

Episode 30 — No Condemnation

Lord's Supper Meditation

Text: Romans 8:1, 34 (CSB)

Episode Summary:

In this Lord's Supper meditation, we anchor our hearts in one of the most liberating truths in Scripture: there is now no condemnation for those who are in Christ Jesus. Drawing from Romans 8:1 and 8:34, this episode reminds us that condemnation has been dealt with at the cross, and that the risen Christ now reigns and intercedes for His people. As we come to the table, we remember not only His death, but His resurrection, authority, and ongoing advocacy for us.

Key Themes:

- Freedom from condemnation
- Christ's finished work on the cross
- Resurrection and reigning authority
- Jesus' intercession for believers

Key Scripture:

"Therefore, there is now no condemnation for those in Christ Jesus." — Romans 8:1 (CSB)

Takeaway Truth:

Because of Christ's death, resurrection, and intercession, those who are in Him stand forgiven and secure before God.

For Application:

As you prepare to partake of the Lord's Supper, release any lingering fear or shame to God. Rest in the assurance that your standing before Him is secured by Christ's finished work.

Series Focus:

This episode serves as a weekly pause in the series, directing hearts to the Lord's table and reaffirming the gospel promise that in Christ, condemnation has been removed and hope is secure.