



Those In Christ

Romans 8:1-13

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Paul's theme (verse 1)

Verse 1 is a turning point in Romans and the statement of an essential truth found in Scripture. It is a foundational truth that every believer in Jesus Christ needs to hang on to and marinate in every day of our lives. We need to slow down and consider the declaration Paul makes and its significance for our lives.

1. What does it mean that those who are in Christ Jesus have “no condemnation”?
2. How is this “no condemnation” possible?
3. What does Paul mean by “now” those who are in Christ Jesus are not condemned?
4. How is having “no condemnation” a complete contrast to what Paul has been describing since 1:18 (what Paul is referring back to with his “therefore”)?
5. These days, what does it mean for you to have “no condemnation”?

God sets us free (verses 2-4)

1. Even though we continue to struggle against sin just as Paul did (see 7:18-20) God has set us free in Christ Jesus. How has God accomplished our being set free?
2. How can knowing the certainty of our freedom give us hope in the midst of our struggles?
3. Scott Grant writes, “*When we punish ourselves with guilt, we’re telling God, ‘The sacrifice of your Son is not sufficient.’*”¹ How can knowing that we are “set free” help us with our struggle against sin and guilt?

What it means to live free (verses 5-11)

- The focus of our minds (verses 5-8)

1. How does Paul contrast the differences between having our mind focused on flesh and having our mind focused on the Spirit?
2. How might focusing on the Spirit help you to live free?
3. These days, where is the focus of your mind?

- The focus of our lives (verses 9-11)

1. How does Paul describe what it means to live “in the Spirit”?
2. These days, how does Paul’s description apply to your life?

Paul’s application (verses 12,13)

1. Since we are not “debtors” (obligated) to the flesh, what does Paul urge us to do?
2. How are we “*by the Spirit... [to] put to death the deeds of the body*”? How is killing of the flesh not just more of our “gutting it out” and trying harder to live righteous (our efforts which haven’t gone so well thus far)? Consider also Ephesians 2:8-10; Philippians 1:6 - and especially Philippians 4:13.

TAKE HOME QUESTIONS: If you had to pick just one insight from this study that speaks specifically to you, what would it be? Why? How do you plan to respond to it this week?

1. Scott Grant, “*Freedom From Condemnation*” Romans 8:1-11.