that statement reshape the way you view spiritual maturity?

Going Deeper - Read these passages during the week...

- 2 Corinthians 5:17-21
- Philippians 4:6-9
- Colossians 3:1-3

Reflect on this question... Where do I still live as if I am on trial instead of living from the settled verdict of Christ?

Pastor Todd also said, “The war within is won in the mind before it is visible in behavior.”

What practical steps can you take this week to intentionally “*set your mind on the Spirit*”?

Next Step

This week, identify one area where you tend to...

- Rehearse shame
- Rely on self-effort
- Seek control
- Absorb cultural thinking

Instead, consciously choose to...

- Declare Romans 8:1 over yourself
- Redirect your thoughts to truth
- Pray for the Holy Spirit’s leadership in that area

When you live from the Spirit instead of from accusation, emotional strength begins to grow.

The verdict is settled.

The mind is being renewed.

The Spirit is present.

Now live from it.