

BIG IDEA: What the law and our flesh could never accomplish, God did through Jesus Christ. In Christ, we are freed from condemnation and freed to walk in the Spirit.

1. The Law Reveals the Chains, but Cannot Remove Them

- “Although I want to do good, evil is right there with me.” — Romans 7:21
- “What a wretched man I am! Who will rescue me from this body that is subject to death?” — Romans 7:24
- God’s law is good. It exposes sin and shows our bondage, but it cannot free us from the power of the flesh.
- Paul does not ask what will rescue him, but who. The answer is Jesus Christ.

2. In Christ, There Is Now No Condemnation

- “Therefore, there is now no condemnation for those who are in Christ Jesus.” — Romans 8:1
- Condemnation is the guilty verdict and sentence our sin deserves. In Christ, that sentence no longer stands over us.
- The chains are removed. We stand before God as not condemned.

Conviction Is Not Condemnation

CONVICTION	CONDEMNATION
• The Holy Spirit exposes sin. • Leads us to repentance. • Draws us back to God for mercy and growth.	• Declares us hopeless, rejected, or beyond grace. • Drives us into shame and isolation. • Tempts us to pick the chains back up.

3. Our Confidence Rests in Two Words: “God Did”

- “For what the law was powerless to do because it was weakened by the flesh, God did...” — Romans 8:3
- God sent his own Son in real human flesh, yet without sin, to become the sin offering.
- Jesus bore the judgment our sin deserved. Sin was condemned in his flesh so that those who are in Christ would not be condemned.

- Our assurance is not based on our worthiness, performance, or ability to save ourselves. It rests on what God has done.

4. Freed From Condemnation and Freed For a New Life

- “The righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.” — Romans 8:4
- Jesus did not free us because we had learned to walk by the Spirit. He freed us so that we could begin walking by the Spirit.
- When we sin, we do not return to the chains. We confess, receive mercy, turn back to God, and continue walking with him.

REMEMBER: There is no condemnation for those who are in Christ Jesus. Not because we did enough. Not because we became worthy. Because God did what we could never do. **Leave the chains where Christ put them. Walk in the freedom of the Spirit.**