

## **YOU ARE FREE!**

### **Romans 8**

Ice Breaker: (choose one)

- As a child, what object or place gave you a sense of security?
- What would you like to celebrate today?
- Who controls the remote control in your house? Why?

BACKGROUND: The struggle, confusion and conflict described in Romans 7 does not end when we become Christians. While we have peace with God, we still face conflict with a sinful nature. Now Paul looks to Jesus and finds his standing in Him and recognizes that now we are more than conquerors. We win!

THE BIG PICTURE: Here, Paul makes a declaration of Freedom and shares \*how\* to live in victory. Jesus made it possible. The Holy Spirit makes it practical. Jesus has set us free. That's good news!

#### DIGGING DEEPER:

#### YOU ARE FREE FROM CONDEMNATION

Simplified: God is not angry with you

- 1.** There is now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.
  - 2.** For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.
  - 3.** For what the law could not do in that it was weak through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin: He condemned sin in the flesh,
  - 4.** that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit.
- Define condemnation. What does "no condemnation" mean to you? What words or phrases does this bring to mind? How are we set free from condemnation?
  - The word Paul uses here for condemnation is a judicial term: "To render a verdict of being guilty and a punishment is set." Jesus already took our punishment. We will never be condemned. What does being "in Christ Jesus" have to do with our not being condemned? How do you react to such a compassionate God, One who knows you the best and loves you the most? (See Psalm 103:13-14, Isaiah 61:10, Hebrews 4:15)
  - Why are we not condemned? What is the condition for no condemnation? (v3-4)(John 3:17)
  - What evidence do you see of your life being controlled by the Spirit?

#### YOU ARE FREE FROM DEFEAT

Simplified: Sin and circumstances cannot control my life anymore

- 11.** And if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit, who lives in you.
- 12.** Therefore, brothers, we have an obligation — but it is not to the sinful nature, to live according to it.
- 13.** For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live,
- 14.** because those who are led by the Spirit of God are sons of God.

- Romans 7 — dominated by words “I” “my” and “me” — shows the struggle when we’re living by our own power, hoping our self-determination will help us make good choices. That often ends in defeat. By contrast, Romans 8 is characterized by the word “Spirit” — it is by the Holy Spirit that we have power to live the Christian life. Contrast the difference of living on our own and living by the Spirit. What is the end result? Who is in control of your life?
- Why do we still get defeated? When do you feel most defeated? What does Paul remind us that we need to remember? (Also see Ephesians 6:10-11 and Romans 8:32)

#### YOU ARE FREE FROM DISCOURAGEMENT

Simplified: Even in our suffering/circumstances we have hope

**18.** For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

- What difficulties are you facing at this moment? Read 2 Corinthians 4:16. How does seeing our suffering through His perspective make a difference?
- What we suffer now is nothing compared to the glory He will give us. Our problems now are real but they pale in comparison to what awaits us. How does this truth give you hope? What is our eternal hope?

**28.** And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

- What things bring discouragement into your life? Remember: God never makes a mistake. He’s never caught off guard by the things that happen in your life. He is surely in control. He’ll work all things for good. How does such a truth free you from discouragement? What is God’s good purpose for us?

#### YOU ARE FREE FROM SEPARATION

Simplified: Nothing can ever separate me from God’s love

**35.** Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

**37.** No, in all these things we are more than conquerors through Him who loved us.

**38.** For I am sure that neither death nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers,

**39.** nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

- How might trouble, hardship, persecution, famine, nakedness, danger or the threat of death cause us to question God’s love for us? In spite of these things, why does Paul proclaim that we are “more than conquerors”? In what ways are we more than conquerors?
- Look at the powerful words of verses 38-39. How does this give you courage to persevere?

**CONCLUSION:** This is the good news, hand delivered by Paul, you are free!

- Free from Condemnation. God doesn’t see you in your sin; He sees you in His Son. Therefore, there’s no condemnation whatsoever. Regardless of where you’ve been or how badly you’ve failed, regardless of who you are or where you are, there is no condemnation.

- Free from Defeat. Too many believers are trying to fight evil habits and tendencies on their own — and it's exhausting. It's not our will power but His power. The Holy Spirit lives in us and gives us power to live the Christian life. Depend on Him. Run to Him. Spend time with Him. Through Him we truly live.
- Free from Discouragement. Here is our hope, whatever you're facing right now, it is temporary. This suffering won't last. God will get you through it. We know! It's \*all\* working for good.
- Free from Separation/Fear. God is for you. We are more than conquerors. We win the supreme victory through Him who loves us! Nothing — absolutely nothing — can separate us from His love!

THIS WEEK'S CHALLENGE: Simply walk in freedom. Live that way!