



ANNOUNCEMENTS

- **Discover 101** – We are excited to hold our next Discovery 101 class on Sunday, November 12 from 3-7 pm. If you are interested in learning more about Southwinds and want to become a member of our church, join us to be introduced to the beliefs, strategy, structure and vision that serve as the foundation of Southwinds. Sign up above or email Rene Snyder at rsnyder@southwinds.org with questions. Childcare and a light meal provided.
- **Volunteers Needed** – Are you looking to partner with Southwinds as a child and/or student ministry worker? Prior to working in these Ministries applicants must first be approved. Please complete the application click [here](#) and follow the instructions provided. Thank you for your willingness to serve!

MY STORY

What are some of the most common distractions that prevent people from following Jesus?

QUICK REVIEW

Looking back at this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?

Have Volunteer Read: Romans 8:5

Point #1: Two Types of PEOPLE: FLESH vs SPIRIT

“And who we are leads to how we live. People of the flesh set their minds on the things of the flesh, because they are of the flesh. People of the Spirit set their minds on the things of the Spirit, because they are of the Spirit. That phrase set their mind is about our fundamental mindset. In other words, our basic nature. How we think flows from who we are. Our mindset comes from what we most want, our affections and desires and purposes.” - **Michael Nolen**

What does it mean to “set your mind” on the flesh versus the Spirit?

“To set your mind on the Spirit is to recalibrate the direction of our fundamental mindset toward Jesus. The Spirit resets the true north of our life towards God, which then impacts the

trajectory of the rest of our life. It's a radical change in our natural self-centeredness to one of love for God. From hostility to God to loving devotion to him." - **Michael Nolen**

What are some areas that need to be reset in our lives in order for us to follow Jesus?

Have Another Volunteer Read: Romans 8:6; John 10:10; 11:25; 14:6

Point #2: Two Ultimate DESTINATION: DEATH vs LIFE

"The flesh always leads to death. No exceptions. The flesh always leads away from God. The Spirit always leads to life and peace" - **Michael Nolen**

"When he is calling us to trust his promises... despite what it looks like all around us, he's leading us to life. When he's calling us to put God first, he's leading us to life. This is what the Spirit does. He only leads to life and peace in God. 100% of the time. The Spirit only ever leads us to what is good." - **Michael Nolen**

Discuss ways that the flesh leads to death and the Spirit leads to life and peace.

Have Another Volunteer Read: Romans 8:7-8

Point #3: Two Incompatible MINDSETS: HOSTILITY vs PEACE

"Paul is giving us a kind of diagnosis or anatomy of the flesh. He says four things to describe the flesh. It's hostile to God. It does not submit to God. It cannot submit to God, and it cannot please God." - **Michael Nolen**

Why can't someone please God if they are in the flesh?

Have Another Volunteer Read: Romans 8:9-11

Point 4: Two Opposing POWERS: SELF vs SPIRIT

"Like CS Lewis calls it... 'the sweet desire that nothing in this world can satisfy... the sweet desire for that which comes from the right hand of him from whom all blessings come.' That's how you know the Spirit is within you. There's a new sweet desire that can only be satisfied in God." - **Michael Nolen**

How do you know if the Spirit of God is in you?

APPLICATION

What hope does the resurrection bring into our daily circumstances?

PRAISES

PRAYER REQUESTS