



Going Deeper

R o m a n s 8 : 1 - 1 1

Big idea

In Christ, believers are free from condemnation and empowered by the Holy Spirit to live in newness of life.

Sermon recap

The Verdict That Frees Us (Verse 1) Paul begins with a powerful declaration: “There is now no condemnation for those who are in Christ Jesus.” The word “therefore” connects this to chapter 7, where Paul revealed humanity’s inability to overcome sin on its own. The Law is good, but it cannot rescue; only Jesus can. The word “condemnation” refers to a guilty verdict and its penalty, but because Christ took our punishment, no sin can ever reverse God’s decision to declare believers righteous.

The Power That Changes Us (8:2-4) Believers are free because the Spirit has replaced the old law of sin and death with the law of the Spirit of life. The Mosaic Law exposed sin but could not make people righteous, so God sent His Son in the likeness of sinful flesh to condemn sin once and for all. Jesus lived perfectly, died sacrificially, and satisfied the Law’s demands. Now those who walk according to the Spirit live in the freedom and fruitfulness that only He can produce.

The Mindset That Marks Us (8:5-8) Every person lives with one of two mindsets: one set on the flesh or one set on the Spirit. Before salvation, our thoughts and desires centered on self, producing spiritual death. After salvation, our minds are renewed by the Spirit, producing life and peace with God. The mind controlled by the flesh cannot please God, no matter how moral it appears, because it remains rooted in rebellion rather than surrender.

The Presence That Assures Us (8:9-11) The Spirit’s indwelling presence marks every true believer. The word “dwells” means to make a home, showing that the Holy Spirit permanently resides within those who trust in Christ. Though our bodies remain mortal, our spirits are alive through His righteousness. The same Spirit who raised Jesus from the dead will one day raise us too, assuring believers of both present transformation and future resurrection.

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How to go deeper this week

Day 1 — No Condemnation

Read: Romans 8:1

Reflect: What does it mean to live without fear of condemnation?

Pray: Thank God that in Christ, you are fully forgiven and free.

Day 2 — The Law of the Spirit

Read: Romans 8:2-3

Reflect: How has the Spirit freed you from the law of sin and death?

Practice: Write down one area of your life where the Spirit has given victory.

Day 3 — Two Laws at War

Read: Romans 8:4

Reflect: How does walking by the Spirit fulfill what God desires?

Pray: Ask God to help you depend more deeply on His Spirit in your daily decisions.

Day 4 — The Mind Set on the Spirit

Read: Romans 8:5-8

Reflect: Where do your thoughts naturally drift — toward the flesh or toward the Spirit?


Practice: Memorize Romans 8:6 and use it as a reminder when tempted to worry or sin.

Day 5 — Life in the Spirit

Read: Romans 8:9-11

Reflect: How does the Spirit's presence assure you of both present and future life?

Practice: Share your testimony this week as an expression of the Spirit's work in you..

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Practical applications


- **Live from freedom, not for it:** You are not striving to earn God's approval; you already have it in Christ.
- **Rely on the Spirit's power:** The same Spirit who raised Jesus gives strength for daily obedience.
- **Guard your mindset:** What you set your mind on determines the direction of your life.
- **Find assurance in His presence:** The Spirit's indwelling confirms that you belong to God.

Reflection and discussion

1. How does understanding "no condemnation" change the way you view failure?
2. What does it mean for you personally to "walk according to the Spirit"?
3. Why is it important to distinguish between being "in the flesh" and being "in the Spirit"?
4. How does the Spirit's indwelling give you confidence for the future resurrection?
5. What practical steps can you take to keep your mind set on the things of the Spirit this week?

Scripture for further study

- Romans 7:21–25
- Galatians 5:16–25
- Ezekiel 36:26–27
- John 14:16–18
- 2 Corinthians 3:17–18
- Romans 12:2

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