

NOT ASHAMED OF THE GOSPEL

— A Study of Romans —

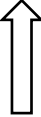
Lesson Fourteen

Romans 8:1-8

*There is therefore now no condemnation for those who are in Christ Jesus.
Romans 8:1*

Day 1

Pray:



Father, help me to be aware of your presence and to respond to you as you speak through your word.

Read: Romans 8:1-8. Read it again in another translation such as NLT.

Observe:

- Write key words and themes, repeated words, or phrases. Circle on your Scripture pages any transition words (therefore, but, because, if/then etc.)
- Are there any commands to be obeyed, or truths to be trusted?
- What questions do you have about the text?

Day 2- Romans 8:1-2

1. After the anguish in chapter 7 about the ongoing struggle with sin in the life of a believer, what does Paul reassuringly remind us in verse 1?

2. Write the definition of condemn.
 - a. Write out verse 1 making it personal. Instead of using the word *condemnation* use the definitions you found for number 2.



Write out a prayer praising God for his grace and mercy toward you.

For Discussion:

Does *no condemnation* apply only to past sins? What about future sins? What about present sins or unconfessed sins? Explain your answer.

Picture and Ponder

“Christians who don’t understand “no condemnation” only obey out of fear and duty. That is not nearly as powerful a motivation as love and gratitude.”¹

Digging Deeper:

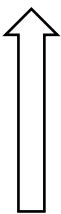
In verses 1 and 2 (as well as many other places) Paul talks about being *in Christ*—the reality of our unity with Jesus once we have placed our trust in him. *In Christ* is now our identity, the truest thing about us. What are some other implications of this unity with Jesus that you find in the following verses?

² *To the church of God that is in Corinth, to those sanctified **in Christ Jesus**, called to be saints together with all those who in every place call upon the name of our Lord Jesus Christ, both their Lord and ours...* 1 Corinthians 1:2

*...for **in Christ Jesus** you are all sons of God, through faith.* Galatians 3:26

¹³ *But now **in Christ Jesus** you who once were far off have been brought near by the blood of Christ.* Ephesians 2:13

⁸ *Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ ⁹ and be found **in him**, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith...* Philippians 3:8-9



Thank you, Jesus, for joining my life with yours. Thank you for giving me your righteousness and bringing me near to God, and giving me a spiritual family. Please help me to constantly remember that I am united to you and living out your life.

Picture and Ponder

"...your union with Christ says more about you in the sight of God than your own habits and mood swings and weaknesses (and strengths!) say about you. The way God sees it, your real moral guilt died at the cross. So if you are in Christ, then the guilt of all your sins – past, present and future – is already in your past. It is a settled matter in the sight of God even now."²



In Christ Jesus. When we are united with Christ through faith, it means that what is true of him is true of us now.

- ◆ What is true of Jesus that you need to remember is true of you now?

- ◆ How does God's strong assurance of no condemnation motivate you to keep fighting sin?

3. What word in verse 2 describes the state of the person in Christ?

- a. What are we freed from and how was this freedom achieved for you according to verse 2?

Picture and Ponder

"So verse 1 tells us we are delivered from the legal condemnation of sin; verse 2 that we are being delivered from the actual power of sin. Put another way, salvation deals with our legal guilt (v 1) *and* our internal corruption (v 2)."³

Day 3- Romans 8:3

1. Why was the law unable to make us righteous and save us according to verse 3 (See NLT)?

2. How did God take care of the legal aspect of our guilt according to verse 3b?

Digging Deeper:

Use the following verses to help you flesh out the full meaning of each truth in verse 3.

By sending his own son-

But God showed his great love for us by sending Christ to die for us while we were still sinners. Romans 5:8 (NLT)

Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? Romans 8:32 (NLT)

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. John. 3:16 (NJKV)

In the likeness of sinful flesh-

Though he was God, he did not think of equality with God as something to cling to.⁷ Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form,⁸ he humbled himself in obedience to God and died a criminal's death on a cross. Philippians 2:6-8 (NLT)

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Hebrews 4:15

By this you know the Spirit of God: every spirit that confesses that Jesus Christ has come in the flesh is from God... 1 John 4:2

For sin-

The next day he saw Jesus coming toward him, and said, "Behold, the Lamb of God, who takes away the sin of the world! John 1:29

That is why, when Christ came into the world, he said to God, "You did not want animal sacrifices or sin offerings. But you have given me a body to offer... For God's will was for us to be made holy by the sacrifice of the body of Jesus Christ, once for all time. Hebrews 10:5,10 (NLT)

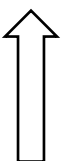
Under the old system, the high priest brought the blood of animals into the Holy Place as a sacrifice for sin, and the bodies of the animals were burned outside the camp. ¹² So also Jesus suffered and died outside the city gates to make his people holy by means of his own blood. Hebrews 13:11-12 (NLT)

He [God] condemned sin in the flesh

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God. 2 Corinthians 5:21

*But he was pierced for our transgressions;
he was crushed for our iniquities;
upon him was the chastisement that brought us peace,
and with his wounds we are healed.*

*⁶All we like sheep have gone astray;
we have turned—every one—to his own way;
and the LORD has laid on him
the iniquity of us all. Isaiah 53:5-6*



Thank you, God, for unbelievable love for me in giving up your very own precious and divine Son to pay the penalty for my sin. Thank you, Jesus, for your love in becoming human and taking my sin upon yourself.

Day 4- Romans 8:4

1. What was the purpose of Jesus taking the punishment for our sin according to verse 4?

Digging Deeper

Romans teaches us that we are released from the law— therefore we no longer look to the Old Testament for our code of obedience. Instead, we look to the New Testament. Jesus summed up the *righteous requirement of the law* for us in Matthew 22. How do we fulfill the righteous requirement of the law now according to Jesus?

And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind."³⁸ This is the great and first commandment.³⁹ And a second is like it: You shall love your neighbor as yourself.⁴⁰ On these two commandments depend all the Law and the Prophets." Matthew 22:37-40

2. What is the new reality for those who are in Christ according to 4b?

Picture and Ponder

"God aims to make us not just forgiven people but new people. He joins sanctification to justification. He sends the Spirit to transform us, replacing religion [or no religion] ('walk according to the flesh') with spirituality ('walk according to the Spirit')."⁴

For Discussion

In Romans 7:6 Paul says *we serve in the new way of the Spirit and not in the old way of the written code*. How does walking in the Spirit (v.4) and Jesus' command to love God and love our neighbor fit with 7:6?

Digging Deeper:

How do the following passages help you understand what it means to walk by the Spirit?

²⁶ And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. ²⁷ And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations. Ezekiel 36:26-27 (NLT)

¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. ¹⁸ But if you are led by the Spirit, you are not under the law...²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,²³ gentleness, self-control; against such things there is no law. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires.²⁵ If we live by the Spirit, let us also keep in step with the Spirit. Galatians 5:16-18, 22-25

For Discussion: How is God's moral law (the ten commandments) honored in the fruit of the Spirit?

Day 5- Romans 8:5-8

1. What two states of being is Paul comparing in verse 5?

Scholar's Note: "...there is no verb *live* in Paul's Greek text. He is going deeper than lifestyles and habits and how-to's. The NASB shows us Paul's literal wording: 'For those who are according to the flesh' and 'those who are according to the Spirit.'"⁵

2. How does verse 5 describe those who are of the flesh and those who are of the Spirit?
 - a. The phrase *set their minds* is talking about a mindset. How would you define what a mindset is?

Picture and Ponder

"You know that your faith is real if you find in yourself a mindset preoccupied with everything dear to the Holy Spirit."⁶

Digging Deeper:

Paul is describing the reality that is present in the life of a believer. A genuine Christian is alive to the things of God because the Spirit of God is present and living in them. Their whole orientation or mindset is now tuned to Jesus through the work of the Spirit. How do we then as *in Christ* people cooperate with his Spirit at work within us according to the following verses?

3 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory. 5 Put to death therefore what is earthly in you; sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. 6 On account of these the wrath of God is coming. 7 In these you too once walked, when you were living in them. 8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. 9 Do not lie to one another, seeing that you have put off the old self with its practices 10 and have put on the new self, which is being renewed in knowledge after the image of its creator. Colossians 3:1-10

- How do the following verses describe the two kinds of people there are in this world? Pair this description with Paul's description in verse 5.

¹⁵ Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. ¹⁶ For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world. 1 John 2:15-16 (NLT)

Picture and Ponder

The Spirit moves in our hearts to trust God enough to fight for life and happiness and all we desire not in sin but in the ways of God."⁷

3. What does this orientation toward the things of the Spirit produce according to verse 6?



As time was nearing to the cross, Jesus comforted his disciples by telling them he would send them another Helper to be with them forever, and incredibly, this would be even better than having Jesus with them on earth (Jn. 14:16,16:7). Jesus also linked the Holy Spirit with peace.

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. ²⁷ Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:26-27

- ◆ Why do you think the Spirit brings peace in the life of a believer?
- ◆ How have you found this life and peace to transcend circumstances in your life?
- ◆ In what ways are you tempted to look for the peace the world offers?

4. Verse 6 also tells us that our natural state—in the flesh—leads to death. Why is this true according to verse 7?

5. What would the opposite of this statement in verse 8 be according to the truths in this passage?



Paul boils all people down to two categories—those who are of the flesh and those who are of the Spirit. Dead in sin or alive to God. Outside of Christ or in Christ. Natural or supernatural. In this passage, Paul is contrasting Christians and non-Christians. This is not a call to try harder, be better, spend at least thirty minutes a day with your mind set on the Spirit. It is a call to reflect on your heart and evaluate if the life of the Spirit is there. Is your heart alive to the things of God? Do you hunger for Jesus? Do you delight in God and his good ways? Not perfectly, of course, but is this your desire, your mindset, your orientation in life? Ray Ortlund exhorts us: “What we need is not stronger will-power, but a deep persuasion that Jesus Christ is worth anything.”⁸

◆ Spend time in prayer talking about this with God.

One Thing:

What is one thing from this week’s study that God has impressed on your heart, or convicted you about; is there something new that you learned or is there a verse you want to ponder and meditate on?

Praise God for this and thank him for the work he is doing in your life. Ask him to help you remember this and live it out for his glory.

¹ Keller, Timothy. Romans 8-16 For You: For reading, for feeding, for leading (God's Word For You - Romans Series Book 2) (p. 3). Kindle Edition.

² Ortlund, Ray. Supernatural Living for Natural People . Christian Focus Publications. Kindle Edition.

³ Keller, Timothy. Romans 8-16 For You: For reading, for feeding, for leading (God's Word For You - Romans Series Book 2) (p. 4). Kindle Edition.

⁴ Ortlund, Ray. Supernatural Living for Natural People . Christian Focus Publications. Kindle Edition.

⁵Ibid.

⁶ Ibid.

⁷ Ibid.

⁸ Ibid.

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