



Week 1: No Condemnation

February 6-12, 2022

Romans 8:1-4 | Chapters 1 & 2

Many scholars and pastors have called Romans 8 the greatest chapter in all the Bible. What they mean is that Romans 8 is filled with so many essential truths that it merits deep study and repeated reflection.

Romans 8 is a trinitarian passage. From the beginning of the chapter we see the three persons of the Trinity - God the Father, God the Son, and God the Holy Spirit - working together to bring life and freedom to us as Christians.

As you read the below scripture, circle every reference to God, Jesus, and the Holy Spirit. List the actions of each in the space below.

ROMANS 8:1-4

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. The law of Moses was unable to save us because of the weakness of our sinful nature. So God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins. He did this so that the just requirement of the law would be fully satisfied for us, who no longer follow our sinful nature but instead follow the Spirit.

God the Father:

God the Son:

God the Holy Spirit:

Summarize the main point of the above verses in your own words.

The incredible truth at the center of these verses and the center of the gospel itself is that there is NO CONDEMNATION for those who have placed their faith in Jesus. Father, Son, and Spirit have worked together to ensure that everyone who comes to Jesus can be forever free from the penalty of sin. In Christ, we are FREE!! The Father ordered it, the Son fulfilled it and the Spirit confirms it.

What does it mean to be condemned? When do you feel condemned?

Why is it so easy for us to feel condemned even though we know Christ has redeemed us from our sins?

The word condemnation is a legal term. We go before the judge. The judge bangs his gavel and gives us the sentence. But for the believer, God has looked at our resume of sins - all the times we've broken His law - and just as He's about to judge us, Jesus steps in and says, "No, I'll take their punishment. If they will believe me, I will take their life sentence for them."

Instead of a life sentence apart from God, we've been given life and freedom with God. Because of Christ's sacrifice, the Holy Spirit has taken residency in us, which has freed us from the eternal consequences of sin. Not because we've done anything, but because of what Jesus has done for us. Yet despite all of this, some of us live as though we're still condemned.

When has your sin left you feeling guilt-ridden, trapped, or ashamed? How did you respond to these feelings?

Despite the freedom we've received in Christ, we often feel trapped. We are burdened by worry and the weight of our sins. When we cling to the burden, we lose sight of the freedom God gives us through Christ. We believe what shame says about us more than what God says about us. It's a cycle that's hard to defeat. The great news is that even in our weakness and failure to believe, God has still forgiven us and washed us. Our lack of believing in our own forgiveness doesn't make us any less forgiven.

Look back over Romans 8:1-4 and identify what God did to free us from condemnation.

Verse 1

Verse 2

Verse 3

Verse 4

Based on the promises you identified, how should you respond the next time you feel condemned by your sin and guilt?

You don't have to beat yourself up for the things you did five days ago, or five minutes ago. Remember the benefits of being in Christ. You're not condemned (v.1), you're set free (v.2), God's righteousness is given to you in Christ (v.3), and you now have the power to walk in freedom through the Spirit of God (v.4). ***Your sin is not your identity, the work of Christ is!*** You have been given power to deny your flesh and walk in the Spirit.

Many Christians have been set free but live as if they are still accused and condemned. If you are a person who is shame and guilt-ridden, let me encourage you. Let it go! Leave the cuffs in the courtroom. You are no longer tied to your crime and you do not have to pay the time. No condemnation means no more carrying the punishment and consequences that breed shame!

PRAYER

Thank God for seasons that act as markers of new beginnings. Thank Him for the past years, including the good and the bad you experienced in them. Ask Him to help you turn your heart and mind toward Him for today and the days ahead in this new year, accepting His gift of freedom in Him, and removing the chains of sin.

COMMENTARY

Romans 8:1-4

8:1 "Not guilty. Let this person go free." What would those words mean to you if you were on death row? In reality, the whole human race is on death row, justly condemned for repeatedly breaking God's holy law. Without Jesus we would have no hope at all. But thank God! He has declared us not guilty and has offered us freedom from sin and supernatural power to do his will.

8:2 This life-giving Spirit is the Holy Spirit. As the third person of the Trinity, he was present at the creation of the world ([Genesis 1:2](#)), and he is the power behind the rebirth of every Christian. He gives us the power we need to live the Christian life.

8:3 Jesus gave himself as a sacrifice for our sins. In Old Testament times, animal sacrifices

were continually offered at the Temple. The sacrifices showed the Israelites the seriousness of sin: Blood had to be shed before sins could be pardoned (see [Leviticus 17:11](#)). But the blood of animals could not really remove sins ([Hebrews 10:4](#)). The sacrifices could only point to Jesus' sacrifice, which would pay the penalty of all sins.

8:4 Paul is continuing to explain how it can be that God will never condemn those who are in Christ Jesus ([Romans 8:1](#)). In the previous verse, he showed that God acted to save us from the law of sin and death. We were stuck. We all sinned, and we were all condemned to die. To change this, God sent His Son Jesus to earth as a man who had no sin Himself ([Hebrews 4:15](#)). He was sent for sin, to receive God's condemnation of death for sin once for all in His own sinless body ([2 Corinthians 5:21](#)).

Paul concludes, we are the people who no longer walk - or live- by the flesh. We are not self-propelled. Christians walk and live by the Spirit. This does not mean that Christians never sin in our flesh ([1 John 1:9-10](#)). It means that we don't live that way ([1 John 3:4-6](#)). All of the life in us comes from God by His Spirit. To the extent that we live at all, we live in the Spirit's power.