

ROMANS 8

A Worship Discussion Guide for Individuals, Groups & Families for the week of March 22, 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 Two: Free In Christ Jesus

¹There is therefore now no condemnation for those who are in Christ Jesus. ²**For 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, ⁴**in 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 these two weeks, we've been 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 was our focus last week.
- There is no bondage to sin (2) through the Spirit's work (4). This is our focus this week.
- **What does Paul mean by "the Law" in this passage?**
- We often are tempted to use God's good Law as a means of salvation, but the Law has no power to save us! **What is the purpose of God's Law?**
- **What does Paul mean by the "law of the Spirit of Life" and "law of sin and death"? (2)**
- The Spirit leads us to fulfill the "righteous requirement" of the Law (4). **How does this square with the concept that we are no longer under the Law?**
- John Stott once wrote that, "We are set free from the Law as a way of acceptance, but obliged to keep it as a way of holiness. It is as a ground of justification that the Law no longer binds us... but as a standard of conduct the Law is still binding, and we seek to fulfill it as we walk in the Spirit." **How does this shed further light on our relationship to the Law as believers?**
- Last week, we learned that one blessing of the Gospel is that *we are justified* by Christ. God has dealt with our sins and there is no more condemnation for us. This week, we are learning that another blessing of the Gospel is that *we are being sanctified*. The Holy Spirit (*the law of the Spirit of life*) lives in us and frees us from bondage to the sin within our hearts (*the law of sin and death*). In other words, we are delivered from the *legal condemnation of sin*, and we are being delivered from the *actual power of sin*. Salvation deals with both our legal guilt and our internal corruption. **The Good News tells us that we are free from both (1) the guilt & shame of sin, and (2) bondage to sin. Which aspect of Christian freedom do you desire to grow in? Why?**
- God sent His Son in the likeness of sinful man and become a *sin offering*, legally paying the debt. God did this not simply to defeat sin legally, but to wipe it out *actually* in our lives "in order that the righteous requirement of the Law might be fulfilled in us, who walk... according to the Spirit." In other words, the work of the Holy Spirit within us empowers us to obey the Law. **So, salvation comes by (1) the work of Christ for us, and (2) the work of the Holy Spirit in us. How do you need the Holy Spirit to strengthen you to walk according to the Spirit" these days?**
- Using Romans 8:1-4, how would counsel and pray for a friend struggling with living like a follower of Jesus Christ and trusting His Word?
- Pray together in light of this week's passage.