

DISCUSSION GUIDE

TITLE: No Condemnation

MAIN TEXT: Romans 8:1

SPEAKER: Pastor Chad Gilligan

DATE: August 24, 2025

Romans 8:1

Therefore, there is now no condemnation for those who are in Christ Jesus.

WE ARE CONDEMNED BY SIN, OTHERS, AND OURSELVES.

SCRIPTURE:

- **Romans 5:16** - *Nor can the gift of God be compared with the result of one man's sin: The judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification.*
- **Romans 3:23** - *for all have sinned and fall short of the glory of God.*

DISCUSSION QUESTIONS:

- Where do you feel the weight of condemnation most strongly—in sin, from others, or within yourself?
- How does condemnation affect your relationship with God and with others?

FOLLOW-UP PROMPT:

- Encourage the group to reflect on areas where they still carry condemnation and bring those honestly before God in prayer.

KEY TAKEAWAY: Without Christ, we all stand condemned—but His grace offers us justification instead of judgment.

JESUS HAS FREED US FROM CONDEMNATION.

SCRIPTURE:

- **Romans 8:1-2** - *Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.*
- **Romans 5:9 (NLT)** *And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation.*
- **Romans 6:23** - *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.*
- **Romans 5:16-17, 20; 1 John 1:9; Romans 8:3; Romans 7:24-25; Romans 5:6-8.**

DISCUSSION QUESTIONS:

- How does knowing that Jesus died for you “while you were still a sinner” shape your view of His love?
- What’s the difference between conviction from the Spirit and condemnation from sin?

FOLLOW-UP PROMPT:

Have group members share a testimony of how Jesus has freed them from a place of guilt or shame.

KEY TAKEAWAY: Jesus took our condemnation on Himself so we could live in forgiveness, freedom, and grace.

THE HOLY SPIRIT GIVES US FREEDOM AND LIFE.

SCRIPTURE:

- **Romans 8:4** - *in order that 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.*
- **Galatians 5:1** - *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*
- **Romans 8:26; 1 Corinthians 10:13; Romans 5:5; Romans 10:9-11; 2 Corinthians 3:17-18.**

DISCUSSION QUESTIONS:

- How have you experienced the Spirit strengthening you in weakness or temptation?
- Why do you think we sometimes resist the freedom the Spirit offers?

KEY TAKEAWAY: The Spirit brings freedom, strength, and hope—helping us live as God intended.

JESUS IS OUR FORGIVING SAVIOR AND LORD.

SCRIPTURE:

- **Romans 10:9-11** - *If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved...*
- **2 Corinthians 3:17-18** - *Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom...*
- **Romans 8:11** - *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 because of His Spirit who lives in you.*

DISCUSSION QUESTIONS:

What does it mean in your daily life to confess “Jesus is Lord”? Do you find yourself shying away from that, to better fit in with those around you?

How has Jesus brought transformation in your life that you could not bring on your own?

KEY TAKEAWAY: Jesus saves, forgives, and transforms us—when we surrender to Him, He leads us into lasting freedom.

REFLECTION & PRAYER

REFLECTION: Thank God for removing condemnation through Jesus.

SUGGESTED PRAYER:

Pray for each other to live daily in the freedom and life that Christ provides.

CLOSING THOUGHTS:

- Invite the group to pray for the Spirit’s freedom and life in areas where they feel bound or ashamed.
- Encourage the group to pray prayers of surrender, asking Jesus to be Lord over specific areas of their lives.