
AMEN Bible Study 2026

“Freedom IN Christ”

Romans 8:1-11
January 8, 2026

- 1. You Have Been Set Free (v.1-4)**
 - a. No Condemnation (v.1)
 - b. United to Christ (v.2-3)
 - c. Christ’s Righteousness in You (v.4)

- 2. The Battle Continues (v.5-8)**
 - a. The Warring Sides are Not Equal (v.5)
 - b. The Outcomes are Opposed (v.6-8)
 - i. Death vs Life and Peace
 - ii. Hostility vs Pleasing

- 3. Victory is Assured (v.9-11)**
 - a. New Identity (v.9)
 - b. New Way to Live (v.10)
 - c. New Hope for the Future (v.11)

AMEN Action Steps

“Freedom IN Christ”

Romans 8:1-11

HEAR the Word

“Open my eyes, that I might behold wondrous things out of your law.”

-Psalm 119:18

1. In verses 2–4, Paul describes three realities: freedom from the law of sin and death, Christ’s condemnation-bearing work, and the righteous requirement of the law being fulfilled in us. Which of these most encourages your heart today, and why?
2. Verses 5–8 present two radically different mindsets (flesh vs. Spirit) with two radically different outcomes (death vs. life and peace). What does it mean practically to “set the mind on the flesh” or “set the mind on the Spirit”?

PRACTICE the Word

“...Everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

-Matthew 7:24

1. Since there is now no condemnation in Christ (v. 1), how should this truth free you from guilt, fear of judgment, or performance-based acceptance this week?
2. In the daily battle of mindsets (vv. 5–8), what specific thoughts, habits, or influences tend to pull your mind toward the flesh? What practical steps can you take to set your mind on the things of the Spirit?

RETELL the Word

“Go home to your own people and tell them how much the Lord has done for you...”

-Mark 5:19

1. Which brother or sister in Christ do you know who is struggling with condemnation, fear, or defeat right now? What specific truth from Romans 8:1-11 (no condemnation, Spirit-empowered life, resurrection hope) would you most want to share to encourage them?
2. Is there an unbelieving friend, family member, or coworker in your life who needs to hear the freedom offered in Christ? How might you naturally share the heart of this passage—that condemnation is removed and new life is given through Jesus alone?