

Romans 8 Church-wide Study

Small Group Session 1 – No Condemnation

8 Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you^[a] free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh,^[b] God did by sending his own Son in the likeness of sinful flesh to be a sin offering.^[c] And so he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. (Romans 8:1-4 – NIV)

GATHERING

If it is a new group, take time at the beginning to introduce each other and tell something interesting about yourselves. If you've been together for a while, tell the group something about yourself that you think nobody knows.

OPENING PRAYER

1. What do you hope to gain from this study of Romans 8?

2. Review Romans 7

Romans 8 is the answer to Romans 7.

Read Romans 7:14-25

a. What does Paul say about himself in verse 14? What does he mean by saying that he is “sold as a slave to sin”?

b. How does Paul describe the influence of sin on his everyday life?

3. Read Romans 7:24-8:4 with an emphasis on the word “THEREFORE” in Romans 8:1

WATCH PANEL DISCUSSION VIDEO

4. What did you hear in the video that really spoke to you?

5. Reflect on those 2 words in Romans 8:1: “no condemnation”. How do they make you feel?

6. Consider the words “in Christ Jesus”. What does it mean to you to be “in Christ Jesus”?

a. Ron Dunn, in his commentary on Romans, writes:

“To be ‘in Christ’ isn’t just about the result of a decision on your part based on something that happened in Jerusalem 20-30 years earlier... it is about an experience of power – power which released believers from the false perception of the law which made it possible for sin to dominate even the people of the law so completely, power that Paul had found more than

sufficient to break the vicious circle of dependence on the satisfaction of merely human desires.”

How have you experienced that power that Ron Dunn is talking about?

7. Let’s talk a little more about “no condemnation for those who are in Christ Jesus.” Martin Lloyd Jones said that, *“Most of our troubles are due to our failure to realize the truth of this verse (Romans 8:1). When we forget that there is no condemnation, we feel all sorts of emotions that are the opposite of what God wants us to feel about ourselves.”*

“No condemnation” describes a decisive work of God on our behalf. It’s not progressive. It’s not something that needs to be repeated. It is a powerful work of God for the believer.

That’s why Paul wrote in verse 2 that *“through Christ Jesus the law of the Spirit who gives life HAS SET YOU FREE from the law of sin and death.”*

How have you experienced this freedom Paul is talking about?

If you haven’t, then will you share an area of your life that you would like for the Spirit to set you free? (*Note: if you have a group that may be uncomfortable sharing something like this, then ask them to take a few minutes and write in their journal about an area of their life that they would like for the Spirit to set them free.*)

8. Look at Romans 8:3. **How does Paul say that God accomplished the work of setting us free? What did God do?**

9. Consider this statement: *God condemned sin; God didn’t condemn us!*

To put it more personally - God doesn’t condemn you (John 3:17); God condemns the sin in you.

What does that mean to you?

10. **If someone were to ask you later today what you got out of this discussion today, what would you tell them?**