

ROMANS 8

A Worship Discussion Guide for Individuals, Groups & Families for the week of March 15, 2026

Read the Bible passage aloud in your group meeting. This is a worship discussion guide, and our reflections and applications are grounded in Scripture. You do not need to work through the whole guide. Decide which points would be most helpful for your meeting, and use them as a starting point for your time together.

Romans 8:1-4 Part One: Now No Condemnation

¹There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. ³For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, ⁴in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit.

Over the next two weeks, we'll be considering Romans 8:1-4. Paul relays two very important Gospel truths:

- There is no condemnation for sin (1) through Christ's work (3). This is our focus this week.
- There is no bondage to sin (2) through the Spirit's work (4). This will be our focus next week.

- What does Paul mean by "condemnation"? Is he talking about complicated emotions, spiritual struggles, or somethings else altogether? (1)
- The pastor Martyn Lloyd-Jones once said that most of our troubles are due to our failure to realize that there is no condemnation for those who are in Christ Jesus. What might he mean? What troubles would this failure cause?
- When do you tend to struggle with spiritual condemnation? What effect can this struggle have on your life, health, relationships, and worship?
- What specifically about Jesus Christ frees the believer from condemnation?
- In what sense does condemnation not exist for the believer? Does this verdict apply to our past, present, or future? How do you know?
- What is the purpose of God's Law? What is it for, and what is it unable to do for us?
- How does our flesh "weaken" the Law? (3)
- What was the impact did the sending the Son in our flesh? (3)
- How exactly did Jesus "condemn sin in the flesh"? (3)
- Using Romans 8:1-4, how would counsel and pray for a friend struggling with guilt, failure, and self-contempt?
- Pray together in light of this week's passage.