

# Romans 8

*Romans 8 overflows with encouragement to spur us on in our walk of faith. Paul begins by telling the reader “there is now no condemnation for those who are in Christ Jesus.” Then for the next 36 verses he continues explaining how this happened and how we are to live concerning this truth. He ties up his thoughts in verse 37 with words of victory, “we are more than conquerors through him who loved us.” Let’s keep these thoughts in the forefront as we study Romans 8. Since Jesus defeated sin and death, let’s stop living as if they both have power over us. We are more than conquerors!!!*

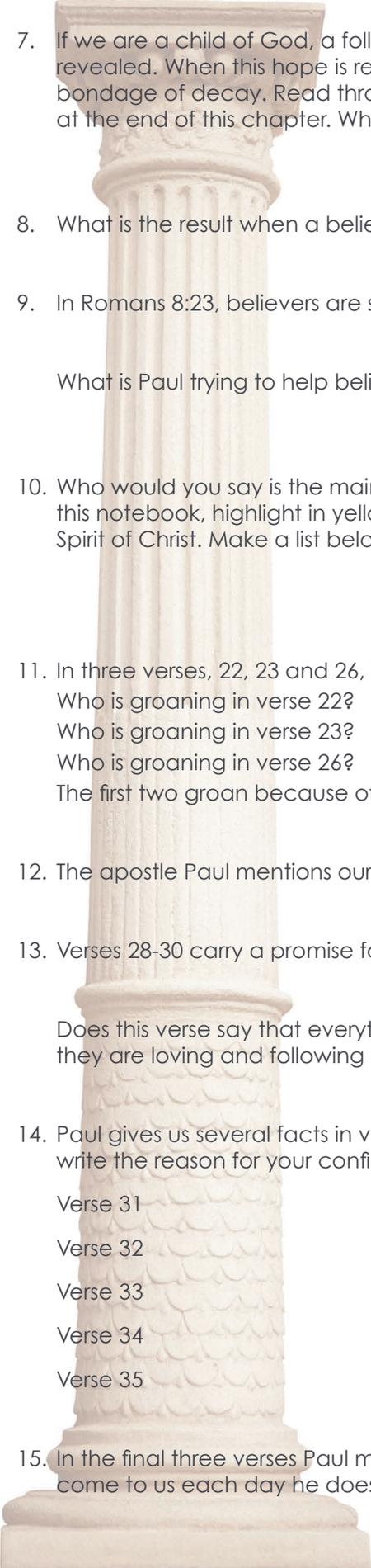
## Observation

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1. Write a title for this chapter in a few words or one sentence. It may help to read through the chapter at least twice.
2. After reading Romans 8:1-2 describe what you see concerning the previous condition of a believer before salvation.
3. Fill in the chart below.

	Those who live by the flesh		Those who live by the Spirit
Verse 5		Verse 5	
Verse 6		Verse 6	
Verse 7		Verse 7	
Verse 8		Verse 8	
Verse 9		Verse 9	

4. What promise are believers given in Romans 8:10-11?
5. In verses 15-17, Paul tells all believers, those led by the Spirit are now \_\_\_\_\_ children. We are no longer slaves of sin which leads to death. What is the rest of the good news Paul mentions here?
6. Paul does not deny that while we are in the world there will be suffering. What does he tell us concerning our suffering?

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7. If we are a child of God, a follower of Jesus Christ, we have a future and a hope that will one day be revealed. When this hope is revealed and becomes a reality, Paul tells us we will be set free from the bondage of decay. Read through the different translations of Romans 8:21 on your Extra Verses page at the end of this chapter. What is the "bondage of decay?"
  8. What is the result when a believer has been set free from this bondage of decay?
  9. In Romans 8:23, believers are said to have the firstfruits of the Spirit. What are firstfruits?

What is Paul trying to help believers realize?

10. Who would you say is the main character in Romans 8? Using the printout of Romans 8 at the end of this notebook, highlight in yellow every reference to the Holy Spirit, the Spirit, the Spirit of God or the Spirit of Christ. Make a list below of what you learn about the Spirit.
11. In three verses, 22, 23 and 26, Paul mentions groaning.  
Who is groaning in verse 22?  
Who is groaning in verse 23?  
Who is groaning in verse 26?  
The first two groan because of a personal need. What is different about the groaning in verse 26?
12. The apostle Paul mentions our weakness in verse 26. To what weakness is Paul referring?
13. Verses 28-30 carry a promise for all believers. What is the promise?  
  
Does this verse say that everything in a believer's life will be good and nothing will go wrong as long as they are loving and following God?
14. Paul gives us several facts in verses 31-35 that allow us to walk in confidence. Read the verses and write the reason for your confidence.  
Verse 31  
Verse 32  
Verse 33  
Verse 34  
Verse 35
15. In the final three verses Paul makes it very clear that even though there are troubles and problems that come to us each day he does not live in fear. Put verses 38-39 in your own words.

## Application

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1. How did you feel when you read in Romans 8:1, "there is now no condemnation for those who are in Christ Jesus?"
2. God is calling you to a better life. Not only is there no more judgment against those who place their faith in Christ Jesus, we are no longer captive to sin. We would do well to remember there will still be areas of temptation with which we may struggle. Are there things you are still doing, thoughts you are still entertaining, or people you are still hanging around that make it easy for sin to tempt you?

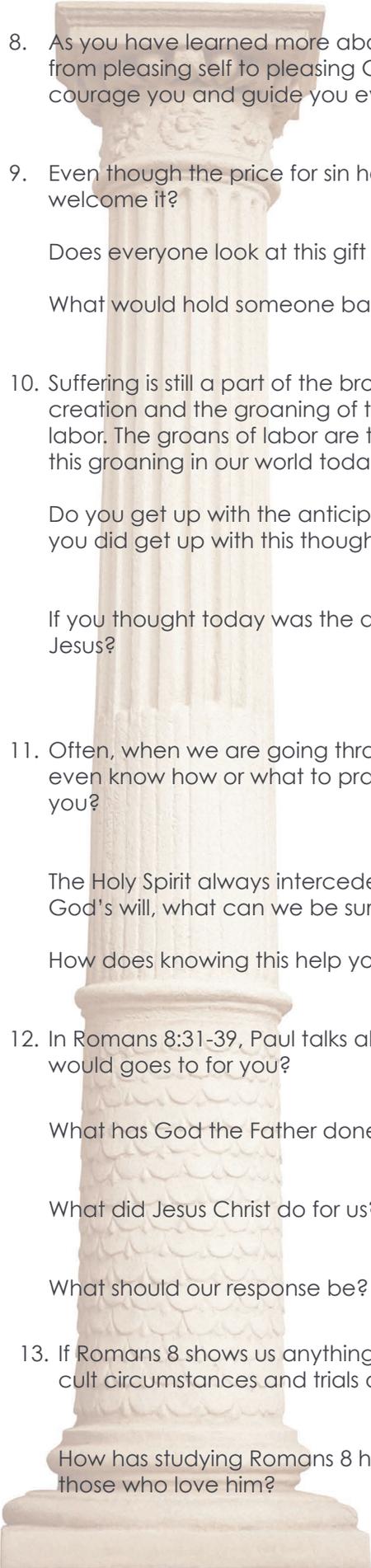
I am praying for you as I write this question this morning. Take a few minutes to stop and talk to your heavenly Father about this.

3. I know very little about sailing, but I do know there are some essentials every sailor needs to arrive at his destination. The ship's sails harness the power of the wind to move his vessel. The rudder directs it wherever the captain steers. And the anchor secures the vessel until the appropriate time to move on. But these of course are only a few of the tools a good sailor counts on. There are also some small strings called the "telltails" that a sailor would attach at different levels on his sail which clearly indicate when the sail is being maximized. An experienced sailor can quickly look at these little strings and make any necessary adjustments. If you have never heard of sailing telltales, take a minute and google them. Similarly, the Holy Spirit provides course correcting for the believer. What are some ways the Spirit helps you maximize your service as a believer?
4. Paul described two mindsets: the mind governed by the flesh and the mind governed by the Spirit. The mind governed by the flesh brings death. The mind governed by the Spirit brings life and peace. What can we do to stop our mind from drifting into dangerous waters of the flesh? What are some ways we can walk as the wise and live a life pleasing to God?
5. If the Spirit of Christ lives in us, then we have the promise of eternal life. Does your life reflect this glorious truth? In what ways do your words and actions display for others the hope that is in you?
6. After studying Romans 8 have you been challenged to walk with a bit more care and not take risks that might lead you close to sin?

In what ways has this chapter encouraged you and your faith?

What changes will you make to help you be successful?

7. Paul talked about the war going on in us. He reminds us that we are more than conquerors through Christ's finished work on the cross. Wouldn't it be ridiculous for America to send troops back over to the shores of Normandy, France? This battle was won at a great cost. No more fighting needs to take place. Our victory over sin was won by Christ, therefore Paul said we have an obligation. We are no longer slaves to sin if we are a child of God. Who should receive our allegiance and obedience now?



8. As you have learned more about the freedom we have as a child of God, are you prepared to turn from pleasing self to pleasing God? Don't forget the Holy Spirit of God will help you, equip you, encourage you and guide you every step of the way. What will that look like?

9. Even though the price for sin has been paid and is offered as the free gift of salvation, does everyone welcome it?

Does everyone look at this gift as amazing grace and choose it?

What would hold someone back from accepting God's gracious gift of forgiveness and redemption?

10. Suffering is still a part of the broken and sin-filled world in which we live. Paul spoke of the groaning of creation and the groaning of the Spirit in every believer every day. He compared it to a woman in labor. The groans of labor are the sound of progress being made for the delivery of a child. Do you feel this groaning in our world today?

Do you get up with the anticipation that it might be the day of the Lord's return? \_\_\_\_\_ If you did get up with this thought, would it change your plans for the day or your outlook on the day?

If you thought today was the day of the Lord's return, is there anyone you would want to talk to about Jesus?

11. Often, when we are going through a difficult trial, we can feel alone. There are times when we don't even know how or what to pray. Were you comforted knowing that the Holy Spirit is interceding for you?

The Holy Spirit always intercedes for God's people "in accordance with the will of God." If something is God's will, what can we be sure of?

How does knowing this help you patiently wait?

12. In Romans 8:31-39, Paul talks about God's great love for us. What did you learn about the lengths God would go to for you?

What has God the Father done for us?

What did Jesus Christ do for us?

What should our response be?

13. If Romans 8 shows us anything, it is that God is for us. How does knowing this truth help you face difficult circumstances and trials of life?

How has studying Romans 8 helped you better understand the power of God at work on behalf of those who love him?