

**Romans 8:1-11**  
**For the week of February 26, 2023**

**Reflection**

1. What were some of the takeaways, for you, from Sunday's sermon?
  
  
  
  
  
  
  
  
  
  
2. Were there questions, comments, concerns...?

**With ch. 8 we arrive at what may be called the inspirational highlight of the Book of Romans. Here the apostle is swept along in a wave of spiritual exaltation that begins with God's provision of the Spirit for victory over the old nature, breaks through the sufferings that mark our present existence, and crests with a doxology of praise to the unfathomable love of God revealed in Christ Jesus. Nowhere in the annals of sacred literature do we find anything to match the power and beauty of this remarkable *tribute* of praise. Although the pinnacle of this exalted prose awaits our arrival at vv. 28–39, the earlier sections provide the setting against which the culminating truths will break forth with an even greater brilliance. We are not dealing here with mere theology. As Paul wrote, his pen gave evidence that he was caught up in an experience of profound worship and spiritual adoration.<sup>1</sup>**

**Observation** (vs. 1-4)

3. Put Romans 8:1-4 in your own words.

**Interpretation**

4. What does the phrase "no condemnation" mean?
  
  
  
  
  
  
  
  
  
  
5. What does it look like in a person's life when they live according to the Spirit of Life? Be specific.

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<sup>1</sup> Robert H. Mounce, *Romans*, vol. 27, The New American Commentary (Nashville: Broadman & Holman Publishers, 1995), 173–174.

6. If Jesus was sent “in the likeness of sinful flesh”, how did he “condemn sin in the flesh”?

**Application**

7. Do you live life feeling that you are condemned, that you are not good enough? If so, how can you remember that “there is now no condemnation?”

Verse 4 tells us that everything that Jesus went through – His incarnation, death, and resurrection – was all in order for us to live according to the righteous requirements of God's law, in the power of His Spirit. Imagine you could live each moment of your life with the assurance that God loves you and looks at you with the eyes of a grace-filled Father. How might this reality impact your life?

(How you look at your children – How you care for strangers in need – How you deal with a person who has wronged and hurt you – How you make time to be with God throughout the day – How you share God's love with the people in your life)

**Observation** (vs. 5-8)

8. What is Paul saying in these verses?

**Interpretation**

9. What is the difference between those who live according to their sinful nature and those who live according to the Spirit? List the contrasts:

**Application**

10. The overcoming of sin in our lives first begins in our minds. What steps can you take (or have you taken) to have your mind set on the Spirit instead of the flesh?

**Observation** (vs. 9-11)

11. Summarize these verses.

**Interpretation**

12. In verse 11, Paul writes, "If the Spirit of him who raised Jesus from the dead dwells in you"<sup>2</sup>. How do you interpret this passage?

**Application**

13. If the Spirit is in you, what else is true of you now (vs. 10) and in the future (vs. 11)?

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<sup>2</sup> [\*The Holy Bible: English Standard Version\*](#) (Wheaton, IL: Crossway Bibles, 2016), Ro 8:11.