

# Coming up @ TWIN CITIES

**BIBLE READING PLAN**  
JUMP IN!

**GROW UNIVERSITY**  
BEGINS MONDAY, March 2

**LIFE GROUPS WINTER LAUNCH**  
FIND YOUR LIFE GROUP TODAY!

**SISTERS CLOSET**  
SATURDAY, May 2

**GROWTH PATH**  
BEGINS MONDAY, February 23



[twincities.church/events](http://twincities.church/events)

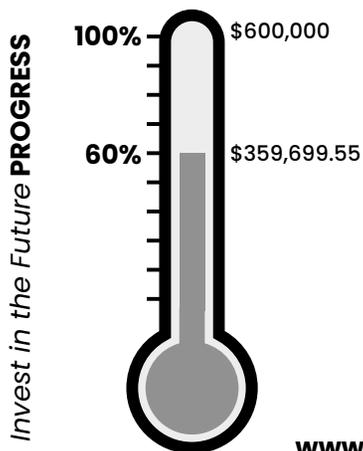
**DRIVE-THRU FOOD DRIVE**  
FRIDAY, February 27

# Connect with a LIFE GROUP

**BROWSE THE GROUPS!**  
*Let's be the Church together!*



[twincities.church/life-groups](http://twincities.church/life-groups)



We're excited to do life with you! For these & any other opportunities, scan the QR codes above or visit us in the lobby at church on Sunday mornings!

[www.twincities.church](http://www.twincities.church)

# how we **change**

**SPIRIT OF THE LOVING GOD**  
Eric Wayman • February 22, 2026



**ROMANS 7:21-8:16**

**The Human Predicament:**  
ROMANS 7:21-25

**New Life in the Spirit:**  
ROMANS 8:1-16

**By the Spirit, we receive a New Verdict.** (V. 1-4)

**The Spirit provides a New Focus.** (V. 5-13)

Open to continue taking notes!



**God gives us His Spirit as a sign of our adoption into His family.** (V. 14-16)

Roman Adoption in Paul's Day

- 1. The adopted person officially became a member of his or her new family.**
- 2. By law, the old life of the adopted person was completely wiped away. Legally, they were regarded as a brand-new person for whom their past no longer held sway.**
- 3. Once adopted, they could never be unadopted. They were totally secure in their new identity.**

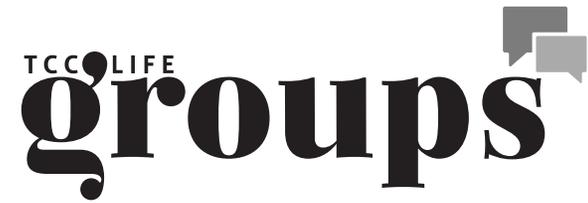
**Identity drives behavior and transforms how we see the world and our role in it.**

**NEXT WEEK:**

Made One, Made New

Watch this message & more at [twincities.church](http://twincities.church)

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For group discussion the week of February 22

**This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!**

1. Have you ever had a moment when someone's belief in you changed the way you saw yourself? What happened — and how did it affect you?
2. This week's message was *Spirit of the Loving God*. Let's read Romans 8:1-16. Was there a part of the message or a verse in this passage that stood out to you — or you felt God was highlighting for you?
3. Let's read Romans 8:1 again. If that's really true — that we start with no condemnation — how does that change the way we think about spiritual growth? How might knowing we're already accepted by God actually help us change?
4. Let's read Romans 8:14-16 again. In the Roman world, adoption meant your old debts were erased and your new identity was permanent. What does it mean that your past no longer defines you — and your adoption can't be undone? How might believing that reshape the way we approach obedience and growth?
5. The message reminded us that we can either live trying to justify ourselves, or live from the security of already being loved. Where in your life do you tend to slip into "earning mode" with God — even subtly? What would it look like in that area to live as a secure son or daughter instead of as a servant trying to prove something?
6. If identity drives behavior, then change begins by remembering who we are. Let's read Galatians 4:6-7. What is one simple practice you could try this week to intentionally live from your identity as God's adopted child?
7. How can we pray for you this week?