

Our Present Help – Romans 8:1-17



MEMORY VERSE: There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. Romans 8:1-2

DAY 1 ROMANS 8:1-4 — No Condemnation

1. While we understand from Romans 7 that we are in a battle between our flesh and spirit, what wonderful news are we given in verses 1-2?
2. According to the dictionary, what does it mean to be condemned?
3. Why is the person who is in Christ free from condemnation by the law?
4. What facts do verses 3 and 4 reveal about the law?
5. How might you describe the person who is no longer condemned by the law according to verses 1-4.

LEARN THE TRUTH

Romans 8 is one of the most powerful chapters in the Bible because it tells us about how the Holy Spirit works in our lives. We do not have to be tormented by our inability to live as we ought because, when we are in Christ, the Spirit of God dwells within us, giving life to our mortal bodies.

DAY 2 ROMANS 8:5-8 — A New Mindset

6. What is the mindset and outcome for those who live according to the flesh?
7. What is the mindset and outcome for those who live according to the Spirit?

8. What are the “things of the Spirit?”
9. Look up the word, “mind” in the dictionary. How do the definitions expand your understanding of the power of our minds? What do these words add to your understanding of the power of our minds?
10. What do the following verses teach about God’s will for our minds?
Matthew 22:37-38

2 Corinthians 10:3-5

Ephesians 4:20-24

DAY 3 ROMANS 8:9-11 — Christ In Us

11. What is true of everyone who belongs to Christ? v. 9
Ephesians 1:13-14

John 14:15-17
12. How is the Christian described in verse 10?
13. What promise is given to God’s children in verse 11?
14. How do, or should, these truths affect our lives?
15. What must we do to experience the fullness of the Holy Spirit in our lives? John 15:5

DAY 4 ROMANS 8:12-14 — Spiritual Victory Over Sinful Nature

16. What are we in debt, or obligated, to because of God’s Spirit living in us?
17. Why do you think one might feel obligated to live according to the flesh?

18. Even the most devoted Christian sins. What is the difference between the devoted Christian and the one who will die from living according to the flesh? 1 John 3:9-10
19. Think about the word, “practice.” How do our practices affect our lives for better or worse?
20. What do our practices reveal about our hearts? Galatians 5:16-25

DAY 5 ROMANS 8:15-17 – Heirs With Christ

21. We are free from condemnation (v.1). What else are we free from because of Jesus Christ?
22. List as many differences as you can think of between a son and a slave.
23. Why do you think “adoption” is a good way to describe our position as God’s children?
24. What has been your experience regarding verses 16 and 17?
25. What might God have you change in your thinking or practices so you could more powerfully experience your position as God’s child, co-heir with Christ and indwelling of the Holy Spirit?

LOVE THE TRUTH

Because of Jesus, we can be free from condemnation for sin and free from the fear of falling back into slavery to sin. The Holy Spirit is more powerful than anything we can imagine, and He lives in every one of us who follow Christ as Savior. Believe in the power of God to help you live in the Spirit!

Romans 8:1-17

Our Present Help

The fact that we are totally free from condemnation for our sins through Christ seems too good to be true, but it is true! We know that laws must be obeyed, and when they are not, there are just consequences. We also know that we are law-breakers, deserving of death. The most wonderful gift ever given was Jesus Christ paying for our sins with His own life on the cross. The requirements of the law have been legally met through Jesus Christ, the only human who actually did not deserve death. We are not guilty if we are in Him! We are legally deemed righteous!

Not only are we not guilty, but we have the Holy Spirit living in us the moment we believe in Jesus Christ as our Savior. It is God's Spirit who helps us walk in the way of the Spirit rather than continuing in the flesh. It is His Spirit who brings life to our mortal bodies, which are doomed to decay and death. The same Spirit who raised Jesus Christ from the dead guarantees that we too will have life after death and receive resurrected bodies as Christ already has. Before receiving Christ, it was most natural to focus on the desires of the world, the things of the flesh. But our new life in Christ requires a new mindset. We must take every thought captive to the Lord, to think about the things He thinks about and value the things He values. The only way this will happen is if we abide in Him and in His Word. When we abide in Him we experience His transforming power to become the kind of people He wants us to be. Jesus said, 'If you abide in my word, you are truly my disciples, you will know the truth, and the truth will set you free.'" (John 8:32-33) Self-effort can be exhausting and discouraging, while abiding in God is uplifting and freeing. When we choose to abide in Him, and He does a mighty work in us.

Are you plagued or disappointed by continuing evil thoughts and desires? You are not alone. When we sin, we must repent and move on. We must learn from our

sins, but not hold our them over our own heads. To do so means our hope is in our own behavior rather than the power of God. "By this we shall know that we are of the truth and reassure our heart before Him; for whenever our heart condemns us, God is greater than our heart, and He knows everything." (1 John 3:19-20) Our hearts condemn us because we still sin and we hate it, but we do not have to fear God's anger. He knows our true hearts in Him. We have received God's Spirit of adoption, meaning He picked us! He chose us to be His beloved children and heirs with Christ. In this family, we will suffer with Christ, but we will also be glorified with Him.

WALK IN TRUTH



What are your habits, customs, daily rituals? What is your practice? The fact is, practice makes perfect. We become proficient in that which we habitually pursue, for better or worse. Years ago, Brother Lawrence wrote a book entitled *Practicing the Presence of God*. Imagine how powerful our lives can be when we practice abiding in Christ. There is no greater power for change than the power that raised Christ from the dead.

Ask God to help you desire Him more than anything the world has to offer. Embrace truth and adjust your beliefs to what the Bible says. Devote yourself to loving and learning the Word of God. Ask Him to give you a hunger and thirst for the things He values and to help you love as He loves. He will change you and you will mature and become proficient at walking in the truth, loving as God loves and experiencing freedom from the old way of life.