

Romans

Lesson 8: Romans 8:1–17

Have you ever struggled with sin to the point of feeling condemnation? Paul just told us in chapter 7 that there is a battle going on inside of us between the Spirit and the flesh. We know that we are supposed to walk according to the Spirit, but at times we walk according to the flesh and sin against God. That battle will continue throughout our entire life until we reach our final glorification. Therefore, we must believe the truths that God tells us in His Word about our position in Christ. Paul tells us the glorious promise, “there is now no condemnation for those who are in Christ Jesus.” He also tells us how this glorious truth is possible. It is because of the Holy Spirit who dwells in us. Let’s dive in and see what it means to live a life free from condemnation and alive to the Spirit.

➤ **Read Romans 8:1–11**

1. In verse 1, why does Paul want us to know there is “no condemnation” for believers? (Hint: read 7:14–25).
2. According to verse 1, who falls into the “no condemnation” category?
3. In verse 2, what two “laws” does Paul speak about?
4. In verse 2, who is under “the law of the Spirit of life”?
5. In verse 3, what could the Law not do? What is the purpose of the Law? (Hint: see 7:7)

6. In verse 3, how does Paul describe Jesus?

7. In verse 4, how does Paul describe the Christian “walk”?

Application: Believers are not condemned by sin but do still battle the flesh and sin against God. In verse 4, Paul describes believers as those who walk “according to the Spirit.” “Walk” refers to the Christian’s lifestyle, habits, and thinking that characterizes his/her life. What are lifestyles, habits, and thinking that you battle in the flesh as you “walk” according to the Spirit?

8. In verse 5, how does Paul describe the unbeliever who walks only “according to the flesh”?

9. In verse 5, how does Paul describe the believer?

10. In verse 6, what is the result for believers who set their mind on the Spirit?

11. In verses 7–8, what are three ways Paul describes unbelievers?

Application: In verses 5–7, look for the word “mind” and circle it. What are things in your thinking that you need to change or put to death?

12. In verse 9, how does Paul describe the believer? How does he describe the unbeliever who “does not have the Spirit of Christ”?

13. According to verse 10, what do those who have Christ in them (i.e., believers) produce?

14. According to verse 11, what will the Spirit do for believers in the future?

Application: The Holy Spirit is not given to believers to enjoy ecstatic or feel-good experiences. The Spirit lives inside of us to change us so that we become more Christlike. How has the modern charismatic teaching about the Holy Spirit affected your thinking about the Holy Spirit? What truths about the Holy Spirit have you learned in these first eleven verses?

➤ **Read Romans 8:12–17**

15. In verses 12–13, how does Paul describe the life of the believer who is living “by the Spirit”?

16. According to verse 14, how can someone know they are a child of God?

17. According to verse 15, what is the difference between an unbeliever and a believer?

18. According to verses 16–17, as children of God, what are three ways believers are identified “with Christ”?

Application: In verse 17, Paul identifies believers as those who “suffer” with Christ. This means to suffer ridicule or persecution for Christ. What are ways you have experienced this in your life? How have you seen the Holy Spirit work in your life during these times of suffering?

Application: What one verse impacted you the most in this study? Explain.