



## Life in the Spirit

## Romans 8:1-17

### Something to Start Us Off

- Think of a time you almost got in a lot of trouble—but then didn't. What was that like?

### Something to Notice

Let's read Romans 8:1-17 slowly and mark phrases that highlight the dramatic change from Romans 7 to life in the Spirit. Here are some that might stand out to us.

- 8:1 *No condemnation for those who are in Christ Jesus*
- 8:3 *For God has done what the law ... could not do*
- 8:8 *Those who are in the flesh cannot please God*
- 8:15 *the Spirit of adoption ... by whom we cry "Abba! Father!"*
- 8:16 *The Spirit himself bears witness with our spirit that we are children of God*

### Something to Learn

#### **Key Insights:**

\* The phrase "the Spirit" appears 14 times (ESV) in these 17 verses (compared to only once in all of Romans 7)—Paul wants us to see the Holy Spirit as the key to freedom after the struggle!

#### **Discussion Questions:**

- Compare Romans 7:24, "Wretched man that I am" with Romans 8:1, "There is therefore no condemnation." What exactly is it that changes everything?
- What does it mean that the Spirit has "set you free" from the law of sin and death (v.2)? How is this freedom different from license to sin?
- Verses 5–8 describe two ways of thinking: flesh vs. Spirit. Which mindset do you find yourself defaulting to most often, and what helps you shift to the Spirit?
- In vv. 14–17, Paul moves toward our adoption as God's children. What does it mean to you personally to cry "Abba! Father!" and to be a co-heir with Christ?
- Verse 17 says we are heirs with Christ "provided we suffer with him." How does suffering fit into our identity as God's children and our future glory?

### Something to Take Home

- Memorize and/or meditate on Romans 8:1 this week. When guilt or accusation comes, speak this truth over yourself.